



# Way Cool Drinks



by Marilyn LaPenta

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**by Marilyn LaPenta**

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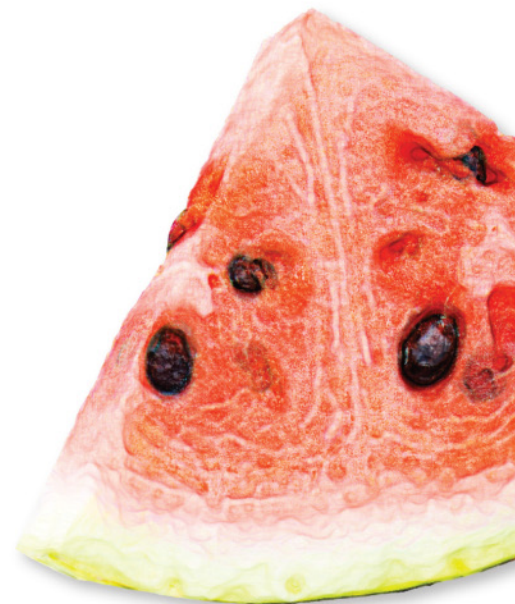
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# Contents

<b>Making Healthy Cool Drinks</b> .....	<b>4</b>
<b>Getting Started</b> .....	<b>6</b>
<b>Blue Melon Medley</b> .....	<b>8</b>
<b>Red Lava Volcano</b> .....	<b>9</b>
<b>Favorite Fruit Punch</b> .....	<b>10</b>
<b>Mango Tango</b> .....	<b>11</b>
<b>Fruit Fusion</b> .....	<b>12</b>
<b>Kiwi Concoction</b> .....	<b>13</b>
<b>Winter Wonder Punch</b> .....	<b>14</b>
<b>Summer Slushy</b> .....	<b>15</b>
<b>Blueberry Bash Smoothie</b> .....	<b>16</b>
<b>Banana Bonanza</b> .....	<b>17</b>
<b>Peachango Paradise</b> .....	<b>18</b>
<b>Spring Berry Fling</b> .....	<b>19</b>
<b>Apple Cinnamon Swirl</b> .....	<b>20</b>
<b>Chocolate Peanut Butter Shake</b> .....	<b>21</b>
<b>Healthy Tips</b> .....	<b>22</b>
<b>Glossary</b> .....	<b>23</b>
<b>Index</b> .....	<b>24</b>
<b>Bibliography</b> .....	<b>24</b>
<b>Read More</b> .....	<b>24</b>
<b>Learn More Online</b> .....	<b>24</b>
<b>About the Author</b> .....	<b>24</b>







# Making Healthy Cool Drinks

Get ready to prepare some yummy recipes for your tummy! The colorful beverage concoctions in *Way Cool Drinks* are super easy to make. If you serve them in drinking glasses that have fun shapes and use silly straws, paper umbrellas, and other decorations—you're ready for a party!

The great thing about making your own food is that you know exactly what goes into it. Many **pre-made** foods that you buy in grocery stores have ingredients to **preserve** them. These preservatives are not always good for your body. Often pre-made foods are also made with more sugar and fat than needed. Many people already have too much fat and sugar in their diets—which may lead to **obesity**. Use the ideas on page 22 for making the nutritious and tasty drinks in this book even healthier.















# Getting Started

Use these cooking tips and safety and tool guidelines to make the best drinks you've ever tasted.

## Tips






Here are a few tips to get your cooking off to a great start.

-  Quickly check out the Prep Time, Tools, and Servings information at the top of each recipe. It will tell you how long the recipe takes to prepare, the tools you'll need, and the number of people the recipe serves.
-  Once you pick a recipe, set out the tools and ingredients that you will need on your worktable.
-  Before and after cooking, wash your hands well with warm soapy water to kill any germs.
-  Wash fruit, as appropriate, to get rid of any dirt or chemicals.
-  Put on an apron or smock to protect your clothes.
-  Roll up long shirtsleeves to keep them clean.
-  Tie back long hair or cover it to keep it out of the food.
-  **Very Important:** Keep the adults happy and clean up the kitchen when you've finished cooking.

PREP TIME

10  
Minutes  
Prep Time

TOOLS




SERVINGS

2  
Servings

INGREDIENTS

**Ingredients**  
1 cup mango, cut into 1-inch cubes  
1 cup pineapple, cut into 1-inch cubes  
½ cup **sliced** strawberries  
8 ice cubes  
2 whole strawberries




RECIPE

**Steps**  

- 1 If you are not using a pre-cut mango, ask an adult to use the knife to slice the mango in half on the cutting board. Then remove the pit. Have him or her cut lines into each side of the fruit in a checkerboard pattern, without cutting through the skin. Gently push on the mango skin, and the cubes inside will pop up—ready to be sliced off. Then have the adult cut the pineapple into cubes.
- 2 Put the mango and pineapple cubes in the blender. Blend on high for 1 minute.
- 3 If you are not using pre-sliced strawberries, pull the stems and leaves off the fruit. Ask an adult to slice them in half on the cutting board.
- 4 Add the sliced strawberries to the blender and blend on high for 10 seconds.
- 5 Add the ice cubes and crush in the blender for 30 seconds.
- 6 Pour the mixture into the 2 glasses.
- 7 Take the 2 whole strawberries and ask an adult to make a slit in each one. Then slip one onto the rim of each glass.







Most mangoes are grown in tropical countries such as Brazil. However, U.S. farmers in Florida, California, and Hawaii grow some mangoes, too.





## Be Safe

**Keep these safety tips in mind while you are in the kitchen.**

-  If the food must be cut up with a knife or peeled with a peeler, ask an adult for help.
-  Get an adult's permission to use a blender. Make sure an adult is present when using this appliance.
-  Make sure the blender is turned off before adding ingredients.
-  Never plug or unplug a blender with wet hands.
-  Never stick your hands in a blender.
-  Always make sure the lid is on tight before starting the blender. Turn off the blender before removing the lid.

## Tools You Need

**Here's a guide to the tools you will need to make the various recipes in this book.**





## Index

- |                             |   |                     |                               |                                |
|-----------------------------|---|---------------------|-------------------------------|--------------------------------|
| apples 20                   | cran-raspberry juice 9, 12                    | kiwis 13, 17        | peanut butter 21              | strawberries 11, 14, 17, 19    |
| bananas 13, 17, 21          | frozen apple juice concentrate 12             | lemonade 13, 14     | pineapple juice 8, 10, 12, 16 | walnuts 20                     |
| blackberries 19             | ginger ale 14                                 | lemon juice 10      | pineapples 11                 | watermelon 8, 15               |
| blueberries 6, 8, 16, 19    | grape juice 12                                | limeade 14          | raspberries 19                | yogurt 16–17, 18–19, 20–21, 22 |
| cantaloupe 8                | honey 15                                      | mangoes 11, 18      | seltzer 9, 10, 13             |                                |
| cinnamon 20                 | ice cubes 8, 10–11, 12, 15, 16, 18–19, 20, 22 | milk 16, 21, 22     | sherbet 9, 14                 |                                |
| cranberry juice cocktail 10 |   | orange juice 10, 13 | sorbet 9, 14                  |                                |
|                             |   | peaches 18          |                               |                                |

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**Rutherford, Tracy.** *Smoothies: Healthy Shakes & Blends.* Boston: Periplus Editions (2003).

## Read More

**Rockwell, Lizzy.** *Good Enough to Eat: A Kid's Guide to Food and Nutrition.* New York: HarperCollins (2009).

**Sears, William and Martha, and Christy Watts Kelly.** *Eat Healthy, Feel Great.* New York: Little Brown for Young Readers (2002).

## Learn More Online

To learn more about making cool drinks, visit  
[www.bearportpublishing.com/YummyTummyRecipes](http://www.bearportpublishing.com/YummyTummyRecipes)

## About the Author

Marilyn LaPenta has been a teacher for more than 25 years and has published numerous works for teachers and students. She has always enjoyed cooking with her students and her three children. Marilyn lives in Brightwaters, New York, with her husband, Philip.





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# Way Cool Drinks



**When you make your own food, you are taking a giant step toward eating healthier. Plus, it's great fun!**

**The recipes in this book are all nutritious and dee-licious. Just follow the easy directions and in no time at all, you and your friends will be enjoying fun-to-look-at, fun-to-slurp drinks that are way cool!**

**Artful Snacks**

**Cool Cookies**

**Super 'Wiches**

**Way Cool Drinks**

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