

## 1058 drinks.doc

### **I'll Drink to That! Camerota's Cupboard July 2014**

Ah, the long, sun-filled days of mid-summer are upon us. Enjoy them with 3 recipes for cool, healthy refreshing drinks.

#### **Rhubarb and Orange Refresher**

(from AICR, The American Institute for Cancer Research)

According to the recipe creators at AICR "rhubarb has been around for about 4,000 year, but only as a food for the last few hundred. Native to Northern Asia, rhubarb was long prized for medicinal purposes."

Cool off on a hot July day with this rhubarb infusion. Rhubarb, a vegetable, has the tart bite of lemons and pairs well with sweet fruits like oranges and strawberries. It contains vitamins A, C and fiber as well as lutein and zexanthin, two phytochemicals in the carotenoid family and have antioxidant properties.

3 cups fresh rhubarb, cut crosswise in 1/2-inch slices, about 3/4 lb.  
4 cups cold water  
1/4 cup agave syrup, preferable light color  
1 cup orange juice  
4 mint springs, for garnish

- In large, stainless steel or other non-reactive saucepan, combine rhubarb and water. Cover and bring to boil over medium-high heat. Reduce heat and simmer 15 minutes. Set covered pot aside to steep for 10 minutes.
- Set large strainer over bowl. Pour contents of pot into strainer and drain liquid into bowl. Using back of wooden spoon, press very lightly on rhubarb, just to extract liquid that drains easily. Pressing too firmly will make infusion cloudy. Discard pulp. Pour liquid, about 4 cups, into jar or other container, preferably glass, and let sit until room temperature, then cover and refrigerate for up to 2 days.
  - To serve Refresher, measure 3 cups rhubarb infusion. Pour 1/2 cup into pitcher, add agave, and stir until combined. Pour in remaining rhubarb infusion and orange juice. Divide Refresher among 4 ice-filled, tall glasses. Garnish each glass with mint sprig, if using. For single serving, in a glass, combine 1/4 cup rhubarb infusion with 1 tablespoon agave, and then add remaining 1/2 cup infusion, 1/4 cup orange juice and ice.

**Makes 8 servings.**

**Per serving:** 90 calories, 0 g total fat, (0 g saturated fat), 23 g carbohydrate, 0 g protein, 0 g dietary fiber, 0 mg sodium.

## **Cranberry Tea**

(from *Southern Living* magazine in my personal collection)

Cranberries are small, red berries that grow mainly in the cooler regions of the world such as Canada, the United States and Europe. They have a tart taste but are loaded with antioxidants and many essential nutrients. The antioxidants in cranberries help to flush out harmful toxins which suppress the immune system

Laboratory studies have shown that cranberry extracts can prevent breast cancer cells from multiplying. Other studies showed that cranberries helped to inhibit the development of cancerous cells in lab animals. Other cancers that may be prevented by using cranberries are colon, prostate and lung.

1 quart water

12 whole cloves

2 (3-inch) cinnamon sticks

1/3 cup sugar

4 regular-size tea bags

1 (12-ounce) can frozen cranberry juice concentrate, thawed and undiluted

- Bring first 4 ingredients to a boil in a large saucepan.
- Pour boiling mixture over tea bags; cover and steep 3 minutes.
- Remove tea bags. Pour tea through a fine wire-mesh strainer into a pitcher, discarding spices.
- Stir in juice concentrate.
- Chill at least 1 hour. Serve over ice.

**Makes about 1 quart**

**Prep: 5 minutes; Steep: 3 minutes; Chill 1 hour**

**Blueberry Watermelon Freeze**

( from AICR)

Research has shown that eating a variety of fruits and vegetables can reduce your cancer risk. Contribute to your daily fruit servings and quench your thirst with this fun drink that's sure to please. Inspired by Italian ice, this concoction is a slushy combination of lycopene-rich watermelon and antioxidant-abundant blueberries that can be enjoyed with a spoon or through a straw as it melts.

1 cup 3/4" cubed seedless red watermelon, (See **Note** below)

3/4 cup frozen blueberries

2 tsp. finely-chopped fresh ginger

1/4 cup apple juice concentrate

1 Tbsp. lime juice

1/4 cup water

- Fresh mint, for garnish, optional

- In a blender, combine the frozen melon, berries, ginger, juice concentrate, and lime juice.
- Add 1/4 cup water. Blend until it is icy and fine-textured, stopping to scrap down the sides of the blender two or three times.
- Pour it into a wide glass, garnish with mint and serve, accompanied by a spoon.

**Makes 1 serving.**

**Per serving:** 211 calories, less than 1 g. total fat (0 g. saturated fat), 53 g. carbohydrate, 3 g. protein, 4 g. dietary fiber, 20 mg. sodium.

**Note:** Freeze peeled, cut-up watermelon in a resealable plastic bag