



Quick & Easy Drink Ideas

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Master Chef W/ 40 Years Of Cooking Experience

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Apple Vegetable Smoothie

Ingredients:

½ cup cucumber, peeled and sliced
½ cup carrots, sliced
¼ cup unsweetened applesauce
1 cup apple juice
1 cup sweet-tasting apples, chopped
2 cups of ice
Nutmeg

Instructions:

Place all ingredients (except nutmeg) in a blender and blend until smooth. Pour into glasses and sprinkle with nutmeg.

Banana and Orange Smoothie

Ingredients:

1 to 1 ½ ripe bananas
1 cup frozen fruit of your choice
1 tbsp lime juice, freshly squeezed
1 ½ cups orange juice, freshly squeezed (about 4 oranges)

Instructions:

Combine all ingredients in a blender and blend until smooth. Refrigerate and serve cold.

Banana Pear Smoothie

Serves 2

Ingredients:

2 pears, cut into chunks and frozen
2 bananas, cut into slices and frozen
2 tbsp fresh lime juice
2 cup apple juice
Dash of nutmet

Instructions:

Place all ingredients in a blender and process until smooth. Sprinkle with nutmeg and enjoy.

Brazilian Lemonade

Ingredients

2 limes
1/2 cup sugar
3 tablespoons sweetened condensed milk
3 cups water
ice

Directions

Wash limes thoroughly. Slice off both ends of the lime and then cut into eight wedges.

Place limes in a blender with the sugar, sweetened condensed milk, water, and ice.

Pulse blender 5 or 6 times.

Strain through a fine mesh strainer to remove rinds.

Serve over ice

Chai Tea

Ingredients

1 cup nonfat dry milk powder
1 cup powdered non-dairy creamer
1 cup French vanilla flavored powdered non-dairy creamer
2 1/2 cups white sugar
1 1/2 cups unsweetened instant tea
2 teaspoons ground ginger
2 teaspoons ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground cardamom

Directions

In a large bowl, combine all of the ingredients together.

Working 1 cup of mix at a time, using a blender or food processor, blend mix until it is the consistency of fine powder.

Add 2 heaping tablespoons Chai tea mixture into a mug of hot water.

Store remaining mix in an air-tight container.

Cherry Smoothie

Ingredients:

1 cup frozen cherries
1 cup water
½ tbsp coconut butter
1 tbsp cocoa powder
2 tbsp almonds
A few dried dates (depending on your taste)

Instructions:

Place all ingredients in a blender and whiz until deliciously frothy.

Coconut and Pineapple Milk

Serves 2

Ingredients:

10 ice cubes
1/3 cup coconut milk (preferably light)
1 cup low-fat milk
1 ½ cups pineapple chunks

Instructions:

Blend all ingredients in a blender until frothy. Pour into glasses and enjoy!

Cranberry Smoothie

Ingredients:

1 cup cranberries, fresh or frozen
2/3 cup cranberry/raspberry juice
1 cup raspberries (frozen if you can't find fresh)
8 oz of plain yoghurt
1 ½ cups of ice

Instructions:

Blend all ingredients until smooth. Adjust with more ice or juice if necessary.

Homemade Easy Egg Nog

Serves 8

Ingredients:

6 eggs

3 cups milk

8 tbsp sugar

½ tsp nutmeg, ground

3 tsp vanilla essence

Instructions:

Beat the eggs with an electric beater in a large mixing bowl. Add milk and sugar slowly and continue beating. When the mixture begins to thicken a bit, add the vanilla and nutmeg. Cover with wrap and chill for at least 3 hours.

Fresh Pomegranate Drink

Ingredients:

3 cups chilled and unsweetened cranberry juice

¾ cup chilled pomegranate juice

1/3 cup fresh lime juice

3 cups chilled club soda

No-Calorie sweetener to taste

Instructions:

Combine cranberry juice, pomegranate juice and lime juice in a large bowl or pitcher. Add sweetener to the mixture and stir until dissolved. Add the club soda and give it a final stir.

Fruity Iced Tea

Ingredients:

6 cups water

1 tsp whole cloves

1 cinnamon stick

6 black tea bags

2 cups mango (or other) nectar

Honey (to taste)

Fresh mint leaves

Instructions:

Bring water to a boil and add the cloves and cinnamon stick. Allow to simmer for about 15 minutes, then remove from heat. Add the tea bags and steep for about 3-5 minutes. Discard the tea bags and stir in the mango nectar and honey. Remove the cloves and cinnamon stick.

Pour into a large serving bowl or pitcher, add ice cubes and sprinkle with mint.

Mandarin Orange Green Tea Smoothie

Ingredients:

1 cup boiling Water

4 Green Tea with Mandarin Orange Flavor Tea Bags

1/2 teaspoon sugar substitute

1 ripe banana

1/2 cup ice cubes

Instructions:

Plate the tea bags in the boiling water and allow steeping for 2 minutes. Remove the tea bags and squeeze out any tea remaining. Add the sugar substitute and stir to dissolve. Place in the refrigerator and allow chilling about 30 minutes. Place the chilled tea in the blender. Add the banana and ice cubes. Blend until smooth and creamy.

Hawaiian Smoothie

Serves 2

Ingredients:

1 cup soy milk

1 tbsp maple syrup

½ cup pineapple juice

1 banana

2 tbsp non-fat dry milk

1 tbsp coconut milk

Ice cubes

Instructions:

Combine all ingredients in a blender and blend until smooth.

Homemade Hot Chocolate

(Serves 2)

Ingredients:

1 ½ oz unsweetened dark chocolate, grated

¼ cup sugar

2 tbsp good quality instant coffee

½ tsp cinnamon

¾ cup water

2 cups milk

Whipped cream

Instructions:

In a saucepan, combine all ingredients except for milk. Heat and simmer gently until chocolate has melted, stirring constantly. Continue to simmer for about 5 minutes, then add the milk and heat through. Don't forget to stir. Make sure the mixture does not boil.

Remove hot chocolate from heat and whisk until frothy. Pour into two nice glasses and top with whipped cream.

Hot Apple Cider Punch

Makes about 4-6 servings

Ingredients:

3 cups apple juice

2 tbsp brown sugar

1-2 cinnamon sticks, broken into pieces

4 whole cloves and 3 whole allspice berries (in a spice bag)

¼ tsp nutmeg

½ tart apple, thinly sliced

Instructions:

In a large saucepan, heat the apple juice until hot. Add sugar, cinnamon sticks, nutmeg, apple slices and spice bag and simmer for about 10 minutes. Remove the spice bag and cinnamon pieces.

Hot Vanilla and Caramel Shake

(Serves 2)

Ingredients:

2 cups of milk

1.75 oz hard caramels

1-2 scoops vanilla ice-cream

Instructions:

Gently heat the milk in a saucepan without boiling. Add the hard caramels and heat until melted. Stir occasionally. Place mixture in a blender together with the vanilla ice-cream and blend until smooth.

Kumquat and Pink Pepper Spritzer

Makes 10-12 (8-ounce) drinks

Ingredients

1 cup sugar

1 cup water

2 teaspoons dried pink peppercorns, lightly crushed

About 24 kumquats, sliced into rounds and seeded

Ice (optional)

3 liters soda water

In a small saucepan over medium heat, bring sugar and water to a boil. Simmer for 5 minutes, stirring to dissolve the sugars.

Stir in pink peppercorns, remove from heat, and let stand for 30 minutes. Strain cooled syrup through a fine-mesh strainer, saving peppercorns for garnish. Allow syrup cool completely.

To assemble. In an 8oz glass, add 12 kumquat slices and 2 tablespoons of syrup. Add ice cubes (optional), Fill glass with soda water and stir.

Garnish with a few peppercorns.

Melon Smoothie with Mint

Serves 1-2

Ingredients:

½ cup watermelon, cut into cubes and seeds removed

½ cup honeydew melon, cut into cubes

1 cup cantaloupe, cut into cubes

½ mango, cut into cubes

2 tsp lime juice

1 tsp honey

5 fresh mint leaves, chopped

2 ice cubes

Instructions:

Combine all ingredients in a blender and blend until nice and smooth.

Orange Julius

Ingredients

1 cup milk

1 cup ice water

1 (6 ounce) can frozen orange juice concentrate

12 cubes ice

1/4 teaspoon vanilla extract

1/8 cup white sugar

Directions

In a blender combine milk, water, orange juice concentrate, ice cubes, vanilla and sugar. Blend until smooth. Pour into three 12 oz glasses and enjoy with a straw.

Pineapple Sherbet Punch

Ingredients:

6 cups of water

3 cups of sugar (or less)

1 (46 oz) can of pineapple juice

1 (12 oz) can of orange juice concentrate

1 (6 oz) can of lemonade concentrate

½ tsp vanilla extract
1 bottle of lemon lime soda
1 quart of pineapple sherbet

Instructions:

Place the water and sugar into a heavy saucepan and bring to a boil. Remove from heat and set aside until cool. Once cool, pour water/sugar mixture into a large punch bowl and the remaining ingredients, except the sherbet. Mix well. Add the sherbet to the bowl just before serving.

Sangria Punch

Serves a crowd

Ingredients:

4 bottles of red wine (substitute red grape juice for non-alcoholic punch)
1 ¼ cup white sugar
2 Granny Smith apples, peeled, cored and cut into small chunks
4 peaches, sliced
2 bananas, peeled and sliced
3 bottles of lemonade

Instructions:

Place all ingredients (except the lemonade) into a large pitcher and chill overnight.

Add the lemonade shortly before serving. Give it another stir.

Strawberry Basil Soda

Makes about 6 (8-ounce) drinks

Ingredients

1 pound strawberries, trimmed
Juice of 1/2 lemon
1/2 cup loosely packed basil leaves
1 cup sugar
Carbonated water

Instructions:

Place strawberries in a blender and pulse until smooth. Strain through a sieve, pushing juice through with a spatula. Discard solids.

Pour strawberry juice into a liquid measuring cup. Add water to reach 1 cup (if needed).

Pour strawberry juice into a small saucepan with lemon juice, basil, and sugar.

Heat until boiling. Simmer 5 minutes then allow to cool completely.

Strain syrup through a sieve into a clean container and discard solids.

To serve, spoon 2 tablespoons of syrup into an 8-ounce glass, top with carbonated water, and stir. Add small amounts of additional syrup until you reach your desired taste.

Strawberry Orange Smoothie

Ingredients:

2 cups vanilla fat-free yogurt

2 medium bananas cut into chunks

1 cup frozen strawberries

1 cup orange juice

Instructions:

Place banana chunks and strawberries in blender. Blend on low until broken up. Add yogurt and orange juice. Continue blending on high until mixture is smooth. Serve immediately.

Sweet Orange Punch

(Makes 4 quarts)

Ingredients:

1 (14 oz) can sweetened condensed milk

2 l orange soda, chilled

1 (46 oz) can pineapple juice

Orange Sherbet (optional)

Instructions:

Stir together pineapple juice and condensed milk in the plastic pumpkin. Add the orange soda and stir well.

Fill glasses (maybe you have spooky ones) with punch over ice, top with sherbet (if desired) and enjoy this awesome Halloween treat.

Leftovers make delicious popsicles if frozen.

Watermelon Lemonade

Ingredients:

6 cups watermelon, peeled, seeds removed and cubed

1 cup water

1/3 cup granulated sugar

½ cup lemon juice

Handful of strawberries or raspberries

Mint leaves

Instructions:

Place all ingredients in a blender and process until smooth and the sugar has dissolved. Chill in the fridge for about an hour and serve, sprinkled with fresh mint leaves.