

DRINKS

SMOOTHIES

Pick one recipe and mix all ingredients in a blender and blend until smooth.

JAZZBERRYLICIOUS

1 cup milk
¾ cup blueberry yogurt
¼ cup pomegranate or cranberry juice
1 cup fresh or frozen blueberries
A handful of crushed ice (about 4 ice cubes)

PURPLE DINOSAUR

1 cup milk
¼ cup frozen grape juice concentrate
1 cup vanilla yogurt

MANGO TANGO

1 ¾ cups milk
1 ½ cups mango fresh or frozen in chunks
2 tbsp frozen orange peach mango juice concentrate
A handful of ice
Optional: a dash of almond extract

MOM'S SMOOTHIE

Spinach
Banana
Strawberries
Blueberries
Yogurt (optional)
Green Tea or Water

PEACH PARADISE

1 cup milk
¾ cup vanilla yogurt
1 ½ - 2 cups frozen peach slices or about 3 fresh peaches
1 handful of crushed ice

PEANUT BUTTER SHAKE

1 cup milk
1 cup vanilla yogurt
1 banana (optional)
1-2 handfuls of ice
2 tbsp peanut butter
1 tbsp honey

PINK AND ORANGE SUNRISE

1 cup milk
1 cup mango
½ cup strawberries
½ cup orange juice

CHOCOLATE MONKEY

2 cups chocolate milk
2 bananas
2 handfuls of ice

MULLED CRANAPPLE DRINK

Company's Coming

equal amounts of apple juice and
cranberry juice
2 cinnamon sticks
6 whole all spice
6 whole cloves

Heat to a boil, simmer, strain and serve.

WITCHES BREW

Children's Cookbook

1 qt apple juice
1 ½ cups canned unsweetened
pineapple juice
2 tbsp honey
2 tbsp fresh lemon juice
3 cinnamon sticks

Mix all ingredients together in saucepan.
Heat over low heat until ready to serve.
Remove cinnamon sticks. Ladle brew
into serving cups.
Serves 8.

TROPICAL SMOOTHIE

Robyn Wilson

1 cup cracked ice
8 oz unsweetened, crushed pineapple,
drained
1 cup plain yogurt
1 banana, peeled and sliced
1 tbsp honey

Mix in blender

ORANGE JULIUS

1 6 oz can frozen orange juice
2 cans water
8 ice cubes
1/3 cup powdered milk
¼ cup sugar

Mix in blender

SPICE TEA

Tawna Reed

2 cup orange drink mix (generic)
1 pkg lemon aid (crystal light)
1 cup instant tea by lipton (or ice tea
crystals)
1 cup sugar
2 tsp cinnamon

Mix all ingredients together in bowl
Use 2 or 3 teaspoons per cup

PUNCH

Equal parts Pineapple juice and Orange
Juice
1 package of cherry Kool-Aid
1 package of orange Kool-Aid
Sprite or Ginger Ale

Mix juice and Kool-Aid together, add pop
just before serving

FAT FLUSH WATER

You should drink at least three 8 oz glasses per day, they say the longer it sits, the better it tastes. You can eat them as well but they are intended as flavouring and still work, so that is a personal choice. The Vitamin C turns fat into fuel, the tangerine increases your sensitivity to insulin and the cucumber makes you feel full. Try it for 10 days and see what you think!

Ingredients per 8 oz serving:

Water	½ cucumber, sliced
1 slice grapefruit	2 peppermint leaves
1 tangerine	Ice – as much as you like

Wash grapefruit, tangerine, cucumber and peppermint leaves. Slice cucumber, grapefruit and tangerine (or peel) Combine all ingredients (fruits, vegetables, 8 oz water and ice) into a large pitcher.

For even better taste, add some berries – they are full of antioxidants. Stir and Enjoy!
Join us for more great ideas, healthy recipes and support at Sandra Skinny Friends

RHUBARB CORDIAL

4 cups rhubarb
1 thumb size piece of ginger, peeled and grated
1 lemon (zest and juice)
1 ¼ cup granulated sugar
1 ¾ cup water

1. Put in stockpot, mix
2. Put on medium heat, boil
3. Simmer for 10-15 minutes
4. Strain
5. Pour into sterilized jar
6. Chill
7. Dilute 50 ml / 150 ml
8. Add ice

JAMS & JELLIES

PIN CHERRY JELLY

12 cups pin cherries
2 cups water

7 cups sugar
6oz liquid pectin

9. Clean cherries and place into a deep saucepan with the water and cook over a low heat for 20 to 30 minutes or till all of the cherries have popped their skins.
 10. Strain the juice through a jelly bag.
 11. Collect 3½ cups of the juice and place in a deep saucepan.
 12. Add sugar and mix well, bringing to a boil while stirring constantly.
 13. Add the pectin and hold at a boil for 1 full minute.
 14. Remove from heat, skim off foam and pour into hot, sterile jelly jars, then seal.
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CRABAPPLE JELLY

5 lbs. crab apples
5 c. water

1 3/4 oz. pkg. powdered pectin
9 c. sugar

1. Wash apples; remove stems and bad spots.
 2. Add water and cook apples until soft.
 3. Strain through a jelly bag to make 7 cups of juice.
 4. Combine juice and pectin in a large kettle and bring to a full boil over high heat, stirring constantly.
 5. Stir in sugar completely and while stirring, return to a full boil. Keep stirring while you boil for 1 minute.
 6. Remove from heat and skim foam from surface.
 7. Pour into hot sterilized jars.
 8. Wipe drips from inside and out of jars.
 9. Seal with hot lids and screw bands.
 10. Process 10 minutes in boiling water bath.
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CRABAPPLE JELLY 2

3 lb Crab-apples

Sugar

1. Wash crabapples. Do not pare. Remove stems and blossom ends.
2. Cut in halves. Remove seeds.
3. Cover with water. Cook until soft.
4. Drain through jelly bag.
5. Use 2/3 cup sugar to each cup juice.
6. Boil rapidly until jelly sheets from spoon. `

CRABAPPLE JELLY

Fruit Pectin crystals are a fast and easy way to make good old homemade jellies. Be sure not to deviate from the ingredient measurements or methods-fruit pectin requires a certain amount of sugar, acid and cooking time to form a proper gel. Makes about 7 x 250 ml jars.

56 crabapples

5 cups (1250 ml) water

1 pkg (57 g) BERNARDIN® Original
Fruit Pectin

7 cups (1750
ml) granulated
sugar



1. Remove stems and blossom ends and cut in chunks. Place prepared apples in a deep saucepan, add 5 cups water and simmer 5 minutes, covered. Crush apples, and then simmer 5 minutes longer. Pour cooked fruit into a dampened jelly bag or cheesecloth-lined sieve over a large bowl. Let juice drip, undisturbed, 2 hours or overnight (squeezing bag may cause cloudy jelly).
2. Place 7 clean 250 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
3. Measure sugar; set aside.
4. Measure 5 cups crabapple juice into a large deep stainless steel saucepan. Whisk in BERNARDIN® Original Pectin until dissolved and add 1/2 tsp (2 ml) butter or margarine to reduce foaming, if desired.
5. Over high heat, bring mixture to a full rolling boil. Add all the sugar. Stirring constantly, return mixture to a full rolling boil that cannot be stirred down. Boil hard 1 minute. Remove from heat; skim foam if necessary.
6. Quickly ladle hot jelly into a hot jar to within 1/4 inch (.5 cm) of top rim (headspace). Using nonmetallic utensil, remove air bubbles. Wipe jar rim removing any stickiness. Centre hot sealing disc on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight. Return filled jar to rack in canner ensuring jars are covered by water. Repeat for remaining jelly.
7. When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process – boil filled jars – 10 minutes.
8. When processing time is complete, turn stove off, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands.
9. After cooling check jar seals. Sealed discs curve downward and do not move when pressed. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.

NANKING CHERRY JELLY

Bright red Nanking cherries (*Prunus tomentosa*) grow on bushes in colder climates. They make excellent jelly and wine but lack the size and firmness necessary for canning as whole fruit. Nanking cherry bushes produce heavy crops of short stemmed strong red fruits that hold well on the plant 2-3 weeks. Sweetness is enhanced by allowing the fruit to remain on the bush until it is ripe enough to fall off the stems. At this point Nanking cherries are quite palatable, about like a sour cherry. It takes about 80 cherries to yield 1 pound (454 g).

Makes about 9 x 250 ml jars.

16 cups (4000 ml) fully ripe Nanking cherries
1 -1/4 cups (300 ml) water
4 tbsp (60 ml) lemon juice

7 cups (1750 ml) granulated sugar
1 pkg (57 g) BERNARDIN® Original Fruit Pectin

1. Wash and drain cherries. Combine cherries and water in a large stainless steel saucepan. Bring to a boil while crushing cherries with a potato masher; reduce heat, cover and boil gently 35 minutes. Continue to crush fruit occasionally during cooking time.
2. Pour cooked mixture into dampened Jelly Bag or cheese cloth-lined sieve suspended over a deep container. Let juice drip, undisturbed, 2 hours or overnight (squeezing bag may cause cloudy jelly).
3. Place 9 clean 250 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
4. Measure sugar; set aside.
5. Measure 6 cups (1500 ml) strained cherry juice into a large, deep stainless steel saucepan. Add lemon juice. Whisk in BERNARDIN® Original Fruit Pectin until dissolved and add 1/2 tsp (2ml) butter or margarine to reduce foaming, if desired.
6. Over high heat, bring mixture to a full rolling boil. Add all the sugar. Stirring constantly, return mixture to a full rolling boil that cannot be stirred down; boil hard 1 minute. Remove from heat; skim foam.
7. Quickly ladle jelly into a hot jar to within 1/4 inch (0.5 cm) of top of jar (headspace). Using non-metallic utensil, remove air bubbles and adjust headspace, if required, by adding more jelly. Wipe jar rim removing any food residue. Centre hot sealing disc on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight. Return filled jar to rack in canner. Repeat for remaining jelly.
8. When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process –boil filled jars – 10 minutes.
9. When processing time is complete, turn stove off, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands.
10. After cooling check jar seals. Sealed discs curve downward and do not move when pressed. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.

SASKATOON JAM

Fruit Pectin crystals are a fast and easy way to make good old homemade jams. Be sure not to deviate from the ingredient measurements or methods-fruit pectin requires a certain amount of sugar, acid and cooking time to form a proper gel.

Makes about 7 x 250 ml jars.

4-1/2 cups (1125 ml) crushed Saskatoon berries (about 9 cups of berries)

4 tbsp (60 ml) lemon juice

2 tbsp (30 ml) orange-flavored liqueur (optional)

1 pkg (57 g) BERNARDIN® Original Fruit Pectin

6 cups (1500 ml) granulated sugar

1. Place 7 clean 250 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® sealing discs in hot water, not boiling (180°F/82°C). Keep jars and sealing discs hot until ready to use.
2. Wash and crush Saskatoon berries.
3. In a large deep stainless steel saucepan, stir together berries, lemon juice, 1/2 tsp (2 ml) butter or margarine to reduce foaming, and BERNARDIN® Original Pectin.
4. Measure sugar, set aside.
5. Over high heat, bring mixture to a full rolling boil. Add all of the sugar. Stirring constantly, return mixture to full rolling boil that cannot be stirred down. Boil hard 1 minute, stirring constantly. Immediately stir in orange-flavoured liqueur. Remove from heat; skim off foam, if necessary.
6. Ladle hot jam into a hot jar to within 1/4 inch (0.5 cm) of top of jar (headspace). Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more jam. Wipe jar rim removing any food residue. Centre hot sealing disc on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight. Return filled jar to rack in canner. Repeat for remaining jam.
7. When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process – boil filled jars – 10 minutes.
8. When processing time is complete, turn stove off, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands.
9. After cooling check jar seals. Sealed discs curve downward and do not move when pressed. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.

APRICOT JAM

Liquid Pectin allows you to make the freshest cooked jam possible, retaining more flavour and nutrition than with any other type of commercial pectin.

Makes about 6 x 250 jars.

3 1/2 cups (875 ml) finely chopped apricots, about 2 lb (900 g)

1/3 cup (75 ml) bottled lemon juice

5 3/4 cups (1425 ml) granulated sugar

1 pouch (85 ml) BERNARDIN® Liquid Pectin

1. Place 6 clean 250 or 236 ml mason jars on a rack in a boiling water canner; cover jars with water and heat to a simmer (180°F/82°C). Set screw bands aside. Heat SNAP LID® in hot water, not boiling (180°F/82°C). Keep jars and lids hot until ready to use.
2. Wash, pit and finely chop apricots. Measure 3 1/2 cups (875 ml).
3. Combine prepared apricots, lemon juice and sugar in a large, deep stainless steel saucepan. Mix well and let sit 10 minutes. Over high heat, bring mixture to a full rolling boil. Stirring constantly, boil hard 1 minute. Remove from heat.
4. Immediately stir in Liquid Pectin, mixing well. To prevent floating fruit, stir slowly 3 minutes. Skim foam.
5. Quickly ladle jam into a hot jar to within 1/4 inch (0.5 cm) of top rim (headspace). Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more jam. Wipe jar rim removing any food residue. Centre hot lid on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight. Return filled jar to rack in canner. Repeat for remaining jam.
6. When canner is filled, ensure that all jars are covered by at least one inch (2.5 cm) of water. Cover canner and bring water to full rolling boil before starting to count processing time. At altitudes up to 1000 ft (305 m), process –boil filled jars – 10 minutes.*
7. When processing time is complete, remove canner lid, wait 5 minutes, then remove jars without tilting and place them upright on a protected work surface. Cool upright, undisturbed 24 hours; DO NOT RETIGHTEN screw bands.
8. After cooling check jar seals. Sealed lids curve downward and do not move when pressed. Remove screw bands; wipe and dry bands and jars. Store screw bands separately or replace loosely on jars, as desired. Label and store jars in a cool, dark place. For best quality, use home canned foods within one year.

STRAWBERRY/BANANA FREEZER JAM

Super simple! Scrumptious! Just crush, stir and freeze! Make fruit spreads that taste like freshly picked berries and fruit with only a few minutes effort with BERNARDIN® Freezer Jam Pectin. These no-cook jams also require substantially less sugar than regular or liquid pectin freezer jams.

Makes about 5 x 250 ml jars.

1 -1/2 cups (375 ml) granulated sugar or SPLENDA® No Calorie Sweetener

1 pouch (45 ml) BERNARDIN® Freezer Jam Pectin

3 large bananas

3 cups (750 ml) crushed strawberries, about 2 quarts fresh

1. Wash and rinse 5 x 250 ml mason jars and BERNARDIN® Storage Lids or 2-piece SNAP LID® closures.
 2. Place unpeeled bananas on baking sheet; bake 15 minutes in 400°F (200°C) oven. Cool. Peel and mash bananas; measure 1 cup (250 ml). (Heating bananas is optional. It prevents jam from darkening during storage.) Wash, hull and crush strawberries, one layer at a time. Measure 3 cups (750 ml).
 3. In a large mixing bowl, combine Freezer Jam Pectin and sugar or SPLENDA® until well blended. Stir fruit mixture into pectin-sugar mixture; stir 3 minutes.
 4. Ladle jam into jars, leaving 1/2 inch (1 cm) headspace. Wipe jar rims removing any residue. Apply lids tightly. Let stand until thickened, about 30 minutes. Refrigerate up to 3 weeks, freeze up to 1 year, or serve right away.
 5. Freeze up to 1 year; refrigerate up to 3 weeks or serve right away.
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APRICOT FREEZER JAM

3 cups prepared fruit (buy about 2 lb. fully ripe apricots)

6 cups sugar, measured into separate bowl

2 pouches CERTO Fruit Pectin

1/4 cup water

1. **RINSE** clean plastic containers and lids with boiling water. Dry thoroughly.
2. **PIT** and finely chop unpeeled apricots. Measure exactly 3 cups prepared fruit into large bowl. Stir in sugar. Let stand 10 min., stirring occasionally.
3. **MIX** pectin and water. Add to apricot mixture; stir 3 min. or until sugar is dissolved and no longer grainy. (A few sugar crystals may remain.)
4. **FILL** all containers immediately to within 1/2 inch of tops. Wipe off top edges of containers; immediately cover with lids. Let stand at room temperature 24 hours. Jam is now ready to use. Store in refrigerator up to 3 weeks or freeze extra containers up to 1 year. Thaw in refrigerator before using.