

# WARM DAYS, COOL DRINKS

COLLECTION CUSTOMER SPECIAL AUGUST 1 – 31, 2009

Cool down on hot summer days with refreshing and delicious  
popsicles and drinks, made with these great VE products!



GET ALL 3 FOR  
**ONLY**  
**\$25**

VE Margarita  
Rim Trimmer™

VE Tropical  
Fruit Dip Mix

VE Vanilla Extract

PLUS a recipe brochure!

*Retail value: \$32.40*

*Please use product code  
#90057 when ordering.*

Please note there are no substitutions for the above selections. Offer valid for Tasting Parties held between August 1-31, 2009.  
Catalogue and Shop Online orders must be received by Home Office no later than 11:59 PM (PT) August 31, 2009.

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SELECTIONS

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*recipes*

## warm days, cool drinks

Warm weather calls for cool drinks. Quench your thirst with our favourite refreshers: 3 delicious, nutritious thirst-busters the whole family will love! A healthy, affordable alternative to sugar-filled soda – made easy with Epicure!

### Orange Dreamsicle Smoothie

MAKES 4 SERVINGS

**COST PER SERVING: \$1.12!**

A splash of the finest-quality VE Vanilla Extract turns an everyday smoothie into a creamy dreamsicle delight!

- 1 Tbsp (15 ml) VE Tropical Fruit Dip Mix
- 2 tsp (10 ml) VE Vanilla Extract
- 1 1/2 cups (6 oz can) frozen orange juice concentrate
- 1 cup (250 ml) skim milk
- 1 cup (250 ml) water
- Optional — 1 banana
- 24 ice cubes, maximum

1. Blend first 6 ingredients for 1 minute.
2. Add ice cubes 2 at a time, blending smooth after each addition, until desired consistency is reached. Serve cold.

Per 2 cups (500 ml): Calories 210, Fat 0 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 35 mg, Carbohydrate 46 g (Fibre 1 g, Sugars 6 g), Protein 5.

**Time-saving Tip** *Make extra and freeze in popsicle molds for a refreshing, nutritious, economical treat anytime!*

**Health Tip** *Each serving of this recipe provides 270% of the daily recommended vitamin C.*

### Tropical Fruitsicles

MAKES 12 SERVINGS

**COST PER SERVING: \$0.29!**

Cool off on the hottest days with a frozen treat the whole family will love. Fun, healthy and totally tropical!

- 1 Tbsp (15 ml) VE Tropical Fruit Dip Mix
- 1 cup (250 ml) orange juice
- 1 cup (250 ml) unsweetened pineapple juice
- 1 cup (250 ml) drained crushed pineapple
- 1 cup (250 ml) coarsely chopped or sliced strawberries

1. Blend first 4 ingredients until smooth.
2. Distribute strawberries evenly between 12 popsicle molds or paper cups. Top with blended mixture. Add popsicle sticks and if using molds, place on cover.
3. Freeze for approximately 4 hours, or until firmly frozen.

Per serving: Calories 40, Fat 0 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 0 mg, Carbohydrate 9 g (Fibre 1 g, Sugars 8 g), Protein 0 g.

**Preparation Tip** *Try fresh kiwi, papaya or melon instead of strawberries.*

### Watermelon “Mocktail”

MAKES 4 SERVINGS

**COST PER SERVING: \$1.12!**

Summer’s sweetest taste in the perfect cool-down drink!

- 2 Tbsp (30 ml) VE Summer Berry Fruit Dip Mix
- 4 cups (1 L) seedless watermelon chunks
- 6 Tbsp (90 ml) lime juice
- 4 cups (1 L) ice cubes
- Half a lime, cut into wedges
- VE Margarita Rim Trimmer™

1. Blend first 4 ingredients on high for 1–2 minutes, or until smooth.
2. Wet the rim of 4 glasses with lime and dip into VE Margarita Rim Trimmer™.
3. Divide watermelon mixture between glasses. Garnish with lime and serve.

Per serving: Calories 70, Fat 0 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 10 mg, Carbohydrate 23g (Fibre 1 g, Sugars 19 g), Protein 1 g.

Party your way to a full pantry — host a fun Epicure Tasting Party and get great Hostess-only discounts on quality VE products. Contact your Epicure Consultant to plan your FREE shopping spree TODAY! Are you looking for a flexible and creative way to earn an income? Create your own business and enjoy a multitude of benefits! **Talk to your Consultant for more information.**



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REV 08/09