

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

SHELDON GAS BULLETIN

AUGUST 2018

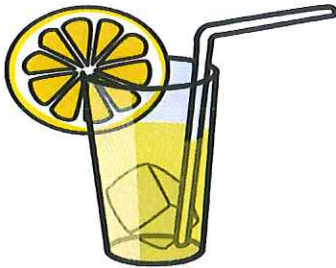
Since we have been having a little heat wave, sometimes it's nice to have a frosty glass in hand-day or night! Here are some drinks that I have come up with, do try them; I hope they cool you off!

BANANA SUNRISE

This is good for breakfast or brunch.

1 small ripe banana, sliced
1 can (12 oz.) apricot nectar, chilled
½ cup unsweetened pineapple juice, chilled
½ cup milk
¼ tsp. Almond extract (not a drop more)
¼ tsp. ground nutmeg (not a drop more)
Pineapple spears
Orange slices

Place banana in blender and puree. Add the remaining ingredients, except the fruit slices; blend until smooth. Garnish with pineapple spears and orange slices. 4 Servings



CRANBERRY PUNCH

The kids love this, great for a picnic!

1 can lemonade, frozen
3 cups cranberry juice (low calorie, if desired)
1 quart 7-UP or ginger ale (low calorie, if desired)
Lemon Slices

Combine all ingredients in a punch bowl or large pitcher. Refrigerate for an hour or more. Garnish with lemon slices.

CITRUS SPARKLER

This recipe can be easily doubled or more!

2 cups boiling water
6 tea bags (or 2 tbs. loose tea)
1 ½ cups sugar
1 cup fresh lemon juice
1 cup unsweetened pineapple juice
⅛ tsp. (no more) anise extract
2 cups club soda, chilled
Lemon and orange peel strips
(See other side for directions)

CITRUS SPARKER CONTINUED:

Pour water over tea. Steep for 10 minutes; stir in sugar, juices, and extract. Refrigerate covered, for at least an hour. Once cooled, remove from fridge and add club soda. Garnish with lemon and orange strips.

Makes 6 (8 oz.) Servings

Looking for something a little stronger???

Try these two...

KIWI COOLER

2 – 3 cups crushed ice
¾ cup Vodka
2 tbs. canned coconut cream
4 kiwi fruit
Juice 2 lemons
¼ cup superfine sugar
Kiwi slices for garnish

In a blender combine all ingredients, except garnish. Blend until frothy. Serve in chilled glasses.

Serves 4

MANGO DAIQUIRIS

1 cup ripe mango, cubed
3 – 4 large strawberries, sliced
½ cup light rum
Juice from 2 limes
2 tbs. superfine sugar
2 cups crushed ice

Blend all ingredients together in a blender until smooth and frothy. Serve in chilled glasses, garnish with strawberries.

Makes 4 Servings



ANNA SHELDON HOPKINS