

DRINKS & DESSERT

Mint Lemonade Freeze

Taralyn S. made this for us on Father's Day evening June 2013. VERY yummy!

a blender full of ice
3 sprigs of mint
1 cup agave
1 1/2 cups fresh lemon juice (2 lemons)
2-3 cups almond milk
optional: fresh spinach (!)

Blend it all together on high. Enjoy!

Red, White & Blue Fruit Cup

This is a great July dessert or side of fresh fruit. I first had white "Queen" peaches at Aunt Pargie's house when I was young. I think they might just be the fruit Lehi tasted on the tree of life.... ☺

white peaches, sliced with peel on
red raspberries
blueberries
cream, optional

Arrange fruit in a little dish and, if desired, drizzle cream over the top.