

ANTIOCH MISSIONARY BAPTIST CHURCH OF CAROL CITY EMPOWERMENT FAST DRINK RECIPES



Tropical Fruit Freeze

Serves 8

- 1 orange, peeled
- 1 cup frozen banana chunks
- 1 cup frozen mango chunks, strawberries, cherries, or blueberries
- 1/2 to 1 cup soy or rice milk



Combine the fruit and 1/2 cup of the vegan milk in a blender. Process until very smooth, stopping the blender occasionally to stir any unblended chunks to the center.

Add a bit more vegan milk for a thinner consistency.

Egg-Free Egg Nog

Serves 5

- 1 quart soymilk
- 6 ounces Mori-Nu silken tofu, extra firm
- 6 tablespoons maple syrup
- 2 teaspoons vanilla extract
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon cardamom
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cloves



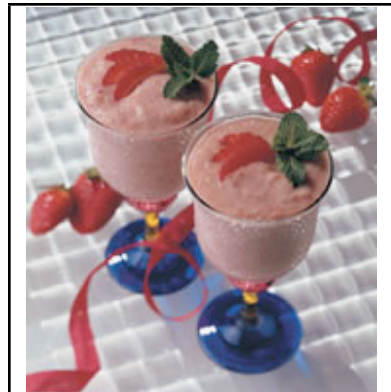
In a blender, combine all of the ingredients and blend until creamy and smooth. Chill before serving.

Strawberry Smoothie

Makes 2 cups

- 1 cup frozen strawberries
- 1 cup frozen banana chunks
- 1/2 to 1 cup apple juice or soy or rice milk

Place all the ingredients in a blender and process on high speed until smooth, 2 to 3 minutes, occasionally stopping the blender to move any unblended fruit to the center with a spatula.



Apple-Carrot Zinger

1 1/2 lbs. carrots, washed well
3/4 lb. apples (approximately 2 large), washed well
1-inch piece ginger

Begin by trimming the ends off the carrots and then cut them into 4-inch pieces that will fit through your juicer. Next, core the apples, discarding the seeds, and cut the apples into pieces that will fit through your juicer. Remove some of the peel from the piece of ginger. Turn on your juicer, and juice in the following order: half of the carrots, the piece of ginger, all of the apple, and then the remaining half of the carrots. This will allow the flavors to blend while juicing. Serve immediately to retain as many of the nutrients as possible. If necessary, store the juice in an airtight container in the refrigerator, and use within 2 days.

Yield: 2 Cups

Mochachino Coolers

2 cups cold brewed coffee
2 cups soy milk, rice milk, or other non-dairy milk of choice
1/4 cup cocoa powder
2 T. unbleached cane sugar (or white sugar from sugar beets)
1 t. vanilla
1/2 t. cinnamon
1/8 t. ground nutmeg
ice

In a blender, place all of the ingredients except the ice, and process for 1-2 minutes or until frothy. Fill 4 tall glasses with ice and then pour the mochachino mixture over the ice, dividing it evenly between the glasses. Serve immediately.

Serves 4

Strawberry-Banana Smoothie

3 T. blanched almonds
1 cup water or apple juice
2 dates, pitted
2/3 cup strawberries, fresh or frozen, destemmed
1 banana, peeled, and broken into 2-inch pieces

In a blender, place the almonds, and process for 30 seconds to finely chop. Scrape down the sides of the blender container, add the water and dates, and process for 1 minute. Add the remaining ingredients and process an additional 1-2 minutes or until smooth and creamy. Serve immediately

*Variation: substitute other fruit or berries in the recipe, as desired.

Yield: 2 Cups

Ultra Thick Chocolate Shake

4 cups frozen bananas, cut into 2-inch chunks
1 cup soy milk, rice milk, or other non-dairy milk of choice
3 T. cocoa or carob powder
2 T. maple syrup
1 t. pure vanilla

Remove the frozen banana chunks from the freezer and allow them to thaw for 5-10 minutes to soften slightly. Place the banana chunks in a blender, along with the remaining ingredients, and process for 2-3 minutes to thoroughly puree and blend flavors. Serve immediately.

*Variation: add additional soy milk if you desire a thinner shake, or add almond or peppermint extract to vary the flavor, or add a little nut butter of choice for added flavor and creaminess.

Yield: 4 Cups

Warm Orange-Spice Apple Cider

2 Quarts apple cider
1/2 cup Sucanat
1/2 cup orange juice
2 - 3-inch cinnamon sticks
1 t. whole allspice

1 t. whole cloves

1 t. nutmeg

In a large pot, combine all of the ingredients, and simmer over low heat for 5-7 minutes to blend the flavors. Strain the hot cider mixture and serve warm.

Yield: 8 1/2 cups or eleven 6 oz. servings