

# 3 SIMPLE SUMMER RECIPES

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The timeless summer season, sandwiched between long stretches of pressure, brings boundless fun and relaxation. These simple recipes' fruit flavors emulate both. This summer, slow down, find a sunny poolside spot, and savor these three sweet treats!

## SUMMER BREEZE SMOOTHIE

- 2 cups orange juice
  - 1 cup strawberries
  - 1 cup pineapple
  - ½ cup mango (frozen or fresh)
  - ¼ cup vanilla yogurt
1. Add mangos to a blender.
  2. Add strawberries to the blender.
  3. Add pineapples to the blender.
  4. Add orange juice or 16 tbsp of orange concentrate to the blender.
  5. Add vanilla yogurt to the blender.
  6. Blend until it's smooth, then enjoy!





# ORANGE-STRAWBERRY SUNRISE POP

- 1 cup strawberries
  - 2 tbsp pink lemonade concentrate
  - 2 tbsp orange concentrate
1. Add 1 cup of strawberries into a blender.
  2. Add 2 tbsp of pink lemonade concentrate into the same blender.
  3. Blend until it's smooth.
  4. Pour  $\frac{3}{4}$  the way into each popsicle mold.

Second Layer:

5. Add 2 tbsp of orange concentrate into a clean blender.
6. Add  $\frac{1}{3}$  cup of water into the blender.
7. Blend until it's smooth.
8. Pour into the remaining space of each popsicle mold.
9. Freeze overnight, then enjoy!



# SUN-SATIONAL LEMON BARS

- 2  $\frac{1}{4}$  cups flour
  - 2 cups sugar
  - 4 eggs
  - 1 cup butter
  - Juice from 2 lemons
1. Preheat the oven to 350 degrees F.
  2. In a bowl, blend together softened butter, 2 cups flour and  $\frac{1}{2}$  cup sugar. Press into the bottom of an ungreased 9x13 inch pan.
  3. Bake for 15- 20 minutes in the preheated oven, or until firm and golden. In another bowl, whisk together the remaining 1  $\frac{1}{2}$  cups sugar and  $\frac{1}{4}$  cup flour. Whisk in the eggs and lemon juice, then pour over the baked crust.
  4. Bake for an additional 20 minutes in the preheated oven, then wait for them to cool for 15-20 minutes, then enjoy!