

Summer On





Ice

... 5 cool new ways to
enjoy the season's
ripest, juiciest picks

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It's serious fruit season. Berries, melons, and other refreshing favorites are at their peak flavor—and nutrition—right now. So pass on the ice cream shop and head to the produce stand for these five inventive recipes that put a healthy and sophisticated spin on frozen treats.

TIP: One portion of this refreshing granita (recipe, next page) counts as three servings of fruit—a full day's worth

Watermelon Granita *(pictured on previous spread)*

What's better than a slice of watermelon on a hot summer day? An icy granita that's bursting with natural sweetness but doesn't leave you with sticky fingers! Simple yet elegant granitas can be made with all sorts of fruits, juices, and herbs—even coffee—using the same basic technique of mixing, freezing, and raking.

■ TIME: 15 MINUTES + FREEZING TIME

■ SERVINGS: 4

6 c seedless watermelon chunks or balls (about 4 lb with rind)

1 Tbsp freshly squeezed lemon juice (½ lemon)

1 Tbsp freshly squeezed lime juice (½ lime)

½ c ginger ale

1. **PUREE** watermelon, lemon juice, and lime juice in blender. Slowly pour in ginger ale.

2. **FREEZE** in 8" x 8" baking pan. During freezing, rake with fork or stir with whisk (be sure to scrape sides of pan) every 30 minutes for 2½ hours or until nearly frozen but not completely solid. Rake with fork and serve.

NUTRITIONAL INFO PER SERVING (about 1¼ cups)

82 cal, 1 g pro, 21 g carb, 1 g fiber, 0.5 g fat, 0 g sat fat, 0 mg chol, 5 mg sodium



Chocolate-Strawberry Ice Pop

Think of these as frozen chocolate-covered strawberries on a stick—just as decadent but longer lasting. These pops are full of flavonoids and other health-promoting nutrients—a triple-whammy's worth from strawberries, chocolate, and soy. You can find molds at most kitchenware stores.

■ TIME: 10 MINUTES + FREEZING TIME

■ SERVINGS: 6

1 c thinly sliced fresh strawberries

½ c premium semisweet chocolate chips

1½ c chocolate soy milk

1. **FILL** 6 ice pop molds evenly with strawberries, then chocolate chips, then soy milk. (Note: There should be about ½" of space at the top of each mold to allow for expansion during freezing. Adjust soy milk accordingly.) Insert handles/sticks into molds.

2. **FREEZE** at least 4 hours.

NUTRITIONAL INFO PER POP 151 cal, 3 g pro, 21 g carb, 1 g fiber, 6 g fat, 3.5 g sat fat, 0 mg chol, 19 mg sodium




SIP A HEALTHY SMOOTHIE!

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TIP: Buy organic when shopping for strawberries; they are ranked as one of the fruits most likely to contain pesticide residue

A close-up photograph of three raspberry and blueberry popsicles. The popsicles are rectangular and have a light pinkish-red hue, with several whole raspberries and blueberries embedded within the frozen mixture. They are arranged on a white, textured ceramic plate. The background is a soft, out-of-focus light purple or lavender color. The lighting is bright and even, highlighting the texture of the frozen fruit and the smooth surface of the plate.

TIP: Using whole berries instead of juice not only makes for a prettier pop but also adds a dose of fiber—about the same amount as in a slice of multigrain bread!

Mixed Berry Ice Pops

Most ice pops are just water and sugar with some artificial flavoring thrown in; even those made with juice sometimes contain high fructose corn syrup! Our easy all-natural version captures the taste of fresh berries—and their nutrients as well.

■ TIME: 10 MINUTES + FREEZING TIME

■ SERVINGS: 6

2/3 c fresh blueberries

30 sm fresh mint leaves

1 1/3 c raspberries

1 1/2 c seltzer

2 Tbsp light floral honey, such as acacia

2 Tbsp freshly squeezed lemon juice (1 lemon)

- 1. FILL** 6 ice pop molds evenly with blueberries, then mint, then raspberries.
- 2. STIR** together seltzer, honey, and lemon juice gently in measuring cup until honey dissolves. Pour very slowly over berries and mint. (Note: There should be about 1/2" of space at the top of each mold to allow for expansion during freezing. Adjust liquid accordingly.) Insert handles/sticks into molds.
- 3. FREEZE** at least 4 hours.

NUTRITIONAL INFO PER POP 47 cal, 1 g pro, 12 g carb, 2 g fiber, 0 g fat, 0 g sat fat, 0 mg chol, 1 mg sodium

Creamy Honeydew Soup

This cool, fruity soup is an ideal way to start or finish a light dinner on a too-hot-to-cook night. The key is a juicy, ripe melon; immature honeydew is hard and tasteless. Look for a creamy white rind, a velvety (not smooth) skin, and an overall heavy feel. If underripe, place on the counter out of direct sunlight for a few days.

■ **TIME:** 15 MINUTES

■ **SERVINGS:** 4

- 4 c cubed honeydew melon
- 1/4 c reduced-fat plain Greek-style yogurt (we used Fage Total 2%)
- 1 Tbsp light floral or orange blossom honey
- 1 Tbsp freshly squeezed lime juice (1/2 lime)
- 1/2 tsp freshly grated lime zest (about 1/2 lime)

PUREE melon, yogurt, honey, and lime juice in blender until smooth. Pour into 4 small bowls and sprinkle with lime zest before serving.

NUTRITIONAL INFO PER SERVING 87 cal, 2 g pro, 21 g carb, 1 g fiber, 0.5 g fat, 0.5 g sat fat, 1 mg chol, 35 mg sodium



TIP: A serving of this soup satisfies nearly half of your daily vitamin C requirement

Cool Lime Pie Frappé

Get the taste and creamy texture of key lime pie without the 20 g of fat per slice by sipping this light but luscious drink instead. Thawing the frozen yogurt slightly helps it slide out of the container easily.

■ TIME: 5 MINUTES

■ SERVINGS: 2

1 pt (2 c) fat-free vanilla frozen yogurt (we used Stonyfield Farm Organic), softened slightly at room temperature

1/4 c fat-free milk

2 Tbsp freshly squeezed lime juice (1 lime)

1/2 tsp freshly grated lime zest (1/2 lime)

2 Tbsp whole grain graham cracker crumbs

PUREE frozen yogurt, milk, lime juice, and lime zest in blender until smooth. Pour into 2 glasses. Sprinkle each with graham cracker crumbs.

NUTRITIONAL INFO PER SERVING 238 cal, 9 g pro, 49 g carb, 0.5 g fiber, 0.5 g fat, 0 g sat fat, 9 mg chol, 185 mg sodium ■

TIP: The combination of fat-free milk and frozen yogurt in this smoothie provides more than a quarter of your daily calcium needs in fewer than 250 calories per serving

