

Yummy  
Tummy  
Recipes  
SEASONS

# Summer Sips to "Chill" Dips



by Marilyn LaPenta

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by Marilyn LaPenta

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BEARPORT  
PUBLISHING  
NEW YORK, NEW YORK



## Credits

All food illustrations by Kim Jones

Publisher: Kenn Goin

Editor: Joy Bean

Creative Director: Spencer Brinker

Design: Debrah Kaiser

Library of Congress Cataloging-in-Publication Data in process at time of publication (2013)

Library of Congress Control Number: 2012033939

ISBN-13: 978-1-61772-741-2 (library binding)

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For more information, write to Bearport Publishing Company, Inc., 45 West 21st Street, Suite 3B, New York, New York, 10010.

Printed in the United States of America.

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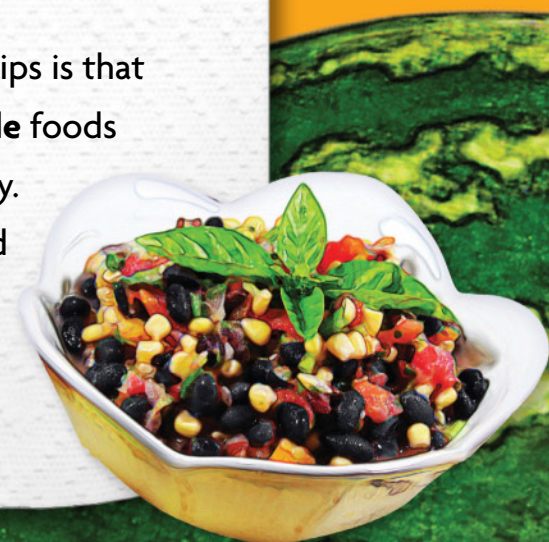


# Making Healthy Summer Treats

Get ready to make some super yummy summer treats! The refreshing creations in *Summer Sips* to “Chill” Dips use fresh food in really simple recipes.

In the summer, fresh fruits and vegetables are inexpensive and plentiful. The best of this **seasonal produce** is available at farmers’ markets or small family farms. These places offer locally grown fruits and veggies that have just been picked. This kind of produce usually has more nutritional value than food that is chilled for weeks and shipped long distances.

The great thing about making your own summer drinks and dips is that you know exactly what goes into each recipe. Many **pre-made** foods contain **preservatives** that are not always good for your body. Use the ideas on page 22 for making the nutritious drinks and dips in this book even healthier.



















# Getting Started

Use these cooking tips and safety and tool guidelines to make the best drinks and dips you've ever tasted.

## Tips

Here are a few tips to get your cooking off to a great start.

-  Quickly check out the Prep Time, Tools, and Servings information at the top of each recipe. It will tell you how long the recipe takes to prepare, the tools you'll need, and the number of people the recipe serves.
-  Once you pick a recipe, set out the tools and ingredients that you will need on your worktable.
-  Before and after cooking, wash your hands well with warm soapy water to kill any germs.
-  Wash all fruits and vegetables, as appropriate, to get rid of any dirt and chemicals.
-  Put on an apron or smock to protect your clothes.
-  Roll up long shirtsleeves to keep them clean.
-  Tie back long hair or cover it to keep it out of the food.
-  **Very Important:** Keep the adults happy by cleaning up the kitchen when you've finished cooking.


PREP TIME

TOOLS

SERVINGS

INGREDIENTS

3  
Minutes  
Prep Time



Tools

1  
Serving

**Ingredients**  
1 ripe avocado (soft to the touch)    ½ teaspoon vanilla extract  
1 cup **low-fat** or skim milk    1 tablespoon honey or agave  
1 cup ice    Optional: mint

**Steps**  

1

Ask an adult to cut the avocado in half with the knife on the cutting board. Remove the pit and throw it away. With the spoon, scrape out the green **flesh** of the fruit from the **rind** and put it into the blender.

2

Pour the rest of the ingredients into the blender.

3

**Blend** on high for 30 seconds or until smooth.

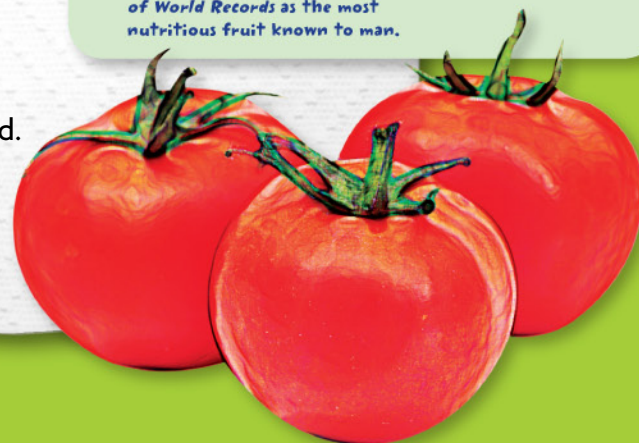
4

Pour the mixture into the glass.

5

RECIPE

*Avocados are in the Guinness Book of World Records as the most nutritious fruit known to man.*





## Be Safe

**Cook safely by having an adult around to help with these activities:**



Using a sharp knife or peeler.

Using the stove, the blender, or other electrical appliances.

Removing hot pans from the oven. (Always use pot holders.)

Frying foods on top of the stove. (Keep the heat as low as possible to avoid burns from oil splatter.)

## Tools You Need

**Here's a guide to the tools you will need to make the various recipes in this book.**

  
 Mixing spoon

  
 Popsicle sticks

  
 Small bowl

  
 Small glass,  
8 ounces

  
 Baking sheet  
with sides

  
 Blender

  
 Spoon

  
 Apple or  
vegetable peeler

  
 Medium bowl

  
 Medium glass,  
12 ounces

  
 Small frying  
pan


  
 Wire rack

  
 Fork

  
 Knife

  
 Long toothpick  
or skewer

  
 Straw

  
 Medium glass,  
12 ounces

  
 9-inch pie plate

  
 Ice cube tray

  
 Oven

  
 Measuring  
spoons

  
 Spreader

  
 Pot holders

  
 Large glass,  
16 ounces

  
 Colander

  
 Cutting board

  
 Stovetop

  
 Measuring cups

  
 Can opener

  
 Whisk

  
 Paper cup

  
 Strainer

  
 Refrigerator


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## Learn More Online

To learn more about making summer sips and 'chill' dips, visit [www.bearportpublishing.com/YummyTummyRecipes-Seasons](http://www.bearportpublishing.com/YummyTummyRecipes-Seasons)

## About the Author

Marilyn LaPenta has been a teacher for more than 25 years and has published numerous works for teachers and students. She has always enjoyed cooking with her students and her three children, and looks forward to cooking with her three grandchildren. Marilyn lives in Brightwaters, New York.



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# Summer Sips to “Chill” Dips



When you make your own food, you are taking a giant step toward eating healthier. Plus, it’s great fun!

The recipes in this book are all nutritious and dee-licious. Just follow the easy directions, and in no time at all, you and your friends will be enjoying refreshing drinks and mouthwatering dips.

**Fall Shakes to Harvest Bakes**

**Spring Spreads to “Nuttq” Breads**

**Summer Sips to “Chill” Dips**

**Winter Punches to Nut Crunches**

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