

Non-Alcohol Drinks

Lori Diman Considine's recipe collection.



APPLECIDER		
APPLEPIE SMOOTHIE	GREEN LEMONADE	MEXICAN HORCHATA
BANANA HONEY SMOOTHIE	GREEN SMOOTHIE	PEANUT BUTTER SMOOTHIE
BAPTIST PUNCH	HORCHATA	PUMPKIN SMOOTHIE
BLUEBERRY COCONUT WATER FROSTY	HOT MULLED CIDER	SPICED WASSIL
BRAZILIAN LEMONADE	INFUSED WATER	SUNDAY SPARKLE LEMONADE
FROZEN COCONUT LEMONADE	JAM TEA	TEXAS SWEET TEA
		TIK TOK LEMONADE



Homemade Apple Cider

10–12 medium apples (assorted types), quartered
 2 oranges, quartered (also peeled, if you would like your cider less tart*)
 4 cinnamon sticks
 1 tablespoon whole cloves
 optional extra seasonings: 1 teaspoon whole allspice, 1 whole nutmeg, and/or
 1 inch fresh ginger
 16 cups water, more or less
 1/2 cup sweetener (I recommend brown sugar or maple syrup)
 Cook Mode Prevent your screen from going dark

Instructions

Combine your ingredients in a stockpot. Add the apples, oranges, cinnamon, cloves and (optional) extra seasonings to a large stockpot. Cover with water, leaving about an inch or two of space at the top of the stockpot. Simmer. Heat the cider over high heat until it reaches a simmer. Then reduce heat to medium-low, cover and simmer for about 2 hours, or until the apples are completely soft.

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Mash the apples and oranges. Using a potato masher or a wooden spoon, take a minute to mash all of the apples and oranges against the side of the stockpot to release more of their flavors. Then cover and simmer for 1 more hour. Strain. Using a fine-mesh strainer or a cheesecloth, strain out all of the solids (apples, oranges, spices), pressing them against the strainer to release all of their juices. Discard the solids.

Sweeten. Stir in your desired amount of sweetener, to taste.
Serve warm. Then, your cider is all ready to go! For extra presentation points, I like to add a few fresh orange slices and cinnamon sticks back to the stockpot for pretty serving. But however you like to serve it, your cider is now ready to go and enjoy. Or feel free to let the cider cool to room temperature, then transfer to a sealed pitcher and refrigerate for up to 5 days. Or freeze for up to 3 months.

Notes--*Oranges: Peeling the oranges first will reduce the tartness of the cider, if you would like.



Fire Cider Recipe for Immune Support

Prep Time: 15minutes minutes Resting Time: 12days days Total Time: 12days days 15minutes minutes Servings: 64 servings

- 4 cups unpasteurized apple cider vinegar
- 2 cups chopped onion
- 1/2 cup chopped fresh turmeric
- 1/2 cup chopped fresh ginger
- 1/2 cup coarsely grated fresh horseradish
- 1/2 cup chopped garlic
- 1 bunch fresh thyme
- 1/2 cup halved fresh rosehips
- 1 whole lemon chopped
- 1 whole lime chopped
- 1 whole orange chopped, or 2 mandarins
- 2 whole fresh habanero peppers chopped

Instructions

Layer prepared ingredients into a clean 1/2 gallon glass jar then cover them with the apple cider vinegar.

Cover the jar with a lid and let sit at room temperature out of the sun for 2 weeks.

Strain liquid into a bowl, pressing the ingredients with the back of a spoon to release as much liquid as possible, and discard everything else.

Pour the strained liquid into a clean quart jar.

Optionally sweeten the fire cider to taste with raw honey or maple syrup for a vegan-friendly version.

Cover the jar with a lid and store at room temperature out of the sun for up to 6 months.

Notes

If you can't source ingredients you can leave them out or use dried/powdered versions of items.

Feel free to add other ingredients like other medicinal quality herbs (rosemary, sage, oregano, etc.), different chile peppers, or any other immune-supporting ingredients that you are familiar with.

Use caution when foraging wild plants and be sure to identify plants/mushrooms correctly before ingesting them.

These statements have not been evaluated by the FDA. The information on this site is not intended to diagnose, treat, cure or prevent any disease.

Course: Beverage Cuisine: American Keyword: fire cider, best fire cider, easy fire cider recipe

Nutrition

Serving: 1tablespoon | Calories: 15kcal | Carbohydrates: 3g | Protein: 0.3g | Fat: 0.2g | Saturated Fat: 0.1g | Polyunsaturated Fat: 0.04g | Monounsaturated Fat: 0.03g | Sodium: 2mg | Potassium: 76mg | Fiber: 1g | Sugar: 0.4g | Vitamin A: 47IU | Vitamin C: 5mg | Calcium: 9mg | Iron: 1mg

Large gallon-size glass mason jar of fire cider in the infusion stage with raw apple cider vinegar and medicinal plant materials.



Spiced Wassil

2 quarts apple juice
1 can orange juice (12 oz)
1 can pineapple juice (12 oz)
Juice from 1 lemon
1 cup sugar
1 teaspoon cinnamon
Combine all in large pan, simmer and serve.

HOT HOLIDAY TEA GIFT

18 oz jar Tang
12 oz jar Nestea with lemon and sugar
1 Cup Sugar
1 package red hots
3 tablespoons countrytime lemonsaide
½ teaspoon cloves
½ teaspoon nutmeg (I've skipped the cloves and nutmeg before and didn't miss it)
1 teaspoon cinnamon

Mix together and store in airtight container. Use 2-3 tablespoons to 1 cup boiling water.



Hot Mulled Cider Recipe (Like the kind we got in Canton that cold day)

Prep time: 5 minutesCook time: 25 minutesYield: Makes 8 cups

1/2 gallon of fresh, unfiltered apple cider (non-alcoholic)
1 orange
12 whole cloves
4 3-inch sticks of cinnamon
15 allspice berries
1/4 teaspoon of freshly ground nutmeg
7 pods of cardamom
2 Tbsp brown sugar (optional)
Optional: 1 Apple diced, 1 Pear Diced (this will add an unexpected layer of flavor to your cider)

1 Simmer apple cider with orange and spices: Pour apple cider into a 3-quart saucepan, cover, turn the heat on medium-high.

While cider is heating up, take a vegetable peeler and peel away a

couple thick strips of peel from the orange. Press about half of the cloves into the peeled part of the orange. (You can also just quarter the orange and add the slices and cloves separately. I just like seeing the orange bob up and down.)

Place orange, orange peel strips, the remaining cloves, and the rest of the ingredients into the sauce pan with the cider. Keep covered and heat the mulled cider mixture to a simmer and reduce heat to low. Simmer for 20 minutes on low heat.

2 Strain out the orange and spices: Use a fine mesh sieve to strain the hot mulled cider away from the orange, cloves, and other spices.

If you want, you can add a touch of bourbon, brandy, or rum to spike it up a bit.

Serve hot. Add a cinnamon stick to each cup if desired.



Lola's Horchata (or order a mix from Amazon)

1 cup uncooked white long-grain rice

5 cups water

1/2 cup milk

1/2 tablespoon vanilla extract

1/2 tablespoon ground cinnamon

2/3 cup white sugar

Directions

Pour the rice and water into the bowl of a blender; blend until the rice just begins to break up, about 1 minute. Let rice and water stand at room temperature for a minimum of 3 hours.

Strain the rice water into a pitcher and discard the rice. Stir the milk, vanilla, cinnamon, and sugar into the rice water. Chill and stir before serving over ice.

I have since made this 3 times and found the trick to perfecting this the second time around! Here's my recommendation for "authentic" homemade horchata: put 1 1/3 cup rice in the blender - add about 2 cups of water and 2 cinnamon sticks and blend until the rice and cinnamon are roughly ground. Add the remaining water and blend thoroughly. Pour into a pitcher and place in the refrigerator to soak (overnight is best) - or at the very least 4-5 hours. Strain the mixture through a sieve. I doubled the amount of milk called for - and about half the sugar (a generous 1/3 cup as I like my horchata not too sweet) and a generous splash of vanilla. PERFECTO!



Authentic Mexican Horchata (or if you are lazy, you can buy a mix on Amazon that pretty good)

Makes 4-6 cups

Ingredients

- ⅓ cup uncooked, long-grain white rice
- 1 cup almonds
- 1 cinnamon stick
- 5 cups water, divided (3 cups hot, 2 cups cold)
- ½ cup concentrated simple syrup (2 parts sugar, 1 part water)

Preparation

1. Blanch the almonds by tossing them into boiling water for about a minute, then draining under cold water. After blanching, give each of those little guys a squeeze and the skins should slip right off. Once the almonds are blanched, skinned, and dried, toast them in a dry skillet over medium heat until lightly brown.
2. Pulverize the rice in a spice grinder or blender. Take your time and make sure it reaches a fine powder.
3. Add the ground rice to a large jar or bowl (we used jars) with the almonds and cinnamon stick (see if you can get your hands on a mexican cinnamon stick). Stir in the 3 cups of hot water, allow to cool to room temperature then cover and let stand overnight (not in the fridge!).

THE NEXT DAY:

1. Transfer the mixture into your blender, add the 2 cups of cold water and blend until it is nice and smooth. How long you do this for will depend on the power of your blender; it will take at least a minute and up to four.
2. Strain the blended mixture slowly into a pitcher- most recipes require that you use a strainer lined with three layers of cheesecloth, but if you're like us, go ahead and use a fine mesh tea strainer. We found it easiest to strain a small amount, guiding it through with a spoon, and then discard the stuff that was left behind (don't be fooled if this stuff looks tasty, it's really not).
3. Add concentrated simple syrup. When preparing the syrup beforehand, you can either dissolve it on the stove or in the microwave. If you try it and would like it sweeter, use more.
4. Refrigerate. Serve over ice. Garnish with cinnamon/cinnamon stick. Salud!



Rhonda's Sunday Sparkle Raspberry Lemonade (from Mark's Sister)

- 1 Can Raspberry Lemonade Frozen Concentrate
- 1 Can Diet Sprite
- 2 Cans of water

Mix and serve over ice.

Add twist of lemon rind and fresh raspberries as a garnish.



Baptist Punch (from my Baptist Mother)

6 oz package of red jello
3 cups hot water
1 cup sugar
1 large can pineapple juice
2 quartz gingerale

Add sugar and pineapple juice to jello that has been dissolved in water. Freeze. Remove from freezer in time to thaw to slush stage, add cold gingerale just before serving.



TikTok Lemonade

1 Whole Lemon, skin seeds and all
Dash of Fresh Ginger or Rosemary—BE SUBTLE-Use one or the other but not both
3 Dates (pitted)
Dash of Cinnamon
1 Tablespoon Vanilla
1 Tablespoon Olive Oil (trust me)
1 Tablespoon honey
1.5 cups of water

Blend till smooth, add ice, garnish with a cinnamon stick or sprig of rosemary.



Brazilian Lemonade

2 limes
3 cups water
½ cup sugar
3 tablespoons sweetened condensed milk
ice cubes

Wash limes thoroughly. Cut off the ends and slice into eight wedges.

Place limes in a blender with water, sugar, sweetened condensed milk, and ice; pulse 5 times, or until smooth. Strain through a fine mesh strainer to remove rinds. Serve over ice.



INFUSED WATERS (Cucumber & Citrus)

Cucumbers are nutritious superfoods that could help protect against certain ailments and health conditions. Therefore, it should come as no surprise that consuming cucumber-infused water regularly can [provide the following health benefits](#).

1. **It provides essential nutrients.** Cucumbers are a great source of potassium, fiber, [magnesium](#) and manganese, as well as vitamins A, C and K. Cucumbers also provide a number of plant chemicals, such as [flavonoids](#), lignans and triterpenes, all of which have protective or disease preventive properties.
2. **It hydrates.** The human body cannot function properly without water. On average, adults should drink [nine to 13 cups of water per day](#), according to the *Institute of Medicine* (IOM). Drinking cucumber water counts towards a person's daily intake of water. Its hint of flavor also encourages people to drink more.
3. **It detoxifies.** The antioxidants in cucumber protect against cellular damage due to unstable molecules called free radicals. The antioxidant called [beta-](#)



[carotene](#), in particular, also aids in liver detoxification. For these reasons, cucumber water makes for an ideal detox drink.

4. **It regulates appetite.** Low-calorie and fiber-rich foods like cucumber help curb hunger and promote weight loss. Drinking a glass of cucumber water hours before a meal can also protect against unwanted weight gain and discourage irregular eating patterns as a result of snacking in between meals.
5. **It boosts skin health.** Cucumbers are a good source of a trace mineral called silica. It is involved in the creation of collagen, a building block of skin, hair and nails. On the outside, silica keeps the skin moisturized and free from [acne](#), dark spots and other blemishes.
6. **It reduces blood pressure.** Most processed foods are high in sodium but low in potassium, a combination that often leads to [high blood pressure](#). Cucumbers are an excellent source of potassium. Therefore, drinking cucumber water can help counter the harmful effects of sodium on blood pressure.
7. **It aids in muscle recovery.** Potassium is key to muscle energy, and it has also been found to aid in muscle recovery. Because cucumbers are rich in potassium, cucumber water makes for a good post-workout health drink. (Related: [Cucumber extract found to improve exercise performance](#).)
8. **It has anti-cancer properties.** – Cucumbers contain lignans and cucurbitacins, two plant compounds [associated with anti-cancer benefits](#). In particular, recent studies show that lignans reduce the risk of estrogen-related cancers, while cucurbitacins inhibit the growth of pancreatic cancer cells.

Cucumber water recipes

Cucumber water is simple enough to make at home. Being a versatile drink, it can also accommodate herbs and citrus fruits for added flavor and health-promoting nutrients. Here are three simple cucumber water recipes:

Cucumber water

This [base recipe](#) uses just cucumber and water. Prepare it the night before for a refreshing, low-calorie drink in the morning.

Ingredients:

- 1 large cucumber
- 1 pitcher of water

Preparation:

1. Wash the cucumber under cold, running water before slicing it.
2. Add the cucumber slices into a pitcher of water.
3. Chill the pitcher for at least an hour.
4. Stir before serving.

Lemon cucumber water

Lemons are immune-boosting superfoods that also aid in detoxification and digestion. Combined, lemon and cucumber-infused water make for a delicious and health-promoting drink.

Ingredients:

- 8 cups water

- 1 cucumber
- 1 lemon, Orange, Strawberry, Apple or other fruit
- 1 handful of mint (Optional but a great addition)

Preparation:

1. Slice the lemon and cucumber.
2. Prepare water in a pitcher, then toss in the lemon and cucumber slices.
3. Stir in a handful of fresh mint leaves.
4. Chill the pitcher for at least an hour.
5. Stir before serving.

Cucumber herb-infused water

Herbs like thyme and rosemary are excellent sources of antioxidants and plant compounds that have disease preventive properties. The mint also adds extra flavor and amplifies the drink's refreshing quality.

Ingredients:

- 1/2 cucumber
- 1 lemon
- 1 handful of mint
- 1 handful of thyme
- 2 sprigs of rosemary
- 1 pitcher of water

Preparation:

1. Slice the lemon and cucumber.
2. In a pitcher of water, add the mint, thyme and rosemary.
3. Chill for at least an hour.
4. Stir before serving.



Frozen Coconut Lemonade (Vegan Drink from Pinterest-Dad would love this)

Ingredients:

- 13.5 oz can coconut milk
- Zest of two lemons
- 1/2 cup lemon juice
- Sugar, to taste (or honey)
- 5 cups of ice

Instructions

Add all the ingredients to the blender in the order listed and blend until smooth



Banana & Honey Smoothie

Serves 4

Ingredients:

3 very ripe bananas, frozen
1/4 cup almond butter
1 1/2 cups almond milk
2 large dates
2 tablespoons raw honey
dash of cinnamon

Instructions: Place all of the ingredients in a blender and pulse until smooth, about 30 seconds. Serve right away!



Blueberry Coconut Water Frosty

vegan, serves 2

11 ounces coconut water, chilled
1/2 cup ice
3/4 cup frozen blueberries
1 tsp lemon or lime juice
1 tsp agave syrup
dash of cayenne (optional)

tip: for an extra creamy - not as frosty coconut water frosty, add in 1/2 frozen banana. For more frosty, add in more ice.

..for a more coconut water-infused sip, use coconut water ice cubes instead of tap water ice cubes.

Blend. Pour. Serve!



PUMPKIN SMOOTHIE

1 can (15 Ounce) Pumpkin Pie Filling
3 cups Whole Milk (more If Needed)
1/2 cup Vanilla Yogurt (up To 1 Cup)
A Few Dashes Of Cinnamon
Cinnamon Graham Crackers, Crushed

Well ahead of time, place pumpkin pie filling into a freezer-safe container. Freeze for a few hours or until frozen solid.

To make the smoothie, add milk, and yogurt to a blender. Drop in the frozen pumpkin pie filling and blend until the frozen filling is completely pulverized. Add more milk or yogurt as needed to get it the consistency you'd like.

Pour into individual glasses and sprinkle the tops with graham cracker crumbs. Serve immediately!

*Note: Make a lower-calorie smoothie by using unsweetened/unflavored pumpkin puree, nonfat plain yogurt, and the sweetener of your choice.

*Can also sprinkle with cinnamon and/or nutmeg instead of graham cracker crumbs.

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Green Lemonade Juicing Recipe

1 Sprig of Mint

1 Peeled Lemon

1 Green Apple

1 Small Fennel

1/2 Bunch of Parsley

2 Stalks of Celery

TheHomesteadSurvival.Com

Green Lemonade

1 sprig of fresh mint
 1 peeled lemon
 ½ bunch parsley
 2 celery stalks
 1 small fennel (I leave this out)
 1 green apple

Blend into oblivion..drink..be healthy.

Banana Blender

Blend 1 banana + 1 tablespoon peanut butter + 1 nonfat cup milk + 5 ice cubes

Women's Diet Network

Peanut Butter Cookie Smoothie

1 Banana
 1 Apple
 1 Teaspoon Cinnamon
 1 Tablespoon Honey
 1.5 Tablespoon Peanut Butter
 6 oz Almond Milk

Can substitute almond milk for water.
 Recipe Makes two 7 oz smoothies.

Jill's Apple Pie Smoothie

1 apple, cored, but not peeled (unless you just wanna peel it)
 1 pear, cored but not peeled (unless you just want to peel it)
 1 tablespoon vanilla
 1 tablespoon honey
 A few shakes of cinnamon
 4-6 oz almond milk

Blend till smooth...love till forever.

Garnish with a thin slice of apple and a sprinkle of cinnamon over whipped cream and a stick of cinnamon.

(Try to keep the peeling, its healthiest part)



Sweet Tea (from Lone Star Steak House, Texas City, Texas, Circa 1989)

Perfect Sweet Tea. (makes 1 gallon)

(Adapted from the Lone Star Steak House)

Ingredients -

5 - 8 Family size Tea Bags. (or 12 regular Tea Bags)

(I prefer #1 Luzianne or #2 Liptons Brand Teas.)

1 Quart (4 Cups) - Boiling Water

3 Quarts (12 cups) - Cool Water

1 1/2 (one & a half) - Cups Sugar.

1 teaspoon - Baking Soda *(this IS the SECRET Ingredient!!)*

Directions -

1. Sprinkle baking soda into a pitcher (*I use a gallon-size Mason Jar but many people have voiced concerns about pouring boiling water into a glass container, so use whatever container you'd like*)

Add Tea bags to the pitcher/baking soda, Pour Boiling water over tea bags, Cover and allow to steep for 15 minutes.

2. Remove and toss out Tea Bags,

Add Sugar and Stir until completely dissolved. Add Cool Water.

Refrigerate until cold and ready to drink.

3. Serve over ice, Take a nice long sip. Swoon. Repeat.

The back story: I am a Southern Woman... Southern women love their Sweet Tea...And... I have been told I make the BEST Sweet Tea in Texas! I'm gonna let you in on my little secret. Follow this simple recipe, and your life will be complete! When I was in High School, I worked at a little Steak House in Texas City Texas called "Lone Star Steaks" The Lone Star was known for miles and miles around for two things.... They had this amazing Green Olive, Tomato, Vinegar & Oil "House" salad dressing stuff. (Oh Man!! How I wish I knew that recipe!!) And... We made the Smoothest, Most Amazing, Last-Meal-Worthy, Sweet Tea in the South! I'm not kidding! The local police officers would stop by several times a shift to fill their thermos with what they called "Nectar of the Gods". People actually tried to bribe me for the secret to the Perfect Sweet Tea.

Note from Lori: I also add other flavorings like vanilla, cinnamon and etc to give tea a diff flavor. Or I also add orange juice, lemonsade, pineapple juice or sometimes gingerale for a sparkling tea.

crazysexycheat sheet
to smarter caffeine choices

How much caffeine is in your drink?

	Herbal Tea 8 fl oz (236 ml)	= 0 mg
	Decaffeinated Black Tea 8 fl oz (236 ml)	= 3 mg
	Decaffeinated Coffee 8 fl oz (236 ml) brewed	= 6 mg
	Raw Cacao Powder 1 Tablespoon (15 ml)	= 12 mg
	Kombucha Tea 8 fl oz (236 ml)	= 24 mg
	Green Tea 8 fl oz (236 ml)	= 25 mg*
	White Tea 8 fl oz (236 ml)	= 28 mg*
	Coca-Cola Classic 12 fl oz (355 ml)	= 34 mg
	Black Tea 8 fl oz (236 ml)	= 42 mg*
	Mountain Dew 12 fl oz (355 ml)	= 54 mg
	Espresso 1.5 fl oz shot (44 ml)	= 77 mg
	Red Bull 8.46 fl oz (250 ml)	= 80 mg
	Yerba Maté Tea 8 fl oz (236 ml)	= 85 mg**
	Coffee 8 fl oz (236 ml) brewed	= 108 mg

krisccarr.com


* Caffeine content of teas varies by brand, quality of the leaves, and steeping time. The amounts given here are based on 3 minutes of steep time. Check the links for more details on common brands and their caffeine content.
**Caffeine content may vary by brand
Source: Most caffeine data from <http://www.caffeineinformer.com>



'Mango Mango' GO GREEN August 05 2014

- 1/2 cup 'Mango Mango' Mango Preserves (or any jam or preserves)
- 1/4 cup pineapple juice
- 2 large leaves of kale (rinsed and coarsely chopped with stems removed)
- 1 tsp flaxseed
- 2 cups cold yogurt

Blend all ingredients until completely smooth! Serve immediately!

	<p>'Mango Mango' Tea or Lemonade</p> <p>In place of sugar, use a tablespoon or two of Mango, Raspberry, Orange or other marmalade or jelly to sweeten your cup of tea or lemonade.</p>

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