

## Blackberry Sweet Potato Ice Pops

There's nothing better than a frozen "popsicle" to beat the heat. These veggie-forward ice pops are made with pureed sweet potatoes and blackberries flavored with cinnamon, vanilla, orange juice and a touch of sea salt. A beautifully hued treat that's as nourishing as it is refreshing!

Prep Time: 15 minutes

- 1 1/2 cups diced sweet potatoes (about 1-inch cubes) (about 1 medium sweet potato)
- 3 cups fresh blackberries, divided
- 2 cups orange juice
- 2 tablespoons lemon juice
- 2 tablespoons light agave nectar
- 2 teaspoons **McCormick® Pure Vanilla Extract**
- 3/4 teaspoon sea salt from **McCormick® Sea Salt Grinder**
- 1/2 teaspoon **McCormick® Ground Cinnamon**

1. Place sweet potatoes in a medium saucepan with enough water to cover. Cook in simmering water about 15 minutes or until tender. Drain well; allow to cool 5 minutes.
2. Place sweet potatoes, 2 cups of the blackberries and remaining ingredients into blender container. Cover. Puree until smooth, about 3 minutes. (If desired, strain mixture with sieve to remove seeds.)
3. Divide mixture between 14 small paper cups or popsicle molds, filling about 2/3 of the way full. Add a few fresh blackberries to each mold gently pressing into sweet potato mixture.
4. Freeze 30 minutes or until mixture just begins to set. Insert popsicles sticks or colorful straws into center of each mold. Freeze at least 4 hours or overnight, until fully set.

Makes 14 servings.

**Nutrition Information Per Serving:** 48 Calories, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 94mg, Carbohydrates 12g, Fiber 2g, Protein 0g, Total Sugars 8g

## Blueberry Vanilla “Lemonade” Shaved Ice Mocktail

Take a classic summer refresher – lemonade – and make it a new mocktail favorite. Celery, blueberry and calamansi juice (instead of lemons) are blended with vanilla and ginger, then poured over shaved ice to create an oh-so-pretty, tangy concoction that’ll keep you cool with every sip.

Prep Time: 10 minutes

- 2 cups water
- 1 1/2 cups chopped celery
- 1 1/2 cups fresh blueberries
- 1/2 cup calamansi juice or fresh squeezed lemon juice
- 6 tablespoons light agave nectar
- 1 tablespoon chopped fresh mint, loosely packed
- 2 teaspoons **McCormick® Pure Vanilla Extract**
- 1/2 teaspoon **McCormick® Ground Ginger**
- 1/4 teaspoon sea salt from **McCormick® Sea Salt Grinder**
- 10 cups shaved ice

1. Place all ingredients except ice in blender container; cover. Puree until smooth, about 3 minutes.
2. Place 1 cup shaved ice in beverage glass. Pour 1/2 cup of the Blueberry Lemonade mixture over top. Garnish with lemon twist and mint leaves. Repeat with remaining ingredients
3. To make an icy low-alcohol cocktail, place 1 cup shaved ice in beverage glass. Pour 1/2 ounce rum, vodka, or gin over shaved ice and top with 1/2 cup of the Blueberry Lemonade mixture. Garnish with lemon twist and mint leaves.

Makes 10 servings.

### Test Kitchen Tips:

- Substitute blackberries in place of the blueberries. Strain mixture after blending if you prefer to remove seeds.
- Calamansi is a citrus fruit similar to lemons and limes. The ripe fruit is juicy, tart, and varies from green to yellow-orange in color. Popular in Filipino cooking, calamansi juice is often used as a marinade or squeezed over noodles. In America it is sometimes called calamondin. Calamansi juice can be found in some grocery stores as well as online retailers.
- To shave ice cubes, place about 2 cups ice cubes in food processor. Pulse until desired texture, usually about 10 to 20 seconds. Remove any remaining large chunks of ice. Use immediately or store in freezer until ready to serve. 2 cups of ice cubes should yield about 2 1/2 cups of shaved ice.

- Use to create slushies or granitas. Pour the lemonade mixture into a freezer-safe container. Place in freezer. Stir and scrape every 20 to 30 minutes as the mixture freezes to create a refreshing icy texture. Enjoy when lemonade has reached desired texture.

**Nutrition Information Per Serving:** 72 Calories, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 70mg, Carbohydrates 18g, Fiber 1g, Protein 0g, Total Sugars 16g

## Chili Spiced Watermelon Rosé Granita

Chamoy sauce, traditionally a condiment from Mexico, brings a sweet, delicate heat to this watermelon and rosé granita. Quickly blended together, frozen and then shaved into serving bowls, it's a perfectly refreshing, icy, fruity, low-alcohol cocktail to beat the heat.

Prep Time: 15 minutes

### **Chamoy Sauce:**

1 cup apricot jam

1/4 cup fresh lime juice

2 teaspoons **McCormick® Crushed Red Pepper**

1 teaspoon **McCormick Gourmet™ Ancho Chile Pepper**

1 teaspoon salt

### **Watermelon Granita:**

4 cups cubed seedless watermelon

2 cups dry rosé wine

1/2 cup Chamoy Sauce

1/4 cup fresh lime juice

1/2 teaspoon **McCormick® Chili Powder**

1/2 teaspoon salt

1. For the Chamoy Sauce, place all ingredients in blender container; cover. Blend on medium speed until smooth. Store in covered container in refrigerator up to 5 days. (Makes enough Chamoy Sauce for 2 batches of Watermelon Granita.)
2. For the Chamoy Watermelon Granita, place all ingredients in blender container; cover. Blend on high until very smooth.

3. Pour mixture into large freezer-safe container (about 13x9-inch size). Cover with plastic wrap. Freeze 3 to 4 hours, stirring and scraping mixture with a fork every 30 to 45 minutes to create a fluffy, shaved ice texture.
4. To serve, scoop or shave frozen mixture into serving bowls. Garnish with watermelon wedges sprinkled with additional chili powder, if desired.

Makes 4 servings.

**Test Kitchen Tips:**

- Scoop frozen Granita into drinking glass and let stand about 10 minutes to melt. Stir and serve as a refreshing icy drink.
- For a mocktail version, substitute pink lemonade or grapefruit juice in place of the rosé.

**Nutrition Information Per Serving:** 188 Calories, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 603mg, Carbohydrates 45g, Fiber 1g, Protein 2g, Total Sugars 38g

## Cucumber Celery Slushie

Sip (or spoon) a slushie that's all grown up. Wholesome ingredients like celery, cucumber, mint, dill and lime give this green drink a rehydrating kick that's cool, crisp and downright craveable.

Prep Time: 10 minutes

2 cups peeled, chopped English cucumber  
1 cup chopped celery  
3/4 cup water  
1/3 cup sugar  
1/4 cup chopped fresh mint  
1/4 cup fresh lime juice  
1 teaspoon lime zest  
1 teaspoon **McCormick® Dill Weed**  
1/2 teaspoon **McCormick® Ground Ginger**  
1/4 teaspoon sea salt from **McCormick® Sea Salt Grinder**  
1/8 teaspoon **McCormick® Pure Ground Black Pepper**  
3 cups ice

1. Place all ingredients except ice in blender container; cover. Puree until smooth.
2. Add ice to blender and pulse until well mixed and smooth. Serve immediately.

Makes 3 servings.

**Nutrition Information Per Serving:** 116 Calories, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 175mg, Carbohydrates 28g, Fiber 2g, Protein 1g, Total Sugars 24g

## **Grapefruit Basil Kombucha Mocktail with Butterfly Pea Flower Shaved Ice**

This gorgeous drink is as delicious as it is gram-worthy! Shaved pea flower flavored ice instantly transforms from blue to purple when topped with a mixture of grapefruit and kombucha. Chilled seltzer adds a hint of fizz to finish off this refreshingly fun, faux-cocktail.

Prep Time: 10 minutes

Cook Time: 10 minutes

### **Colored Ice:**

6 cups water, divided

1/4 cup dried pea flowers

### **Basil & Anise Syrup:**

3/4 cup sugar

3/4 cup water

2 tablespoons **McCormick Gourmet™ Organic Anise Seed**

1 teaspoon **McCormick® Basil Leaves**

### **Grapefruit Kombucha:**

1 cup Basil & Anise Syrup, chilled

1 cup freshly squeezed grapefruit juice, chilled

1 cup prepared unflavored kombucha, chilled

1/4 cup cold water

### **To serve:**

1 cup chilled seltzer water, divided

4 edible orchid flowers to garnish (optional)

1. For the colored ice, bring 1 cup of the water to boil in small saucepan on medium-high heat. Add pea flowers; steep until flowers are hydrated and water is tinted blue. Strain through a fine sieve; discard flowers. Mix blue pea flower water with remaining 5 cups water in large glass measuring cup, stirring until well blended. Pour mixture into ice cube trays. Freeze at least 4 hours or overnight.
2. For the Basil & Anise Syrup, mix all ingredients in a small saucepan. Bring to simmer on medium heat. Remove from heat. Let stand 10 minutes, stirring occasionally to dissolve sugar. Strain mixture through fine sieve. Cool to room temperature. Refrigerate until chilled.
3. To make the Grapefruit Kombucha, mix Basil & Anise Syrup, grapefruit juice, unflavored kombucha and water in large glass measuring cup.
4. To serve, shave pea flower ice cubes using a food processor or ice shaver. Place 3/4 cup of the shaved ice into bottom of beverage glass. Place orchid flower in glass on top of ice if desired. Layer with an additional 1/4 cup of the shaved ice.
5. Mix 3/4 cup Grapefruit Kombucha and 1/4 cup seltzer. Pour over ice and serve immediately to reveal color-changing beverage. Repeat with remaining ingredients to make 4 beverages.

Makes 4 servings.

### **Test Kitchen Tips:**

- Butterfly Pea Flowers are native to Thailand and other parts of Southeast Asia. The dried flowers are used to infuse vivid blue color and earthy, green tea-like flavor into teas, drinks and dishes like rice desserts. When the pH of a pea flower infusion is changed (often by adding lemon juice), the vibrant blue color transforms to violet or magenta. Butterfly pea flowers can be found at many online retailers, as well as in some natural food markets.
- If you don't have ice cube trays, freeze pea-flower tinted water in multiple resealable plastic bags. Break ice into manageable chunks when ready to shave in food processor.
- To shave ice cubes, place about 2 cups ice cubes in food processor. Pulse until desired texture, usually about 10 to 20 seconds. Remove any remaining large chunks of ice. Use immediately. 2 cups of ice cubes should yield about 2 1/2 cups of shaved ice.
- Don't shave ice until you are ready to serve. Shaved ice will melt quickly, and you will lose the color-changing effect when the Kombucha meets the ice!

**Nutrition Information Per Serving:** 201 Calories, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 13mg, Carbohydrates 47g, Fiber 1g, Protein 1g, Total Sugars 38g

## Mango Lassi Bars

Inspired by the traditional Indian lassi yogurt drink, these chilled Greek yogurt snack bites are just the right balance of creamy, cool, sweet and spice. You'll love the dreamy, cheesecake-like texture, rolled in toasted pistachio and coconut coating for a crunchy finish.

Prep Time: 25 minutes

Cook Time: 4 minutes

- 2 ripe mangos, peeled and cut into 1/2-inch chunks (about 2 cups)
  - 1/2 cup **Thai Kitchen® Coconut Cream** or **Thai Kitchen® Coconut Milk**
  - 2 envelopes (1/4 ounce each) unflavored gelatin
  - 1 1/2 cups plain full-fat Greek yogurt
  - 1 package (8 ounces) cream cheese, softened
  - 2 teaspoons **McCormick® Pure Vanilla Extract**
  - 1 teaspoon **McCormick® Gourmet Ground Cardamom**
  - 3/4 teaspoon **McCormick® Ground Turmeric**
  - 1/2 teaspoon **McCormick® Ground Ginger**
  - 1/2 teaspoon sea salt from **McCormick Sea Salt Grinder**
  - 3 tablespoons honey
  - 1 1/2 cups shredded coconut, toasted
  - 1 cup chopped pistachios or cashews, lightly toasted
1. Microwave mangoes on HIGH 2 1/2 minutes or until softened. Place in food processor or blender and puree until smooth. Set aside.
  2. Place coconut cream in medium microwavable bowl. Sprinkle gelatin evenly over surface of cream. Beat with wire whisk until well blended and gelatin is completely dissolved. Let mixture stand 5 minutes to allow gelatin to bloom. Microwave on HIGH 1 1/2 minutes, stirring every 30 seconds. Remove from microwave and allow mixture to cool.
  3. Meanwhile, beat yogurt and cream cheese with an electric mixer on medium-high speed about 3 minutes until smooth and creamy. (If using stand mixer, fit with wire whisk attachment.) Stir in mango puree, vanilla, cardamom, turmeric, ginger, salt and honey. Beat 1 minute. Gradually add coconut cream mixture to yogurt mixture, beating until well blended.
  4. Pour mixture into ungreased 13x9-inch baking dish or pan. Cover with plastic wrap. Refrigerate at least 4 hours or until completely set. Cut into rectangular bars, about 2-inches by 1-inch.
  5. Mix coconut and pistachios in shallow dish. Dip Mango Lassi Bars in mixture to coat evenly on all sides. Refrigerate until ready to serve.

Makes 36 servings.

**Test Kitchen Tips:**

- To toast coconut, spread sweetened shredded coconut in an even layer on small parchment-lined baking pan. Bake in preheated 325°F oven 3 minutes. Carefully remove from oven; stir. Return to oven and toast 2 to 3 minutes longer or until coconut is lightly browned. Watch closely, as coconut will burn easily.
- To toast pistachios, place in dry skillet on medium heat. Toast, stirring frequently, about 2 to 3 minutes. Remove pistachios from pan immediately; set aside to cool.

**Nutrition Information Per Serving:** 90 Calories, Total Fat 6g, Saturated Fat 4g, Cholesterol 8mg, Sodium 53mg, Carbohydrates 6g, Fiber 1g, Protein 3g, Total Sugars 5g

## Masala Chaas

Proactively beat the heat with a new way to hydrate: a tangy, buttermilk-based, Indian-inspired drink. Fresh mint and cilantro are combined with cucumber and ginger to create a cooling sensation. Cumin and jalapeño bring a gentle spice. Blend it all together for frothy refreshment, sip after sip.

Prep Time: 10 minutes

1 cup cold whole milk buttermilk or low-fat buttermilk

1/2 cup fresh cilantro leaves, loosely packed

1/2 cup fresh mint leaves, loosely packed

1/2 cup peeled and chopped English cucumber

1 tablespoon chopped jalapeno

1/2 teaspoon **McCormick Gourmet™ Organic Roasted Ground Cumin**

1/2 teaspoon **McCormick® Ground Ginger**

1/4 teaspoon salt

1. Place all ingredients in blender container; cover. Puree until smooth, scraping sides as needed. Serve immediately; divide among individual serving glasses.

Makes 2 servings.

**Nutrition Information Per Serving:** 88 Calories, Total Fat 4g, Saturated Fat 2g, Cholesterol 13mg, Sodium 429mg, Carbohydrates 8g, Fiber 1g, Protein 5g, Total Sugars 7g

## Mini Frozen Thai Lime Pies

Chill your palate after a spicy meal (or just treat yourself) with mini frozen pies inspired by classic key lime pie. Kaffir lime leaves bring a burst of citrus flavor to the smooth coconut cream filling, layered over a crunchy coconut peanut crust with a hint of spice.

Prep Time: 30 minutes

### **Kaffir Lime Coconut Cream**

1/4 cup water

2 tablespoons sugar

3 kaffir lime leaves (6 leaflets), center stem/vein removed (see tip for more info)

1 cup **Thai Kitchen® Coconut Cream**

### **Coconut Peanut Crust:**

1 1/2 cups unsalted dry roasted peanuts

3/4 cup shredded coconut, toasted

1/4 cup sugar

2 tablespoons melted butter

1/2 teaspoon **McCormick® Ground Ginger**

1/2 teaspoon salt

1/4 teaspoon **McCormick® Ground Red Pepper**

### **Filling:**

1 package (8 ounces) whipped cream cheese

1/3 cup sugar

2/3 cup heavy cream

Zest of one lime, divided

1/4 cup shredded coconut, toasted

1. For the Kaffir Lime Coconut Cream, place water, sugar and lime leaves in small saucepan on medium heat. Bring to boil. Reduce heat to low; simmer 5 minutes or until mixture is reduced by half. Stir in coconut cream. Bring to boil. Reduce heat to low; simmer 5 minutes, stirring frequently. Remove from heat. Cover and refrigerate for 2 hours. Remove lime leaves and discard.
2. For the Crust, mix sugar, butter, ginger, salt and pepper in large bowl. Place peanuts and toasted coconut in food processor and pulse until coarsely chopped. Stir peanut mixture into butter mixture until evenly combined. Press about 2 tablespoons of peanut crust mixture into bottom of each of 12 paper-lined muffin cups (Use bottom of 1/4 cup measuring cup to press in crust, if desired.)
3. For the Filling, beat cream cheese and sugar in large bowl with electric mixer until smooth and creamy, about 1 minute. Add Kaffir Lime Coconut Cream, heavy cream and 1 tablespoon of the lime zest; beat 2 minutes or until well mixed. Pour filling mixture evenly

over crust in muffin cups. Sprinkle with toasted coconut and remaining lime zest. Cover and freeze overnight. Serve frozen.

Makes 12 servings.

**Test Kitchen Tip:** Kaffir lime leaves are shiny, thick, dark green leaves that grow in doubles—as two connected leaflets. The leaves provide a refreshing lemon-lime aroma and flavor typical of Thai cuisine. To get the maximum amount of flavor when using whole fresh leaves, remove the center stem/vein and discard. Dried leaves can be used whole. Kaffir lime leaves are available fresh, frozen or dried in Asian markets and online retailers.

**Nutrition Information Per Serving:** 346 Calories, Total Fat 26g, Saturated Fat 14g, Cholesterol 33mg, Sodium 221mg, Carbohydrates 22g, Fiber 2g, Protein 6g, Total Sugars 17g

## Pineapple Carrot “Cake” Shaved Ice

Treat yourself to the goodness of carrot cake in this icy treat. Pineapple, carrots and pineapple juice are blended with cinnamon, nutmeg, ginger and a touch of less-fat cream cheese to create that signature carrot cake flavor. Freeze 3 to 4 hours, stirring and scraping mixture along the way to create a fluffy, shaved ice for serving in individual bowls.

Prep Time: 15 minutes

- 2 cups frozen pineapple chunks
- 2 cups frozen sliced carrots
- 2 1/2 cups pineapple juice
- 1 cup ice
- 3 tablespoons less-fat cream cheese or cream cheese
- 2 teaspoons **McCormick® Pure Vanilla Extract**
- 1/2 teaspoon **McCormick® Ground Cinnamon**
- 1/2 teaspoon **McCormick® Ground Nutmeg**
- 1/2 teaspoon **McCormick® Ground Ginger**
- 1/2 teaspoon sea salt from **McCormick® Sea Salt Grinder**

1. Place all ingredients in blender container; cover. Blend on high speed, scraping down sides and stirring as needed, until mixture is smooth, about 3 minutes.
2. Pour mixture into large freezer-safe container (about 13x9-inch size). Cover with plastic wrap. Freeze 3 to 4 hours, stirring and scraping mixture with a fork every 30 to 45 minutes to create a fluffy, shaved ice texture.
3. To serve, scoop or shave frozen mixture into serving bowls.

Makes about 5 servings.

### Test Kitchen Tips:

- Skip the freezer and serve straight from the blender for a delicious smoothie.
- Try using a variety of other frozen fruit in place of the pineapple, such as peaches or blackberries for a fruity twist.

**Nutrition Information Per Serving:** 61 Calories, Total Fat 1g, Saturated Fat 1g, Cholesterol 2mg, Sodium 99mg, Carbohydrates 12g, Fiber 1g, Protein 1g, Total Sugars 7g

## Roasted Beet & Feta Yogurt Parfait

Chill out with layer upon layer of refreshing flavor in this savory parfait. Every spoonful of beets whipped with Greek yogurt, and fluffy, lemony feta mixture is full of feel-good flavor to help you “beet the heat.”

Prep Time: 20 minutes

2 cups beets, roasted, peeled and cooled  
1/2 cup grated cucumber  
2 cups plain Greek yogurt, divided  
2 tablespoons tahini  
4 teaspoons fresh lemon juice, divided  
3/4 teaspoon salt  
3/4 teaspoons **McCormick® Ground Black Pepper**, divided  
1/2 teaspoon **McCormick Gourmet™ Organic Ground Coriander**  
1/4 teaspoon **McCormick® Ground Cumin**  
1 teaspoon lemon zest  
3 tablespoons extra-virgin olive oil  
1/2 cup crumbled feta cheese  
1/4 teaspoon **McCormick® Crushed Red Pepper**  
1/4 teaspoon **McCormick® Dill Weed**  
3/4 cup roasted pistachios, shelled, coarsely chopped

1. Place beets in blender container; cover. Puree until smooth; set aside. Press grated cucumber between sheets of paper towels; squeeze out as much liquid as possible, repeating until mostly dry.
2. Mix beet puree, 1 cup of the Greek yogurt, cucumber, tahini, 1 teaspoon of the lemon juice, salt, 1/2 teaspoon of the black pepper, coriander and cumin in large bowl with wire whisk until well blended. Cover. Refrigerate at least 30 minutes to allow flavors to blend.
3. Meanwhile, place remaining 1 cup Greek yogurt, 3 teaspoons lemon juice, 1/4 teaspoon black pepper, lemon zest, olive oil, feta, crushed red pepper and dill weed in food processor; cover. Process until smooth, scraping down sides as needed. Transfer to bowl; cover. Refrigerate at least 30 minutes to allow flavors to blend.
4. To assemble parfaits, spoon 2 tablespoons of the feta mixture into bottom of 6 (8-ounce) parfait glasses. Sprinkle with 1 tablespoon of pistachios and layer with 1/2 cup of the beet mixture. Top with another layer of feta mixture and garnish with remaining pistachios. Serve chilled.

Makes 6 servings.

**Test Kitchen Tips:**

- Parfaits can be assembled and refrigerated up to 2 hours before serving. If assembled for longer than 2 hours, the beet layer will bleed into the feta layers.
- To roast beets, preheat oven to 425°F. Wrap trimmed and cleaned beets in foil. Place in shallow baking pan. Roast 1 hour or until beets are tender when pierced with small knife. Cool until able to handle. Peel then coarsely chop beets, if desired.

**Nutrition Information Per Serving:** 326 Calories, Total Fat 22g, Saturated Fat 6g, Cholesterol 17mg, Sodium 586mg, Carbohydrates 16g, Fiber 4g, Protein 16g, Total Sugars 9g