

Hot-Weather Thirst Quenchers

In hot and humid weather, everyone likes a cool, refreshing treat. Here are some hot-weather thirst quenchers that are perfect for your next picnic or just for relaxing in the backyard:

- To add a subtle citrus flavor to ice water, drop in slices of lemon, lime or orange or add fruit-filled ice cubes.
- Combine a six-ounce can of grapefruit juice or cranberry-mango cocktail concentrate with two 12-ounce bottles of chilled club soda. That makes enough to enjoy with three friends.
- In a blender, puree berries, sliced kiwi, mango or pineapple chunks with frozen limeade concentrate for a delicious fruit smoothie.
- Create-a-shake: Puree melon chunks or peach slices with buttermilk, crushed ice and a touch of ginger or cinnamon until smooth.

Of course, there's no need to wait for the hottest weather to enjoy these fun and healthy drinks.