

May 2022 World Hunger

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Soup Fruit Soup</p> <p>The Pines Mini Food Cupboard Paper Towels</p>	<p>2 <i>Fast Facts</i> NY monthly SNAP benefits are \$646 for a family of 4. That's \$5.37 per person per day.</p>	<p>3 <i>Prayer</i> Creative God, Guide our thoughts toward creative ways to solve hunger.</p>	<p>4 Bread to share Pizza Dough Sticks</p>	<p>5 <i>Activity</i> Challenge family members to plan a menu for breakfast lunch, and dinner, which costs a total of \$5.37 or less.</p>	<p>6 Sign up to be a Hunger Activist HERE</p>	<p>7 Bread to share Naan</p>
<p>8 Soup Fresh Mushroom Video</p> <p>The Pines Mini Food Cupboard Toilet Paper</p>	<p>9 <i>Fast Facts</i> Hunger is complicated People who are hungry often struggle with other basic needs</p>	<p>10 <i>Prayer</i> Comforting God, Thank you for our daily bread. Help us remember our situation can change at any time.</p>	<p>11 Bread to share Irish Soda</p>	<p>12 <i>Activity</i> Visit www.kiva.org You don't have to make a loan, but look at requests to learn about microloans</p>	<p>13 Donate \$10 or what you can to BLC for World Hunger</p>	<p>14 Bread to share Burrito Shells Video</p>
<p>15 Soup Mexican Vegetable Video</p> <p>The Pines Mini Food Cupboard Salt</p>	<p>16 <i>Fast Facts</i> BLC has a team registered on www.kiva.org . They have made 170 micro-loans.</p>	<p>17 <i>Prayer</i> Generous God, Thank you that we have enough to share!</p>	<p>18 Bread to share Rich Roll Dough</p>	<p>19 <i>Activity</i> Take the penny math challenge. Hunger could be cut in half by donating 7 cents per day.</p>	<p>20 Donate \$10 or what you can to BLC for World Hunger</p>	<p>21 Bread to share Biscuit Roll Ups Sweet or savory Video</p>
<p>22 Soup Tortellini</p> <p>The Pines Mini Food Cupboard Cereal or Oatmeal</p>	<p>23 <i>Fast Facts</i> Here are the statistics on Food Insecurity around us. High poverty areas-30% Rochester other- 19% Suburbs – 9%</p>	<p>24 <i>Prayer</i> Giving God, You have blessed the U.S. with abundance. Help us shop wisely instead of impulsively to avoid food waste.</p>	<p>25 Bread to share Pita</p>	<p>26 <i>Activity</i> Have a discussion. Where does bread come from, start to finish?</p>	<p>27 Donate \$10 or what you can to BLC for World Hunger</p>	<p>28 Bread to share Date Nut</p>
<p>29 Soup Cream of Red Pepper</p> <p>The Pines Mini Food Cupboard Canned Tomatoes</p>	<p>30 <i>Fast Facts</i> 80 billion pounds of food is wasted every year in the U.S. That's 40% of the U.S food supply</p>	<p>31 <i>Prayer</i> Loving God, When we have all we need, give us a hunger to find solutions for those whose bellies are empty.</p>	<p>28 Bread to share Rye Video</p>	<p>29 <i>Activity</i> What does eating locally mean? Check this out!</p>	<p>30 Donate \$10 or what you can to BLC for World Hunger</p>	<p>1</p>

Keys and hints for soup and bread recipes

All of the recipes are meat free. Eating vegetable proteins uses less resources and feeds more people per acre of land than animal protein. Animal protein can be added if you like.

- ✓ tsp = teaspoon
 - ✓ TBLSP = Tablespoon
 - ✓ Adjust the seasonings means to add more of herbs, spices, salt and pepper so it tastes good to you.
 - ✓ Yeast is regular baking yeast, not bread machine yeast
 - ✓ Baking powder and baking soda are two different leavenings. They cannot be substituted for each other.
 - ✓ Dairy free milks can be substituted for cow's milk
 - ✓ Margarine can be substituted for butter, but it will change the taste slightly
 - ✓ Vegetable oils can be substituted for olive oil
 - ✓ 1 TBLSP flax + 3 TBLSP cold water, resting for 5 minutes can be substituted for 1 egg
 - ✓ In most cases canned or frozen can be substituted for fresh and vice versa
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- Sauté means to mix ingredients with oil or fat and gently stir while cooking.
 - Diced, chopped or cubed means simply to cut up the vegetables into smaller pieces. How small? You choose. Some like big chunks in their soup and some like small chunks!
 - Cut in means to break butter or shortening up into small pieces that become coated with flour and other dry ingredients. These small pieces then evaporate in the baking process making a light product. The traditional tool for cutting in is a pastry cutter. A food processor on pulse works well, too.
 - Muffins and biscuits like a light touch. No rambunctious mixing.
 - Breads like a good kneading to develop the gluten.
 - All of the recipes that call for flour can use all-purpose flour

Naan

[Homemade Naan – ShowMeTheCurry.com](#) (with video)

550° degrees or the maximum temperature of your oven

8 average size naans

Our youngest daughter married into an Indian family. It isn't always food that binds hearts together, but in this case, I would say that is pretty true between our families. I love to cook and eat with the aunties!

2 cups all-purpose flour

1 tsp. salt

4 tsp. oil

1/2 cup warm water

1 tsp. rapid rise yeast

1 tsp. sugar

1 egg medium, well beaten (or 1 Tbsp Flax seed powder mixed with 3 Tbsp of water can be used as a substitute for egg)

2 TBLSP yogurt

Additional all-purpose flour for rolling and dusting

Add yeast and sugar to warm water and mix well. Cover and keep it aside for 5-7 minutes (until foamy). Once yeast and water mixture becomes foamy, add yogurt and egg. Whisk until mixed well. In a large bowl, mix flour and salt. Add oil and mix until there are no lumps.

Add the wet mixture to the flour a little at a time and knead into a soft dough ball. Drizzle a few drops of oil on the dough and cover so a "skin" does not form. Cover and keep in a warm place for 1 hour. You can preheat the oven to 170 degrees F and turn the oven off to place the dough inside to rise.

Remove the dough if it is rising in the oven. Preheat oven to highest temperature possible (approx. 550 degrees F/ 288 degrees C) with Pizza Stone inside.

Once dough has risen, lightly oil hands and punch down the dough and knead. Dust with additional flour if needed. Divide dough into portions slightly larger than a golf ball and roll them out on a floured surface. Keep rolled naan aside on a tray.

Place 3-4 rolled naan onto hot pizza stone and place stone on the highest oven rack. Bake for 3-5 minutes until naan are light golden brown. Remove from oven and smear on butter (optional). Keep naan in an insulated container until ready to serve. Best served fresh and hot.

Tips:

- If you don't have a pizza stone, you can use a regular baking sheet or pan. You will need to flip the naan halfway through.
- Different topping can be used (minced garlic, kalonji, chat masala, etc.)
- One tablespoon Flax seed powder mixed with 3 tablespoons of water can be used as a substitute for egg. You will be able to see tiny flax seed flecks but there is no taste difference.
- You can use regular yeast instead of rapid rise yeast. Allow dough to rise for one hour, punch the dough down and allow to rise again for an additional hour.
- Once the first naan are in the oven, start rolling second batch.

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Fresh Mushroom Soup

From the Kitchen of Terry Flower, June 1988

About 6 cups

1 pound of mushrooms
4 TBLSP butter
2 cups finely chopped onions
1/2 tsp. sugar
1/4 cup flour
1 1/4 cup water
2 cups broth
1/2 cup dry vermouth or white wine
1 tsp. salt or to taste
1/4 tsp. pepper or to taste

Slice 1/2 of the mushrooms and finely chop the rest.

In a large saucepot melt butter and add onions and sugar.

Sauté over medium heat stirring frequently, about 15 minutes or until golden. Add sliced and chopped mushrooms and sauté 5 minutes. Stir in flour until smooth. Cook 2 minutes stirring constantly.

Pour in water and stir until smooth. Add remaining ingredients and heat to boiling stirring constantly. Reduce heat and simmer uncovered 10 minutes. Can be prepared in advance and gently reheated. Decadent!

Irish Soda Bread

Modified from [Classic Irish Soda Bread Recipe: How to Make It | Taste of Home](#)

Preheat oven to 375° Bake for 30-35 minutes

1 loaf

One of the charms of Irish Soda Bread is its crunchy crust. If you would rather have a soft crust, bake this bread in a 6" or 8" casserole or small loaf to force it up, instead of out.

2 cups flour

1/3 cup brown or white sugar

1 tsp. baking powder

1 tsp. baking soda

1/2 tsp. salt

3 TBLSP cold butter, cubed

1 egg

3/4 cup buttermilk

1/3 cup raisins, either dark or golden

1. Preheat oven to 375°. Whisk together first 5 ingredients. Cut in butter until mixture resembles coarse crumbs. In another bowl, whisk together 1 egg and buttermilk. Add to flour mixture; stir just until moistened. Stir in raisins.
2. Shape into a 6-1/2-in. round loaf on a greased baking sheet for a nice crunch crust all around, in a greased 8" casserole, or 8" square cake pan.
3. Bake until golden brown, 30-35 minutes. Test by lightly touching the top. It should resist and spring back. Serve warm.

This recipe can be rapidly put together using a food processor with a regular chopping blade in place. Pulse the dry ingredients. Add cubed cold butter and pulse briefly. Add egg and buttermilk and pulse until the dough forms a ball. Take the dough out of the food processor and press and fold in the raisins.

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Whole Wheat Burrito Shells

Hot, dry griddle or frying pan heated to just the right temperature. You will know!

Makes 8 or 9 depending on how big you make 'em

In 1971, several school buses filled with hippies traveled from California to Tennessee and settled on three acres of land to live peacefully and sustainably. They called their communal living community *The Farm*. It still exists today, demonstrating that people can live together in a way that is ecological, peace filled, and viable. I had the good fortune to meet two people from The Farm who were camp rangers at the summer camp my parents directed. I fell in love with them and their lifestyle. They taught me how to make homemade burrito shells long before you could buy them at Wegmans! I've made hundreds since then.

(I have substituted part white flour for part of the whole wheat to make the shells more "rollable". You can use all whole wheat. The flour amounts are an estimate as these are often made by the seat of my pants.)

1 1/4 cups warm water

1/8 cup oil

1 tsp. salt

1 tsp. baking powder

1/2 cup of white flour

2 cups of whole wheat flour, more or less

Mix the water, oil, salt and baking powder.

Add the white flour and mix well. Slowly mix in the whole wheat flour until you have a soft and no longer sticky dough. Sprinkle with flour and knead briefly to form a ball. Let the dough rest for 15 minutes.

Break off balls about 1 1/2 inches in diameter. Roll out on a floured surface. Mine are never round but more amoeba shaped. That's OK. They should be pretty thin.

Plop them on a hot griddle or frying pan. Press lightly down with a spatula for 30-60 seconds until the shell begins to brown a little on the bottom and puff up around the spatula. Flip it over and do the same on the other side. Stack up in a clean dish towel while you cook the rest.

Fill them with anything you like! Our favorites are refried beans, nutritional yeast, cheese, sour cream and fresh salsa.

You can also spread beans on one and stack another on top, repeating with four shells and topping with cheese. Cut in wedges and serve with sour cream and salsa. We call these Taco Tiers.

Fill them with scrambled eggs, vegetarian sausage and cheese for a breakfast burrito!

Turn them into a quick lunch by spreading them with peanut butter, fresh fruit and a drizzle of honey.

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Mexican Vegetable Soup

[Mexican Vegetable Soup - Vegan & Gluten Free \(showmetheyummy.com\)](http://showmetheyummy.com)

10 servings

Ingredients

1 TBLSP olive oil
3 bell peppers diced (maybe 1 red, 1 green, and 1 yellow)
1/2 red onion, diced
1 jalapeño pepper, seeded and diced
3 cloves garlic, minced or pressed
2 TBLSP ground cumin
1/2 tsp. dried oregano
1/8 - 1/4 tsp. cayenne pepper
1 (28 oz) can diced tomatoes
2 (4 oz) cans mild diced green chile pepper
8 cups vegetable broth
1 (15 oz) can corn drained
2 (15 oz) cans black beans rinsed and drained
1 zucchini diced
salt to taste

Optional toppings

- lime juice
- avocado
- cilantro
- tortilla strips
- cheese
- sour cream

Instructions

Heat oil over medium heat in a large soup pot. Add in diced bell peppers, red onion, jalapeno, and a touch of salt. Cook for 5 minutes, stirring occasionally.

Add in minced garlic and spices (ground cumin, oregano, cayenne). Stir and cook for 60 seconds.

Add in diced tomatoes, green chiles, and vegetable broth. Bring to a boil. Cover, and simmer for 10 minutes.

Add in beans, corn, and diced zucchini. Simmer uncovered for another 15 more minutes, or until the zucchini is tender.

Serve immediately with optional toppings!

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Rich Roll or Stollen Dough

From the kitchen of Beth Walker's family.

350° 20-25 minutes or until browned

Makes two loaves, 24 rolls, or a large ring of sweet rolls

One of my childhood memories for holidays either made as rolls or as a stollen with brown sugar, raisins and walnuts rolled up inside. The recipe proves that butter + sugar + milk + eggs has got to be good!

1/2 cup butter, melted

2 cups milk, warmed (can substitute nut or oat milk)

1/2 cup sugar

2 eggs

1 tsp. salt

2 packages or 4 1/2 tsp. active dry yeast

6-8 cups flour

Extra melted butter (to brush on dough before baking)

10X glaze made from confectioners sugar and water for sweet rolls

Check that milk is just warm to touch, not hot, or it will kill the yeast. Mix all ingredients except flour.

Mix in one cup of flour at a time until dough is like bread dough. You will have to knead in the final bits of flour to make a soft dough with no sticky spots. Knead dough briefly. Place dough in a clean, greased bowl. Let rise **twice** in a warm place, punching down in between.

To make dinner rolls, after the dough has risen the second time, shape dough into balls half the size of the rolls you desire and place in a greased cake pan so rolls will touch when they have doubled. Brush with butter. Let rise for 15 minutes. Bake. They are done when beginning to brown on top and are brown on the bottom. Remove promptly so rolls do not get soggy in the pan.

To make bread, shape into two round or regular sized loaves. Allow to rise, brush with butter and bake for 35-40 minutes. Dough for a good-sized loaf should weigh about 1.75 – 2.0 lb, not counting the loaf pan. You may have a little dough left over which you can make into rolls. This bread makes amazing toast.

For stollen, roll dough out into a large rectangle and spread with brown sugar, chopped walnuts, and raisins. Roll from the long side of the rectangle. Slice into pinwheels, overlap in a circle on a greased cookie sheet or Teflon sheet, brush with melted butter and let rise briefly. Bake until brown. Immediately slide off cookie sheet onto a serving platter. Drizzle with glaze. Eat warm! Oh my!

Rings can also be baked not touching to make individual rolls.

You can also make one long rope of rolled dough, shape the roll into a circle on the cookie sheet, snip almost all the way through with scissors and turn one ring in and one ring out before baking. This gives a nice presentation. The roll should be skinnier than if you are going to cut individual rings.

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Sweet or Savory Biscuit Roll-ups

Preheat oven to 450° Bake 15 min.

You can use buttermilk instead of regular milk. It gives the biscuits a nice tang.

Yes, this is the biscuit recipe from March but now made into tasty pinwheels with either sweet or savory fillings. Eat them warm with gravy or frosting, or cold for a quick lunch.

Mix

2 cups flour

1 TBLSP sugar

1/2 tsp. salt

1 TBLSP baking powder (yes, that is not a typo)

Cut in using a pastry cutter or pulse briefly in a food processor

1/4 cup shortening

Add all at once. Toss and fold. Do not stir.

7/8 cup of milk or 1 cup of buttermilk

Bring dough together into a ball. Roll out on a floured surface to about ½ inch thick. Spread filling evenly across dough. Roll up from long end and cut into pinwheels. Place cut side down on a greased cookie sheet or Teflon pad. Bake in a preheated oven until beginning to brown on top and they resist like a cake when gently pushed upon.

Fillings – mix and match

Wegmans (or other brands) Don't be a Piggy Sausage Crumbles with Sauteed onions and peppers and shredded cheddar cheese

Vegetarian sausages broken up

Cooked vegetables without much liquid

Ground beef, browned with onion and peppers

Toppings

Cream of mushroom (or other cream soup) mixed with half a can of milk

Gravy of any kind

Cheese sauce

Confectioner's glaze – 10x sugar mixed with a little warm water to make a thin frosting

They are good cold or hot out of the oven!

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Tortellini Soup

Based on a recipe from *The Moosewood Cookbook*, Mollie Katzen (1977)

This is the Minestrone Soup recipe from February with some added goodness

6 healthy servings

Place in the soup kettle and cook for 5 minutes stirring gently

3 TBLSP of olive oil

1 cup onions, chopped

4 - 5 cloves garlic, chopped

Add and cook for 10 minutes

1 cup celery, chopped

1 cup carrots, chopped

1 small eggplant, cubed

Add and stew for 20 minutes

3 1/2 cups of water

2 tsp. salt (taste and adjust after it has cooked for awhile)

2 cups tomato puree or crushed tomatoes

1 can of diced tomatoes

1 zucchini, cubed

1 cup peppers, chopped

1 tsp. dried oregano

1 tsp. dried basil

2 TBLSP dried parsley

1 can of kidney beans with water

1 can of great northern or garbanzo beans with water

1/4 tsp. ground black pepper

3 TBLSP dry red wine

Add and cook until pasta is tender

- 1 (12 oz) package of tortellini (I like Barilla three cheese dried tortelli)

Taste and adjust seasonings.

Serve topped with a sprinkle of parmesan cheese.

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Pita

From *Breadtime Stories*, Susan Jane Cheney (1990)

Preheat oven to 500° for each batch. Bake for 5 minutes. Use the lowest rack, set as low as possible.

Makes 6 eight-inch breads

How can you not love a bread so magical? Even more fun is that you can make pita from almost any bread dough. Here is a tried-and-true recipe. The downside of Pita is that you must bake them very hot and you can only fit a few in your oven at a time. However, they only need to bake for 5 minutes. Be sure the oven comes back up to temperature before loading each additional batch. Each rising makes the gluten stronger so don't try to hurry these. Including rising time, these take about 4 hours to make. Much of that time is waiting. Feel free to switch up the flours in this recipe to use whole wheat or other whole grain flours. I suggest you always incorporate at least one cup of white flour to produce a strong gluten base.

Have ready

Cornmeal for dusting cookie sheet

Mix and set aside for 30 minutes to make a sponge (a fermenty, bubbly growing yeast beast)

1 cup lukewarm water

1/2 tsp. dry yeast

1 cup flour

Add to the sponge

1 tsp. salt

1 TBLSP oil

1/2 cup flour

Add additional flour, 1/4 cup at a time, until the dough is elastic and no longer sticky. You will have to use your hands at the end.

Knead for **5 minutes** to really develop the gluten. Form the dough into a smooth ball and place in a greased bowl. Cover with a towel and place in a warm spot to rise until double (45-60 minutes).

Punch down, cover and let rise again until double (30 - 45 minutes). Divide the dough into 6 balls. Cover and let rest 30 minutes.

Dust a cookie sheet with cornmeal. Roll each ball out to an 8-inch circle and place two or three on the cookie sheet. Cover and let rest for 20 minutes. Preheat the oven.

Bake each tray for 5 minutes without peeking unless watching through the oven window to watch them puff. Let the oven come back up to 500° before baking the next batch. Wrap finished breads in a towel while you bake the others. The blast of heat from the bottom rack makes them develop steam and puff. If they don't, don't worry. They will still be yummy!

Cut in half and fill with whatever you like!

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Date Nut Bread

From the kitchen of Betty Crosby, aunt of Beth Walker's

Preheat oven to 350° Bake for 1 hour

One loaf

1 cup dates

3/4 cup boiling water

1 tsp. baking soda

pinch salt

1 egg yolk

1 tsp. vanilla

3/4 cup sugar

1 cup nutmeats

1 3/4 cup flour

1 tsp. baking powder

1 egg white, beaten until stiff but not dry and folded into the batter

Mix in order given. Bake in a greased bread loaf pan until the top springs back when pressed.

Cream of Red Pepper Soup

From the kitchen of Beth Walker

4-6 servings

2 TBLSP butter

2 cups onion, chopped

1 scant TBLSP crushed garlic

1 tsp. salt

Freshly ground black pepper

1/2 tsp cumin

5 medium-sized red bell peppers, sliced (or 1 large can of roasted red peppers)

1 TBLSP unbleached white flour

1/2 cup stock or water

2 1/2 cups milk or cream, room temperature or warmer

Toppings:

Thinned sour cream (thinned by whisking slightly with some milk)

Minced fresh cilantro

Minced fresh basil

Melt the butter in a kettle or Dutch oven. Add onions and garlic and cook slowly with salt, pepper, and cumin. After about 5-8 minutes (when the onions are clear and soft), add bell peppers. Stir and cover. Cook over low heat 10-15 minutes, stirring intermittently.

Gradually sprinkle in flour. Cook, stirring, another 5 minutes. Add stock or water, stir, cover, and cook 2-3 minutes. Remove from heat.

Carefully, purée, bit by bit, with milk. Put the puréed soup in a kettle or double boiler. (Optional: You may strain the soup to get a smoother texture.) Heat very gently. Serve topped with sour cream and minced herbs.

Optional: Can be made with yellow or orange bell peppers, or batches of both and swirled together.

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Pizza Dough for pizza, calzones or pizza sticks

375° 25-30 minutes

3/4 cups warm water

2 pkgs yeast

1 cup buttermilk at room temperature

2 tsp. salt

4 cups of flour

Melted butter for brushing. Cinnamon sugar or parmesan cheese for topping.

Cinnamon sugar: 3 TBLSP sugar + 1/2 TBLSP ground cinnamon

Mix in order given. Let rise once.

Punch down, roll out and cut in 1" by 8" strips. Place on greased cookie sheet or use a Teflon pad or parchment paper.

Brush with butter and sprinkle with cinnamon sugar or parmesan cheese. Bake.

Use for calzones or pizza, too.

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7 Cents a Day – The Penny Math Challenge

Participants will understand that small contributions from many people can make a difference.

Materials:

Pencil and paper

At least 7 pennies (can use counters, cheerios, or other manipulatives to help with counting)

Hunger could be cut in half in the United States and worldwide by 2015 for seven cents per American was donated each day. <www.bread.org>

Challenge students to find out how many pennies 7 cents a day would be for one person at the end of:

- One week
- One 30 day month
- One year (12 months or 365 days)
- For one year for their entire family

What typical purchase costs this much that we might forgo and give the funds to World Hunger instead?

Rustic Rye

Bread with Caraway

Modified from [Rustic Rye Bread Recipe: How to Make It | Taste of Home](#)

350° 35 minutes

2 small round loaves

This bread has a great flavor, with slightly sweet overtones, a chewy texture and crunchy crust. Great for sandwiches, toast, or as a side to a hearty bowl of soup.

2 package or 4 1/2 tsp. active dry yeast

2 cups warm water

1/4 cup brown sugar

1/4 cup light molasses

2 – 3 TBLSP caraway seeds

3 TBLSP vegetable oil

2 tsp. salt

1 3/4 cups rye flour

3/4 cups whole wheat flour

2 to 2 1/2 cups all-purpose flour

Mix yeast, water, sugar, molasses, caraway seeds, oil, and salt.

Add rye flour, whole wheat flour and 1 cup of all-purpose flour. Stir very well to develop some gluten.

Stir in enough of the remaining all-purpose flour to make a soft dough which is not sticky.

Turn dough out onto a floured surface and knead until smooth and elastic. Place in a greased bowl, turning to oil the top of the ball. Cover and let rise until doubled, about 1 1/2 hours.

Punch down. Turn onto a floured surface and divide in half. Shape each half into a round loaf. Place on a greased baking or Teflon baking sheet. Cover with a towel and place in a draft free place until doubled in size.

Bake in a pre-heated oven until golden brown, about 30-35 minutes. Remove from pan to wire rack to cool.

If you wish caraway seeds on the top, brush with melted butter and sprinkle with seeds before baking. I found that the caraway seeds on top pretty much fell off when I cut slices but the loaf looked very pretty!

Eat one loaf and give the second away!

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Fruit Soup

Serve chilled.

The Moosewood Cookbook, Mollie Katzen, 1977

4-6 servings

Ingredients

Combine in a blender or food processor:

3 cups of unsweetened fruit juice (orange, apple, pineapple, grape, or other of your choice)

1 banana

Peeled, cored, and chopped apple

½ tsp dried mint

Juice from 1 lemon

A peeled and chopped peach

Pieces of fresh cantaloupe

2 TBLSP honey, more or less to taste

1 cup yogurt, sour cream or buttermilk

Chill

Before serving:

Thicken with more banana

Thin with more fruit juice

Top with your choice of

Cinnamon

Allspice

Fresh mint

A dollop of sour cream

Violet, Johnny Jump Up, or rose leaves

Eat with something yummy like date nut bread