



Recipes – July 2023

Blueberry Yogurt Popsicles

2 cups blueberry yogurt
2 cups blueberries (fresh or frozen)

1 cup milk
2 Tbsp. honey

Blend the blueberries in a food processor or blender on high speed until nearly liquefied into a smoothie-like consistency. Pour the thick blueberry liquid into a large bowl. Stir in the honey. Add the yogurt and very gently mix everything together. Add 1 cup milk and mix well. The mixture will be liquid. Taste it. If you want it sweeter, you can add a little more honey. Pour mixture evenly into each popsicle mold or bag using funnel. Freeze for 4 to 6 hours or overnight.

Iced Tea Strawberry Popsicles

2 cups water (divided)
4 tea bags strawberry tea (or any fruit tea)

2 to 3 cups strawberries, cut into small pieces
½ cup sugar

In a saucepan, bring 2 cups of water to a boil. Add the tea packets and remove pan from heat. Let the tea come down to room temperature. Remove the tea packets and transfer tea to a large bowl or pitcher, add 2 cups water, sugar and fruit. Pour mixture evenly into each popsicle mold or bag using funnel. Freeze for 4 to 6 hours or overnight.

Greek Lemon Chicken

¼ cup olive oil
1 lemon, juiced
2 garlic cloves, finely chopped
1 tsp. thyme
½ tsp oregano

½ tsp sweet basil
½ tsp. pepper
1 Tbsp. Dijon Mustard
1 tsp. salt
4 to 6 pieces of chicken

In a large bowl, whisk together all of the ingredients for the marinade until fully combined. Then add the chicken and coat it well in the marinade. Transfer chicken and marinade to a plastic bag and store your chicken in the fridge for a minimum of 4 hours or a maximum of 24 hours. Cook chicken according to your preferred method, 20 minutes at 390°F in the air fryer, in the oven at 350°F until the juices run clear, or on the grill until the internal temperature registers 165°F. Store any leftovers in the fridge for up to one week.

Mocha Icebox Cake

2 cups cold heavy cream	2 Tbsp. unsweetened cocoa powder
12 oz. mascarpone cheese	1 tsp. instant espresso powder, mocha extract or coffee
¼ cup sugar	1 tsp. vanilla
¼ cup Kahlua liqueur (Baileys or cappuccino liquor) – if desired, substitute chocolate milk or omit this ingredient	3 pkgs. (8 oz.) cookies of your choice Cocoa powder, for garnish

In the bowl of an electric mixer fitted with the whisk attachment, combine the heavy cream, mascarpone, sugar, liquor, cocoa powder, espresso powder and vanilla. Mix on low speed to combine and then slowly raise the speed until it forms firm peaks.

To assemble the cake: Arrange chocolate chip cookies flat in an 8-inch springform pan, covering the bottom as much as possible. (I break some cookies to fill in the spaces.) Spread a fifth of the mocha whipped cream evenly over the cookies. Place another layer of cookies on top, lying flat and touching, followed by another fifth of the cream. Continue layering cookies and cream until there are 5 layers of each, ending with a layer of cream. Smooth the top, cover with plastic wrap and refrigerate overnight. Run a small plastic knife around the outside of the cake and remove the sides of the pan. Smooth the top and sides of the cake. Sprinkle the top with the chocolate, cut into wedges, and serve cold.