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## Recipes

We're confident you'll love Elations' great taste already, but if you're looking for new ways to benefit from Elations 4-in-1 joint solution, check out the recipes below.

### Easy One-Step Alternatives for Flavor Variety

- A packet of Splenda®, or
- A teaspoon of honey, or
- A wedge of lemon and a wedge of lime

### California Dreaming Smoothie

A smooth and sweet treat; by straining the kiwi the texture stays smooth. A real thirst quencher.

8 oz (1 bottle) Raspberry White Grape Elations  
 2 oz orange juice  
 2 oz vanilla light soy milk  
 1/4 cup plain yogurt  
 1 tsp honey  
 1 kiwi  
 2 cups ice

Press the kiwi thru a fine mesh strainer to remove seeds. In a blender, combine Elations, orange juice, soy milk, and ice. Blend until smooth. Add yogurt, honey and kiwi juice. Pulse 5-7 times to blend. Enjoy.

### Melon Smoothie

A delicious taste of summer with a fun, cooling sensation.

8 oz (1 bottle) Raspberry White Grape Elations  
 1/4 cantaloupe, cut into 2 inch cubes, approx. 1 cup  
 1 lemon, juiced  
 1 tsp honey  
 1 cup ice

Heat lemon in microwave for 20 seconds, then roll it on the countertop to loosen the juice. Slice lemon in half and squeeze juice into a glass. In a blender combine Elations, cantaloupe



chunks, lemon juice, and ice. Blend until smooth. Add yogurt and honey. Pulse 5-7 times to blend. Pour into frosted glass and enjoy.

### Elations Granite (Italian Ice)

A refreshing Italian ice with a light citrus after-taste.

8 oz (1 bottle) Raspberry White Grape or Cranberry Apple Elations  
 1/2 cup sugar  
 1/2 cup water  
 1/2 cup pomegranate juice  
 1/2 lemon, juiced

Heat lemon in microwave for 20 seconds, then roll it on the countertop to loosen the juice. Slice lemon in half and squeeze juice into a glass. Prepare a simple syrup by combining sugar and water in a small saucepan and placing over medium heat. Gently stir until sugar dissolves. Combine Elations beverage, simple syrup, pomegranate juice, and lemon juice in a small square pan. Stir, then place mixture in freezer. When frozen, scoop into dessert bowls.

### Blackberry Mint Elations Dessert with Sweetened Cream

Serves 2

1 oz unflavored gelatin  
 1 cup cold water  
 2/3 cup sugar  
 16 oz (2 bottles) Raspberry White Grape or Cranberry Apple Elations  
 2 sprigs mint, reserve one as a garnish  
 1/2 lemon, juiced  
 1/2 cup blackberries  
 3 oz cream cheese, softened  
 2 oz sour cream

Place cold water in a glass 8" x 8" baking dish. Sprinkle gelatin over water to soften. Add sugar and stir. Heat lemon in microwave for 20 seconds, then roll it on the countertop to loosen the juice. Slice lemon in half and squeeze juice into a glass. Pour Elations into a 1 quart saucepan and add mint. Bring just to a simmer. Remove mint and immediately pour hot liquid into gelatin mixture. Add lemon juice and stir until all sugar and gelatin have dissolved. Place in refrigerator and allow to set.

Combine cream cheese and sour cream. Layer set Elations gelatin with blackberries and mixed cream. Top with mint garnish.