



Milk and Yogurt



Fresh Florida Fruit



Florida Honey

SUNSHINE SMOOTHIE

- 1/2 C milk
- 1 C plain yogurt (or vanilla)
- 1 C Florida cantaloupe
- 1 C Florida watermelon
- 2 C strawberries (assorted berries), frozen
- 1 T Florida honey
- Strawberry & orange for garnish

Add watermelon, cantaloupe, berries, yogurt, honey and milk into blender. Blend until smooth. If the consistency is too thick, add some more milk, and continue blending. Once you reach your desired consistency, pour into a glass, and garnish with an orange slice and strawberry.



Milk and Ice Cream



Florida Mango



Florida Orange Juice

MANGO ORANGE MILKSHAKE

- 1/4 C milk
- 1 C vanilla ice cream
- 1 C fresh Florida mango
- 1/2 C Florida orange juice
- Garnish with orange slice and fresh mint

Place mango, ice cream, orange juice and milk into blender. Blend until smooth. Pour into a glass, and garnish with orange slice and fresh mint. Enjoy!



Ice Cream



Florida Fruit



Florida Peanuts

JAZZ UP YOUR ICE CREAM

- 3 scoops vanilla ice cream
- 1/4 C fresh Florida kiwi
- 1/2 C strawberries (assorted berries)
- 1/4 C Florida peanuts
- 1 T orange zest
- 1 T toasted coconut

Put ceramic dish in freezer for a few hours to get it cold. Place 3 scoops of ice cream into dish. Add peanuts, orange zest, kiwis, berries and coconut to ice cream. Mix all the ingredients together. Get creative with your mix-ins! Scoop into a bowl, and enjoy!