

I don't know about you, but I am certainly ready for a double dose of warm weather after a long, snowy winter. When the weather starts to turn, my favorite thing to do is get outside, throw the kids in the wagon and take a long walk. However, now that they total a weight near 80 pounds, they hop on their bikes and I throw on my running shoes and we hit the pavement.

Not only is the fresh air nice, I just enjoy the time together. When I return home from a nice long walk or jog I love to sit out back with a nice cool drink and work on the challenge of growing flowers. I don't exactly have a green thumb, but the past couple years I have lucked out with some help from my Grandma Irma. She drives by daily to make sure that I have watered and kept my beauties alive.

As I sit in my chair and gaze at my almost full-of-life flowers, I dream about, you guessed it, a decadent cookies and cream milk shake from Cold Stone Creamery with a little whipped cream on the top. It is heaven in a cup! Then I remember that I am quickly approaching swimsuit season. Instead of reaching for the ice cream, I did some searching and found some healthier alternatives giving me just as much sweet satisfaction in my frozen delights. Honestly speaking, I do not know how either of these drinks could be disappointing.

Sunrise Smoothie

1 cup chopped ripe strawberries

(5 large strawberries)

1 cup chopped seeded watermelon

1 cup chopped fresh peach

1 cup low fat raspberry sorbet

1/4 cup freshly squeezed orange juice

Place ingredients in a blender and puree until smooth and creamy.

Peach Smoothie

1/2 cup nonfat or 1% lowfat milk

1/2 cup nonfat yogurt

1 cup unsweetened frozen peaches

1 tablespoon honey

1/4 teaspoon vanilla extract

a pinch of ground cinnamon, nutmeg and ginger

Put all ingredients into a blender and blend until smooth