

# every day begins with a sip. Sip Smarter.



## Kid-Friendly Recipes for the Summer Made Even Easier & Tastier with 100% Fruit Juice

We're more than halfway through summer and families across the country are already starting to look ahead to back-to-school season. However, just because the summer days are winding down doesn't mean kids and their parents can't have a little more fun while it lasts! Kid-friendly recipes are the perfect summertime family activity, while the kids are home and the days are warm and long. With the help of 100% fruit juice, kids can easily whip up tasty snack, dessert, and drink recipes on their own or with mom and dad. They are guaranteed to be delicious either way!



## Join the Latest Trend - Less Alcohol, More Juice

Many people have made many lifestyle changes over the last year during the COVID-19 pandemic for the benefit of their physical and mental health. One trend that errupted out of this was low and no alcohol diets and beverage options. Whether you're looking to pick up moderation or total elimination, this way of life could be a great option, and it incorporates 100% fruit juice nicely. Sip Smarter has a number of mocktail recipes that can help get you started!

### Read the Sip Smarter blog



## White Grape Juice Smoothie

Kick your summertime health goals into high gear with this delicious, healthy, and refreshing smoothie recipe. It uses 100% white grape juice, along with other ingredients like vitaminrich kale and hydrating cucumber.



## Very Berry Fruit Marinade

Nothing says summertime like delicious fruit jam or marinade. This berry option calls for a 100% cranberry and pomegranate juice blend and goes great with other summertime berries that are in season, like strawberries and blueberries!







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