



# Alcohol-free Beverages

Fat-free Honey Berry Milkshake

Very Berry Cranberry Punch

Maple Lemonade

# Quebec



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# Fat-free Honey Berry Milkshake

500 mL nonfat vanilla frozen yogurt or ice cream

115 g strawberries or assorted berries

125 mL nonfat milk

50 mL Canadian liquid honey

4 small mint sprigs

## Method

Combine all the ingredients except the mint sprigs in a blender or food processor and process about 30 seconds or until smooth. Pour into tall glasses. Garnish with mint sprigs.

*Source: National Honey Board, recipe provided by Bee Maid Honey ([www.beemaid.com](http://www.beemaid.com))*

Opposite page, from left to right:  
Fat-free Honey Berry Milkshake  
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# Very Berry Cranberry Punch

500 mL water

4 Canadian raspberry flavoured tea bags

4 cinnamon sticks (8 cm each)

250 mL cranberry juice

50 mL Canadian liquid honey (or more, as desired)

1 soup spoon fresh lemon juice

fresh cranberries

## Method

Bring the water to boil in a heavy bottom saucepan. Add the tea bags and cinnamon sticks and remove from heat. Cover and steep for 10 minutes. Strain the mixture and return to the pan. Add the cranberry juice, honey and lemon juice. Reheat and simmer for 2 minutes. Serve in warmed glasses with cranberries and a cinnamon stick for garnish.

*Source: Bee Maid Honey ([www.beemaid.com](http://www.beemaid.com))*

# Maple Lemonade

60 mL maple syrup

500 mL ice water

juice of 2 lemons (or 1 lemon and 1 orange)

## Method

Mix all ingredients together and serve over ice.

*Source: Claude Daigle, courtesy of Ferme Vifranc ([www.vifranc.com](http://www.vifranc.com))*