

All materials courtesy of Wilton Enterprises

Eco-Friendly Smoothies To-Go

Protect your smoothie's reputation by paying attention to both what's inside the cup and the cup itself.



First gaining popularity under the “health food” halo in the 1960s, smoothies are now a mainstream beverage enjoyed for both health and refreshment. They are a perfect to-go beverage, but equally great for a relaxing break at home.

Although there are no hard and fast ingredient rules, smoothies differ from shakes and malts by using ingredients such as yogurt or a juice base, fruits and honey to contribute sweetness and flavor, and any number of add-in options to provide fiber, antioxidants or even protein.

The Everything Green Smoothie, for example, is a refreshing, good-for-you sipper made in minutes with just four ingredients – honeydew, kiwi, lime and honey – some ice and a blender. That's quicker than a trip to the local smoothie shop. Or if berries are your favorite, this Raspberry Smoothie is extra easy because it starts with frozen raspberries. Just add orange and lemon juices, and honey.

Smoothie options like these respect the beverage's good-for-you reputation and call for a to-go cup with a matching profile that says “I care.” Copco, a division of Wilton Enterprises, has delivered an innovative product that looks and works just like the classic cold beverage cup, but it is reusable. The 24-ounce BPA-free Stir ‘n Sip Cup™ can be used for any cold beverage. It includes a quarter-turn lid sealing mechanism and reusable stirrer straw so you can stir as you drink. Its textured, non-slip grip makes it

easy to carry and it keeps the cold beverage from feeling cold to your hands. The cup is dishwasher safe and completely reusable, reducing garbage and providing added cost savings.

The Stir 'n Sip Cup is available now at Bed Bath & Beyond stores and online at www.bedbathbeyond.com. Visit www.copco.com to find out more.

Everything Green Smoothie

- 2 cups cubed, peeled, seeded honeydew melon
- 1 cup coarsely chopped peeled kiwi
- 2 tablespoons honey
- 1 tablespoon lime juice
- 1 teaspoon lime zest
- 2 cups ice

In blender or food processor, combine melon, kiwi, honey, lime juice and zest; process until smooth. Add ice and process until ice is crushed.

Makes 2 servings (about 3 cups).

Raspberry Smoothie

- 2 cups frozen raspberries in sugar (not thawed)
- $\frac{3}{4}$ cup orange juice or water
- 3-4 tablespoons honey, as desired
- 1 tablespoon lemon juice

In blender or food processor, combine raspberries, orange juice, honey and lemon juice; process until smooth. Serve immediately.

Makes 1 serving (2 $\frac{1}{2}$ cups).