

COOLERS

TO CAPTURE *Carefree Days*

If you're looking for sensational thirst-quenchers this summer that will fit your active lifestyle, take a cue from these carefree coolers. Treat yourself or prepare enough for a party. Either way, coffee on ice promises delicious refreshment all summer long.

There's nothing like a cooler after a workout, a set of tennis or the "best of all" exercise — vigorous walking. Prepare a single serving of Sparkling Iced Coffee with crushed ice, decaffeinated instant coffee and a hearty splash of club soda or sparkling mineral water.

Let your trusty blender help prepare Fresh Peach Coffee Frappe, a cooler that calls for decaffeinated instant coffee and gives a choice of vanilla ice milk or ice cream. Garnish with strawberry and melon on a skewer; serve with a flourish.

Versatile, show-stopping, delicious — and it's sugar free! That's the sublime Granité served in a stemmed glass. Actually, the word means "granulated" in French because an ice is slightly granular in consistency. Cool to the lips, this mixture has only two ingredients: water and Irish Mocha Mint, a sugar free Irish style instant coffee beverage. At serving time, the frozen mixture is simply shaved, then spooned into serving glasses and garnished with whipped topping or just a sprig of mint.

Match a warmish kind of day with servings of Cafe Ginger Fizz, a coffee-flavored plain "soda" prepared with ginger ale. If you like the continental taste of flavored coffees, you can run the gamut of six flavors of sugar free instant coffee beverages: Suisse Mocha (as shown here), Cafe Vienna, Cafe Amaretto, Irish Mocha Mint, Orange Cappuccino and Cafe Irish Creme.

Since the coffee beverage mixes are sweetened with NutraSweet brand sweetener, they provide a delicious coffee break with less than 40 calories a serving when prepared with only water.

Two additional coolers (not shown) belong in your repertoire. Orange Coffee Frost, a fresh orange juice-based beverage with orange sherbet, will delight decaffeinated coffee fans. Dessert lovers will flip for a Foamy Coffee Frappe prepared in a blender, using any of the new sugar free beverage mixes. Clip and save the basic recipe for Perfect Iced Coffee.

Streamlined, fit and fabulous — that's the way you'll feel with sugar free and 97% caffeine free coffee coolers — perfect partners for the active lifestyle.



Streamlined coolers to fit your carefree, active lifestyle: left, Fresh Peach Coffee Frappe and, clockwise, Cafe Ginger Fizz, Sparkling Ice Coffee and Granité.

Granité

- 1/2 cup sugar free Irish style instant coffee beverage
- 2 cups boiling water

Dissolve beverage mix in boiling water. Pour into 8-inch square pan. Freeze until slightly firm, about 1 hour. Break up and stir with fork; then freeze until firm. Draw fork repeatedly through frozen mixture and spoon shavings into wine, brandy or sherbet glasses. Garnish with whipped topping or mint sprig, if desired. Makes 2 cups or 4 servings.

Cafe Ginger Fizz

- 2 to 3 well-rounded teaspoons sugar free Swiss style instant coffee beverage
- 1 tablespoon hot water
- 1 bottle (6 or 7 fl. oz.) ginger ale, chilled
- Crushed ice or ice cubes (optional)

Spoon beverage mix into a tall glass. Add hot water and stir until mix is dissolved. Gradually stir in ginger ale and add ice. Makes 1 serving.

Sparkling Iced Coffee

- 1 rounded teaspoon decaffeinated instant coffee
- 1 teaspoon sugar
- 1 tablespoon water
- Crushed ice
- 1 bottle (6-1/2 fl. oz.) sparkling mineral water or club soda

Dissolve instant coffee and sugar in water in a tall glass. Fill glass with crushed ice. Add sparkling water slowly. Garnish with lemon or orange slice, if desired. Makes about 1 cup or 1 serving.

Fresh Peach Coffee Frappe

- 3 tablespoons decaffeinated instant coffee
- 1-1/2 cups cold water
- 1 teaspoon vanilla or rum flavoring
- 4 fresh peaches, peeled and sliced
- 1/2 cup cold water
- 1/2 cup sugar
- 1 teaspoon lemon juice
- 1/8 teaspoon nutmeg
- 1 pint vanilla ice cream or ice milk

Dissolve instant coffee in 1-1/2 cups water in bowl; add flavoring. Combine peaches, 1/2 cup water, the sugar, lemon juice and nutmeg. Pour into electric blender container. Add about 1-1/2 cups of the ice cream or ice milk; blend at high speed until smooth. Stir into coffee mixture. Serve in tall glasses, over crushed ice, if desired, or pour into punch cups. Top with small scoops of remaining ice cream or ice milk. Garnish with fresh fruit on a skewer, if desired. Makes about 4 cups or 5 large or 10 small servings.

Orange Coffee Frost

(NOT SHOWN IN PHOTO)

- 1 rounded teaspoon decaffeinated instant coffee
- 1-1/2 teaspoons sugar
- 1/2 cup cold water
- 1/2 cup cold orange juice
- Orange sherbet

Dissolve instant coffee and sugar in water in a glass and add orange juice. Add a scoop of sherbet. Garnish with an orange slice, if desired. Makes about 1 cup or 1 serving.

Foamy Coffee Frappe

(NOT SHOWN IN PHOTO)

- 2 cups milk or skim milk
- 1/3 cup sugar free Roman style instant coffee beverage
- 1 cup vanilla ice cream or ice milk

Combine milk and instant coffee beverage in blender container; blend until dissolved. Add ice cream or ice milk and blend until smooth. Serve over crushed ice, if desired. Garnish with grated chocolate or mint sprigs, if desired. Makes about 3 cups or 3 or 4 servings, or two 12-ounce servings.

For 1 serving, use 2/3 cup milk, 2 well-rounded teaspoons instant coffee beverage and 1/3 cup ice cream or ice milk.

For 2 servings, use 1 cup milk, 3 tablespoons instant coffee beverage and 1/2 cup ice cream or ice milk. Makes about 1-1/2 cups or two 8-oz. servings.

Perfect Iced Coffee

(NOT SHOWN IN PHOTO)

- 1/4 cup decaffeinated instant coffee
- 4 cups water
- Ice cubes or crushed ice

Place instant coffee in pitcher or coffee server. Add a small amount of the water and mix well. Gradually add remaining water, stirring well. (This helps prevent excessive foaming.) Pour over ice in tall glasses. Serve with cream and sugar, if desired. Makes 4 cups or 4 servings.

For 1 serving, use 1 rounded teaspoon instant coffee and 1 cup water.