



 Healthy Options that
Promote Excellence

A Cold Front in the Summertime: Want a “Dixie Cup”?

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In Louisiana, a cup of flavored ice has many names. This refreshing summer snack may be called a Dixie Cup, Iceberg, Icee Cups, Frozen Cup, or a Huckabuck! This snack does not have to be packed with sugar. If you are limiting your sugar intake, we will offer a healthier alternative. Either way you choose to enjoy your “Dixie Cup”, it’s a sweet treat for all to enjoy on a scorching hot, humid, Louisiana day!

Recipe:

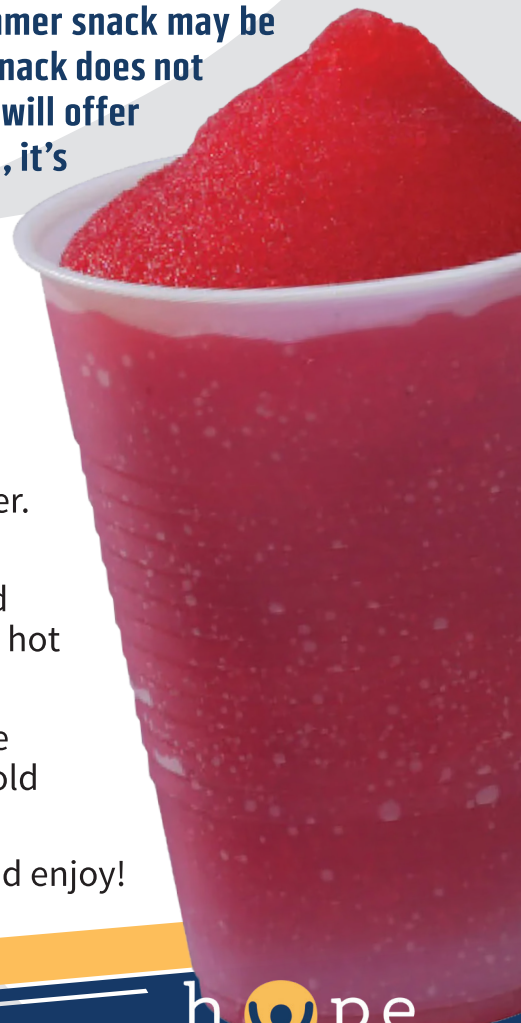
Homemade Healthy Kool-Aid

Ingredients:

- 4 berry flavored non-caffeinated tea bags
- 4 cups of boiling water
- 1 cup of cold water
- 2 tablespoons of raw apple cider vinegar
- Sweetener of choice and flavor (*Low-calorie alternative: SLENDA Stevia liquid Zero Calorie Sweetener Drops*)

Directions:

1. Steep your tea bags in your boiling water for 5-6 minutes in a 1-gallon container.
2. Add your apple cider vinegar and sweetener to the hot water.
3. Fill the rest of the container with cold water.
4. Serve over ice and enjoy!



References:
Homemade Healthy Kool-Aid <http://searching4savings.com/2013/07/homemade-healthy-kool-aid/>



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