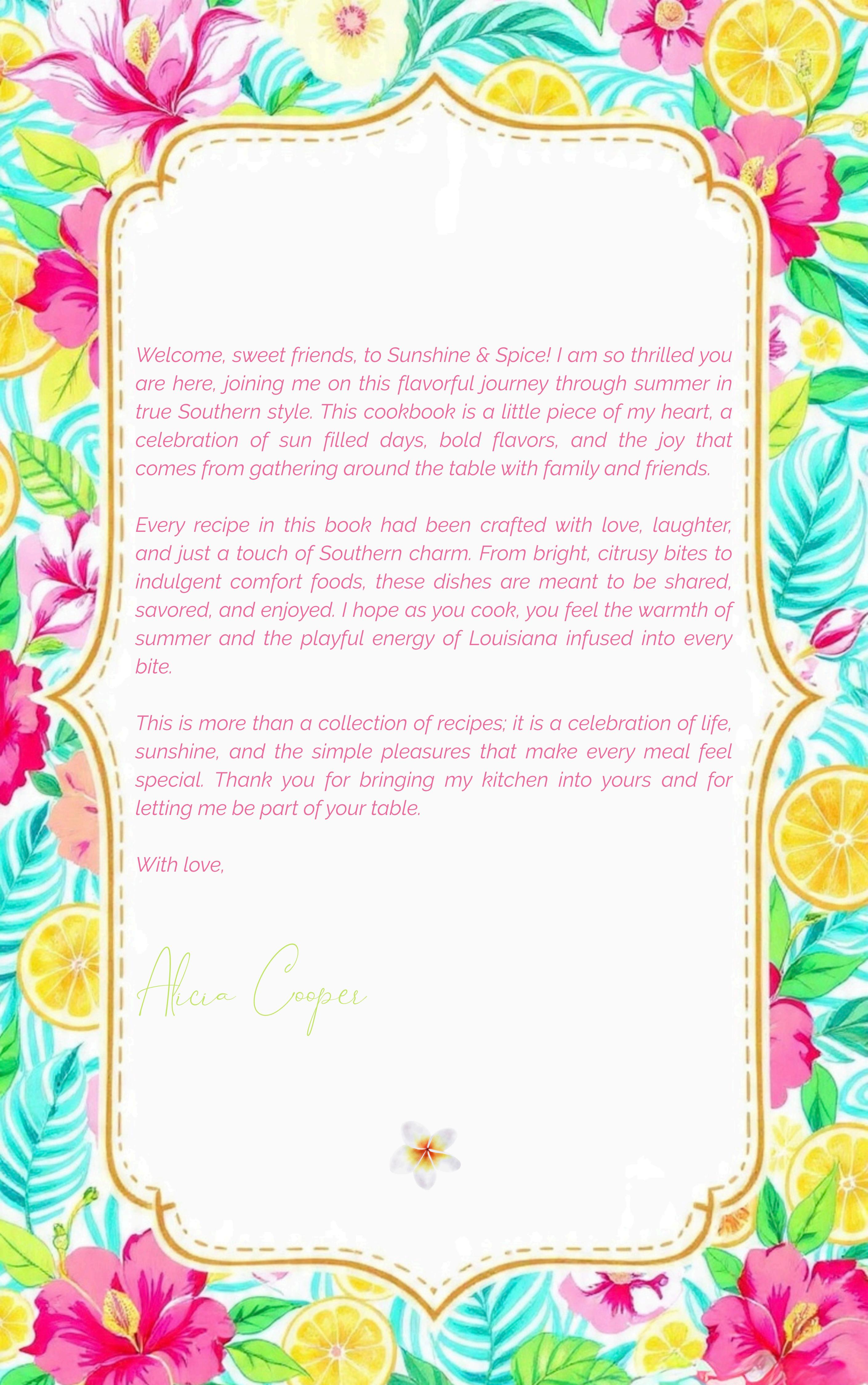




# SUNSHINE & SPICE

*Alicia Cooper*

*Bayou Bites & Booze*



Welcome, sweet friends, to Sunshine & Spice! I am so thrilled you are here, joining me on this flavorful journey through summer in true Southern style. This cookbook is a little piece of my heart, a celebration of sun filled days, bold flavors, and the joy that comes from gathering around the table with family and friends.

Every recipe in this book had been crafted with love, laughter, and just a touch of Southern charm. From bright, citrusy bites to indulgent comfort foods, these dishes are meant to be shared, savored, and enjoyed. I hope as you cook, you feel the warmth of summer and the playful energy of Louisiana infused into every bite.

This is more than a collection of recipes; it is a celebration of life, sunshine, and the simple pleasures that make every meal feel special. Thank you for bringing my kitchen into yours and for letting me be part of your table.

With love,

Alicia Cooper



# Table of Contents

## Summer Starters & Appetizers

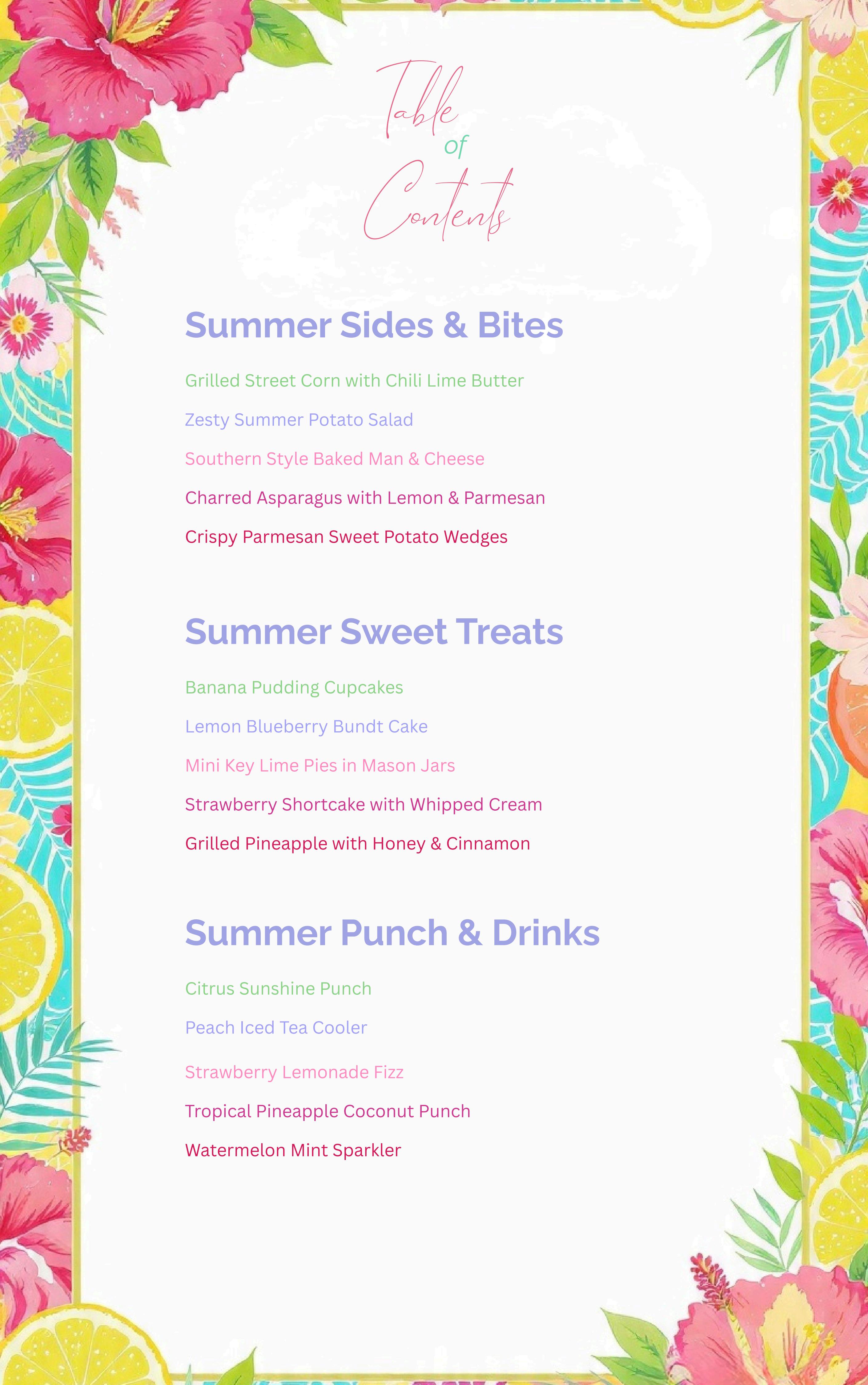
- Grilled Corn & Jalapeno Salsa with Tortilla Chips
- Citrus Garlic Shrimp Skewers with Lemon Butter Drizzle
- Watermelon, Feta, & Mint Salad Cups
- Mini Pulled Pork Sliders with Tangy Slaw
- Spicy Peach & Tomato Bruschetta

## Fresh Summer Salads

- Southern BBQ Chicken Salad with Cornbread Croutons
- Classic Tomato, Cucumber, & Red Onion Salad with Vinegar Dressing
- Grilled Peach, Arugula, & Burrata Salad
- Avocado, Black Bean, & Corn Salad with Lime Dressing
- Strawberry Pecan Spinach Salad with Honey Mustard Vinaigrette

## BBQ Main Dishes

- Sweet & Smoky Baby Back Ribs
- Citrus & Herb Grilled Shrimp
- Slow-Smoked Pulled Pork with Sweet Tea BBQ Sauce
- Grilled Veggie Skewers with Garlic Lemon Marinade
- Slow Roasted Boston Butt with Brown Sugar & Spice Rub



# Table of Contents

## Summer Sides & Bites

- Grilled Street Corn with Chili Lime Butter
- Zesty Summer Potato Salad
- Southern Style Baked Man & Cheese
- Charred Asparagus with Lemon & Parmesan
- Crispy Parmesan Sweet Potato Wedges

## Summer Sweet Treats

- Banana Pudding Cupcakes
- Lemon Blueberry Bundt Cake
- Mini Key Lime Pies in Mason Jars
- Strawberry Shortcake with Whipped Cream
- Grilled Pineapple with Honey & Cinnamon

## Summer Punch & Drinks

- Citrus Sunshine Punch
- Peach Iced Tea Cooler
- Strawberry Lemonade Fizz
- Tropical Pineapple Coconut Punch
- Watermelon Mint Sparkler



Summer  
Starters &  
Appetizers

## Grilled Corn & Jalapeño Salsa with Tortilla Chips

### Ingredients:

4 ears fresh corn, husked  
1 to 2 jalapeños, seeded and finely diced  
1/2 red onion, finely diced  
1/3 cup fresh cilantro, finely chopped  
Juice of 1 large lime  
1 tablespoon olive oil  
1 tablespoon unsalted butter, melted  
1/2 teaspoon garlic powder  
1/2 teaspoon smoked paprika  
1/4 teaspoon cayenne pepper, optional  
Salt to taste  
Black pepper to taste  
Tortilla chips for serving



### Directions:

1. Preheat the grill to medium high heat. Lightly brush the corn with olive oil.
2. Grill the corn, turning often, until charred and smoky on all sides, about 10 minutes.
3. Remove the corn from the grill and allow it to cool slightly. Cut the kernels off the cob and place them in a large bowl while still warm.
4. Drizzle the melted butter over the warm corn and stir to coat.
5. Add the jalapeños, red onion, and cilantro.
6. Sprinkle in the garlic powder, smoked paprika, and cayenne pepper.
7. Pour in the lime juice, season with salt and black pepper, and mix well.
8. Taste and adjust seasoning as needed. Serve immediately or chill briefly before serving.

# Citrus Garlic Shrimp Skewers with Lemon Butter Drizzle

## Ingredients:

1 1/2 pounds large shrimp, peeled and deveined  
3 tablespoons olive oil  
Zest of 1 lemon  
Juice of 1 lemon  
Zest of 1 orange  
4 cloves garlic, minced  
1 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon paprika  
1/4 teaspoon cayenne pepper, optional  
Wooden or metal skewers



## Lemon Butter Drizzle:

4 tablespoons unsalted butter  
2 tablespoons fresh lemon juice  
1 clove garlic, finely minced  
Pinch of salt

## Directions:

1. If using wooden skewers, soak them in water for at least 30 minutes.
2. In a large bowl, whisk together the olive oil, lemon zest, lemon juice, orange zest, garlic, salt, black pepper, paprika, and cayenne pepper.
3. Add the shrimp and toss until fully coated. Let marinate for 15 to 20 minutes.
4. Preheat the grill to medium high heat. Thread the shrimp onto skewers.
5. Grill the shrimp for 2 to 3 minutes per side, just until pink and lightly charred.
6. While the shrimp are grilling, melt the butter over low heat in a small saucepan. Stir in the lemon juice, garlic, and salt, cooking just until fragrant.
7. Remove the shrimp from the grill and immediately drizzle with the warm lemon butter. Finish with a fresh squeeze of lemon and a light sprinkle of chopped parsley or cilantro for a bright, fresh Southern finish. Serve warm.

# Watermelon, Feta & Mint Salad Cups

## Ingredients:

4 cups seedless watermelon, cut into small cubes  
1/2 cup feta cheese, crumbled  
1/4 cup fresh mint leaves, finely chopped  
1 tablespoon fresh lime juice  
1 teaspoon honey (optional, for extra sweetness)  
Small serving cups or bowls



## Directions:

1. In a large bowl, combine the watermelon cubes and crumbled feta.
2. Sprinkle the chopped mint over the mixture.
3. Drizzle the lime juice over the salad. If desired, add the honey for extra sweetness.
4. Gently toss everything together until evenly mixed, taking care not to break up the watermelon.
5. Spoon the salad into small serving cups or bowls for individual portions.
6. Chill for 10–15 minutes before serving to let the flavors meld slightly, or serve immediately for the freshest bite.

# Mini Pulled Pork Sliders with Tangy Slaw

## Ingredients:

### Pulled Pork:

2 pounds cooked pulled pork (slow-cooked or store-bought)

1 cup BBQ sauce (your favorite)

### Tangy Slaw:

2 cups green cabbage, finely shredded

1/2 cup carrot, grated

1/4 cup red onion, finely diced

3 tablespoons mayonnaise

1 tablespoon apple cider vinegar

1 teaspoon Dijon mustard

1 teaspoon honey

Salt and pepper to taste

### Sliders:

12 small slider buns, split and lightly toasted



## Directions:

1. Prepare the pulled pork: In a medium saucepan over low heat, warm the pulled pork and stir in the BBQ sauce until evenly coated. Keep warm.
2. Make the slaw: In a bowl, combine cabbage, carrot, and red onion. In a small bowl, whisk together mayonnaise, apple cider vinegar, Dijon mustard, honey, salt, and pepper. Pour over the cabbage mixture and toss to coat evenly.
3. Assemble the sliders: Place a generous spoonful of pulled pork on the bottom half of each slider bun. Top with a heaping spoon of tangy slaw. Finish with the top bun.
4. Serve immediately for best texture, or cover and refrigerate the slaw until ready to assemble.

# Spicy Peach & Tomato Bruschetta

## Ingredients:

1 baguette, sliced into 1/2 inch pieces and lightly toasted  
2 ripe peaches, peeled and diced  
1 cup cherry tomatoes, diced  
1 small red chili or 1/2 teaspoon red pepper flakes, adjust to taste  
1 clove garlic, minced  
1 tablespoon olive oil  
1 tablespoon balsamic vinegar (optional)  
Salt and black pepper to taste  
Fresh basil leaves for garnish



## Directions:

1. Preheat the oven to 375°F if toasting the bread in the oven. Otherwise, toast slices in a toaster or on the grill until golden.
2. In a medium bowl, combine the diced peaches, cherry tomatoes, minced garlic, chili or red pepper flakes, olive oil, and balsamic vinegar if using. Season with salt and black pepper and toss gently.
3. Spoon the peach and tomato mixture onto the toasted baguette slices.
4. Garnish each bruschetta with a small fresh basil leaf for a pop of color and fresh flavor.
5. Serve immediately for best texture, or prepare the topping ahead and assemble just before serving.



Fresh  
Summer  
Salads

# Southern BBQ Chicken Salad with Cornbread Croutons

## Ingredients:

### For the Salad:

4 cups mixed salad greens (romaine, spinach, or your favorite)  
2 cups cooked grilled chicken, shredded or diced  
1/2 cup cherry tomatoes, halved  
1/2 cup corn kernels, fresh or grilled  
1/4 cup red bell pepper, diced  
1/4 cup red onion, thinly sliced

### Cornbread Croutons:

2 cups cubed cornbread, preferably day old  
1 tablespoon olive oil  
Pinch of salt

### BBQ Dressing:

3 tablespoons mayonnaise  
2 tablespoons BBQ sauce  
1 tablespoon apple cider vinegar  
1 teaspoon honey  
Salt and black pepper to taste



## Directions:

1. Make the cornbread croutons: Preheat the oven to 375°F. Toss the cornbread cubes with olive oil and a pinch of salt. Spread on a baking sheet and bake for 10–12 minutes until lightly golden and crisp, tossing halfway through. Remove and let cool.
2. Prepare the dressing: In a small bowl, whisk together mayonnaise, BBQ sauce, apple cider vinegar, honey, salt, and black pepper. Adjust seasoning to taste.
3. Assemble the salad: In a large bowl, combine salad greens, grilled chicken, cherry tomatoes, corn, red bell pepper, and red onion. Drizzle with the BBQ dressing and toss gently to coat.
4. Add the croutons: Sprinkle the cornbread croutons on top just before serving to keep them crisp.
5. Serve immediately as a refreshing, summery main course or a hearty side salad.

# Classic Tomato, Cucumber, & Red Onion Salad with Vinegar Dressing

## Ingredients:

### Salad:

3 large ripe tomatoes, diced  
1 large cucumber, peeled and diced  
1/2 red onion, thinly sliced  
1/4 cup fresh parsley or cilantro, chopped

### Vinegar Dressing:

1/4 cup apple cider vinegar  
2 tablespoons extra virgin olive oil  
1 tablespoon honey or agave syrup  
1 teaspoon Dijon mustard  
1/2 teaspoon smoked paprika  
1/2 teaspoon garlic powder  
1/4 teaspoon cayenne pepper, optional for a little kick  
Salt and black pepper to taste



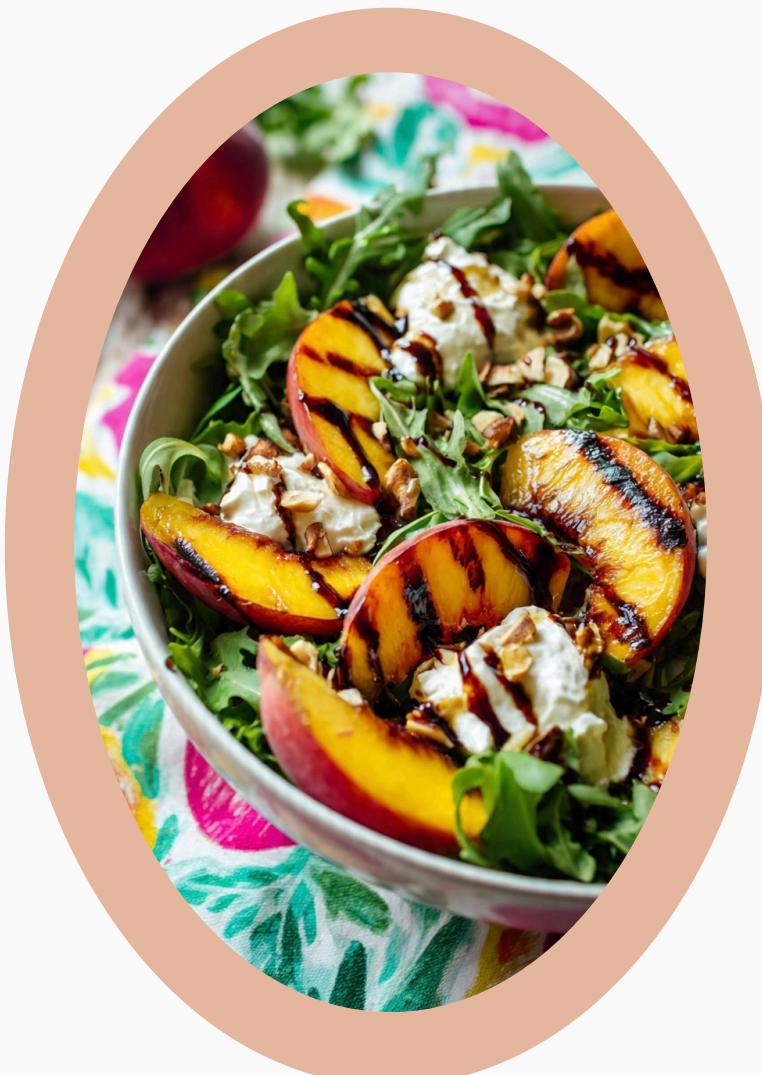
## Directions:

1. In a large bowl, combine the tomatoes, cucumber, red onion, and chopped parsley or cilantro.
2. In a small bowl, whisk together the apple cider vinegar, olive oil, honey, Dijon mustard, smoked paprika, garlic powder, cayenne pepper, salt, and black pepper until emulsified. Taste and adjust for tang, sweetness, or spice.
3. Pour the dressing over the salad and toss gently to coat all the vegetables evenly.
4. Let the salad sit for at least 10 minutes before serving to allow the flavors to meld, or refrigerate for up to an hour for extra depth.
5. Serve chilled or at room temperature.

# Grilled Peach, Arugula, & Burrata Salad

## Ingredients:

2 large ripe peaches, halved and pitted  
1 tablespoon olive oil  
4 cups fresh arugula  
8 ounces burrata cheese, torn into pieces  
1/4 cup toasted pecans or walnuts (optional)  
2 tablespoons balsamic glaze or reduction  
Salt and black pepper to taste



## Directions:

1. Preheat a grill or grill pan over medium heat. Brush the peach halves lightly with olive oil.
2. Grill the peaches cut side down for 3-4 minutes until grill marks appear and they are slightly softened. Remove and let cool slightly, then slice.
3. In a large salad bowl, arrange the arugula. Top with grilled peach slices and torn pieces of burrata.
4. Sprinkle toasted pecans or walnuts over the top if using.
5. Drizzle with balsamic glaze and season lightly with salt and black pepper.
6. Serve immediately for the best texture and flavor.

## Avocado, Black Bean, & Corn Salad with Lime Dressing

### Ingredients:

#### Salad:

2 ripe avocados, diced  
1 1/2 cups cooked corn kernels (fresh or grilled)  
1 cup black beans, drained and rinsed  
1/2 red bell pepper, diced  
1/4 red onion, finely diced  
1/4 cup fresh cilantro, chopped

#### Lime Dressing:

Juice of 2 limes  
3 tablespoons olive oil  
1 teaspoon honey or agave syrup  
1 clove garlic, minced  
1/4 teaspoon cumin  
Salt and black pepper to taste



### Directions:

1. In a large bowl, combine the avocado, corn, black beans, red bell pepper, red onion, and cilantro.
2. In a small bowl, whisk together lime juice, olive oil, honey, garlic, cumin, salt, and black pepper until emulsified.
3. Pour the lime dressing over the salad and gently toss to coat all ingredients evenly. Be careful not to mash the avocado.
4. Chill for 10–15 minutes if desired, or serve immediately for the freshest flavor.

# Strawberry Pecan Spinach Salad with Honey Mustard Vinaigrette

## Ingredients:

### Salad:

5 cups fresh baby spinach  
1 1/2 cups fresh strawberries, hulled and sliced  
1/2 cup pecans, toasted  
1/4 cup red onion, thinly sliced  
1/2 cup crumbled feta or goat cheese (optional)

### Honey Mustard Vinaigrette:

3 tablespoons olive oil  
1 tablespoon apple cider vinegar  
1 tablespoon Dijon mustard  
1 tablespoon honey  
Salt and black pepper to taste



## Directions:

1. In a large salad bowl, combine spinach, sliced strawberries, toasted pecans, and red onion. Add crumbled cheese if using.
2. In a small bowl, whisk together olive oil, apple cider vinegar, Dijon mustard, honey, salt, and black pepper until emulsified.
3. Drizzle the vinaigrette over the salad and toss gently to coat all ingredients evenly.
4. Serve immediately for best texture and freshness.

BBQ

Main

Dishes

# Sweet & Smoky Baby Back Ribs

## Ingredients:

2 racks baby back ribs (about 4 pounds total)  
2 tablespoons olive oil  
1 teaspoon salt  
1 teaspoon black pepper  
1 teaspoon smoked paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/4 teaspoon cayenne pepper (optional for heat)

### Sweet and Smoky Glaze:

1 cup BBQ sauce (your favorite)  
1/4 cup honey  
2 tablespoons apple cider vinegar  
1 tablespoon Worcestershire sauce  
1 teaspoon smoked paprika



## Directions:

1. Preheat the oven to 300°F. Remove the thin membrane from the back of the ribs for more tender results.
2. Rub the ribs with olive oil, salt, black pepper, smoked paprika, garlic powder, onion powder, and cayenne if using.
3. Wrap the ribs tightly in foil and place on a baking sheet. Bake in the oven for 2 to 2 1/2 hours until the meat is tender.
4. While the ribs are baking, mix together the BBQ sauce, honey, apple cider vinegar, Worcestershire sauce, and smoked paprika in a small saucepan over low heat. Stir and warm until combined.
5. Preheat a grill to medium heat. Remove ribs from foil and brush generously with the sweet and smoky glaze.
6. Grill the ribs for 5–7 minutes per side, basting with extra glaze, until the sauce is caramelized and sticky.
7. Remove from the grill, let rest for 5 minutes, then slice between the bones and serve.

# Citrus & Herb Grilled Shrimp

## Ingredients:

1 1/2 pounds large shrimp, peeled and deveined  
Zest and juice of 1 lemon  
Zest and juice of 1 orange  
2 tablespoons olive oil  
3 cloves garlic, minced  
2 tablespoons fresh parsley, chopped  
1 tablespoon fresh cilantro, chopped  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
Wooden or metal skewers



## Directions:

1. If using wooden skewers, soak them in water for 30 minutes to prevent burning.
2. In a medium bowl, combine lemon zest and juice, orange zest and juice, olive oil, garlic, parsley, cilantro, salt, and black pepper.
3. Add the shrimp and toss until fully coated. Marinate in the refrigerator for 15–20 minutes.
4. Preheat the grill to medium-high heat. Thread the shrimp onto skewers.
5. Grill the shrimp 2–3 minutes per side until opaque and lightly charred. Remove from the grill.
6. Serve immediately, garnished with extra chopped herbs or thin citrus slices for presentation.

## Slow-Smoked Pulled Pork with Sweet Tea BBQ Sauce

### Ingredients:

4 cups seedless watermelon, cut into small cubes  
1/2 cup feta cheese, crumbled  
1/4 cup fresh mint leaves, finely chopped  
1 tablespoon fresh lime juice  
1 teaspoon honey (optional, for extra sweetness)  
Small serving cups or bowls



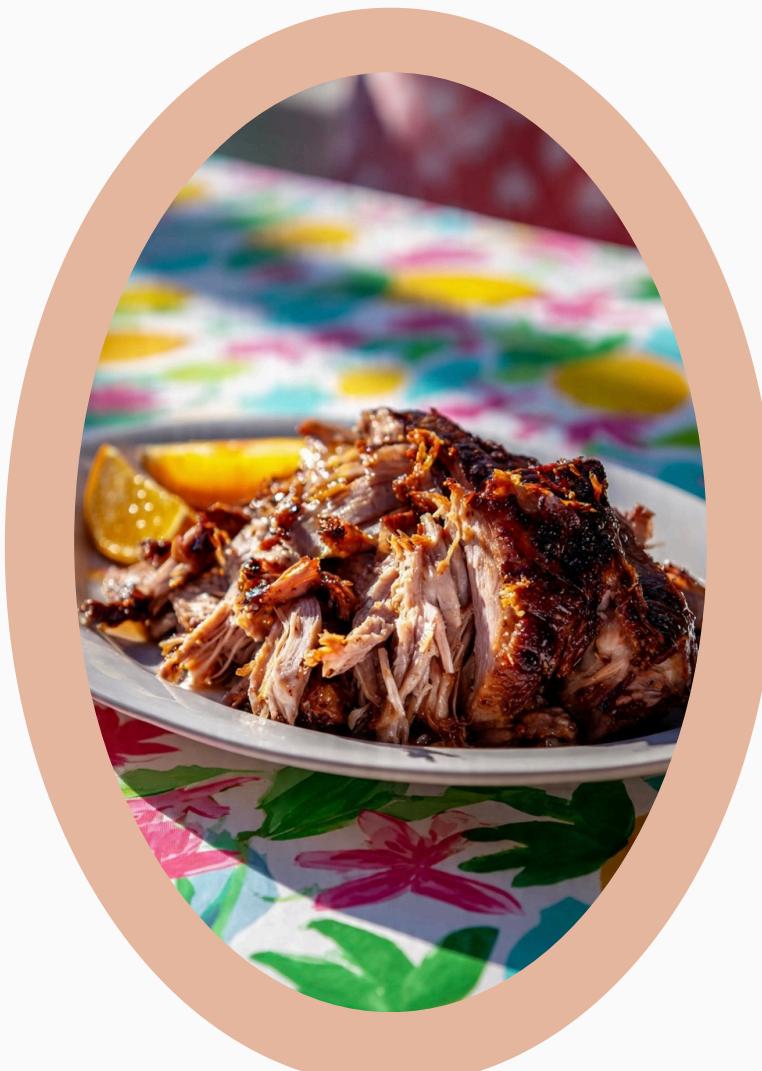
### Directions:

1. In a large bowl, combine the watermelon cubes and crumbled feta.
2. Sprinkle the chopped mint over the mixture.
3. Drizzle the lime juice over the salad. If desired, add the honey for extra sweetness.
4. Gently toss everything together until evenly mixed, taking care not to break up the watermelon.
5. Spoon the salad into small serving cups or bowls for individual portions.
6. Chill for 10–15 minutes before serving to let the flavors meld slightly, or serve immediately for the freshest bite.

## *Slow Roasted Boston Butt with Brown Sugar & Spice Rub*

### **Ingredients:**

4-5 pounds Boston butt (pork shoulder)  
1/4 cup brown sugar  
1 tablespoon smoked paprika  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 teaspoon ground black pepper  
1 teaspoon salt  
1/2 teaspoon cayenne pepper (optional for a little heat)  
1/2 cup apple cider or water (for roasting)



### **Directions:**

1. Preheat your oven to 300°F.
2. In a small bowl, mix together brown sugar, smoked paprika, garlic powder, onion powder, black pepper, salt, and cayenne if using.
3. Pat the Boston butt dry with paper towels and rub the spice mixture all over the meat, pressing it in.
4. Place the pork in a roasting pan, fat side up, and pour 1/2 cup apple cider or water into the pan to keep it moist. Cover tightly with foil.
5. Roast in the oven for 5-6 hours, or until the internal temperature reaches 195-205°F and the meat is tender enough to shred with forks.
6. Remove from the oven, let rest for 15-20 minutes, then shred or slice as desired. Serve with your favorite BBQ sauce or enjoy it as-is.



Summer  
Sides &  
Bites

## Grilled Street Corn with Chili Lime

### Butter

### **Grilled Street Corn with Chili Lime Butter**

#### Ingredients:

6 ears of fresh corn, husks removed  
4 tablespoons unsalted butter, softened  
Zest and juice of 1 lime  
1/2 teaspoon chili powder (adjust to taste)  
1/2 teaspoon smoked paprika  
1/4 teaspoon cayenne pepper (optional for heat)  
Salt to taste  
Fresh cilantro or parsley, chopped (for garnish)



#### Directions:

1. Preheat the grill to medium-high heat.
2. In a small bowl, combine the softened butter, lime zest and juice, chili powder, smoked paprika, cayenne if using, and a pinch of salt. Mix until smooth.
3. Grill the corn for 10–12 minutes, turning occasionally, until slightly charred and tender.
4. Remove the corn from the grill and brush generously with the chili lime butter while still hot.
5. Garnish with chopped fresh cilantro or parsley and serve immediately.

# Zesty Summer Potato Salad

## Ingredients:

2 pounds small red or Yukon gold potatoes, cut into bite-sized pieces

3 hard-boiled eggs, chopped

1/2 cup celery, finely diced

1/4 cup red bell pepper, diced

1/4 cup red onion, finely diced

1/4 cup fresh parsley, chopped

### Zesty Dressing:

1/2 cup mayonnaise

2 tablespoons Dijon mustard

1 tablespoon apple cider vinegar

Juice of 1 lemon

1 teaspoon honey

1/2 teaspoon smoked paprika

Salt and black pepper to taste



## Directions:

1. Place potatoes in a large pot of salted water and boil until tender but still firm, about 12–15 minutes. Drain and let cool slightly.
2. In a small bowl, whisk together mayonnaise, Dijon mustard, apple cider vinegar, lemon juice, honey, smoked paprika, salt, and black pepper until smooth.
3. In a large mixing bowl, combine the cooked potatoes, chopped eggs, celery, bell pepper, red onion, and parsley.
4. Pour the zesty dressing over the potatoes and gently toss to coat evenly. Taste and adjust seasoning if needed.
5. Chill for at least 30 minutes before serving to let the flavors meld.

# Southern Style Baked Mac and Cheese

## Ingredients:

### Mac and Cheese:

1 pound elbow macaroni  
4 tablespoons unsalted butter  
4 tablespoons all-purpose flour  
4 cups whole milk, warmed  
1 cup heavy cream  
1 teaspoon Dijon mustard  
1/2 teaspoon smoked paprika  
Salt and black pepper to taste  
2 cups sharp cheddar cheese, shredded  
1 1/2 cups Gruyere or Monterey Jack cheese, shredded  
1/2 cup Parmesan cheese, grated

### Breadcrumb Topping:

1 cup panko breadcrumbs  
3 tablespoons unsalted butter, melted  
1/4 cup Parmesan cheese, grated  
1/4 teaspoon smoked paprika



## Directions:

1. Preheat oven to 375°F. Grease a 9x13 baking dish.
2. Cook macaroni according to package directions until al dente. Drain and set aside.
3. In a large saucepan, melt butter over medium heat. Whisk in flour to form a roux and cook for 1-2 minutes. Gradually whisk in warm milk and heavy cream until smooth and thickened.
4. Stir in Dijon mustard, smoked paprika, salt, and black pepper. Add cheddar, Gruyere (or Monterey Jack), and Parmesan. Stir until melted and creamy.
5. Add the cooked macaroni to the cheese sauce and stir until fully coated. Pour into the prepared baking dish.
6. In a small bowl, mix panko breadcrumbs, melted butter, Parmesan, and smoked paprika. Sprinkle evenly over the top of the mac and cheese.
7. Bake for 25-30 minutes until the topping is golden brown and the cheese is bubbling. Let sit 5 minutes before serving.

## Charred Asparagus with Lemon and Parmesan

### Ingredients:

1 pound fresh asparagus, trimmed  
2 tablespoons olive oil  
Salt and black pepper to taste  
Zest and juice of 1 lemon  
1/4 cup freshly grated Parmesan cheese  
Optional: pinch of red pepper flakes for a mild kick



### Directions:

1. Preheat a grill or grill pan to medium-high heat (or heat a large skillet on the stovetop).
2. Toss asparagus with olive oil, salt, and black pepper.
3. Grill or char the asparagus for 3–5 minutes, turning occasionally, until tender with light grill marks.
4. Remove from heat and transfer to a serving platter.
5. Drizzle with fresh lemon juice, sprinkle with lemon zest, and top with grated Parmesan. Add a pinch of red pepper flakes if desired.
6. Serve immediately for the freshest flavor and best texture.

## Crispy Parmesan Sweet Potato Wedges

### Ingredients:

3 large sweet potatoes, washed and cut into wedges

- 3 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup grated Parmesan cheese
- 1 tablespoon fresh parsley, chopped (optional, for garnish)



### Directions:

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. In a large bowl, toss sweet potato wedges with olive oil, garlic powder, smoked paprika, salt, and black pepper until evenly coated.
3. Arrange the wedges in a single layer on the prepared baking sheet. Bake for 25–30 minutes, flipping halfway through, until golden and crispy.
4. Sprinkle the Parmesan over the wedges during the last 5 minutes of baking so it melts and crisps up.
5. Remove from oven and garnish with chopped parsley if desired. Serve immediately.

Summer

Sweet

Treats

# Banana Pudding Cupcakes

## Ingredients:

### Cupcakes:

1 1/2 cups all-purpose flour  
1 1/2 teaspoons baking powder  
1/4 teaspoon salt  
1/2 cup unsalted butter, softened  
1 cup granulated sugar  
2 large eggs  
1 teaspoon vanilla extract  
1/2 cup whole milk  
2 ripe bananas, mashed

### Banana Pudding Filling:

1 (3.4-ounce) package instant vanilla pudding mix  
1 cup cold whole milk  
1/2 teaspoon vanilla extract  
1/4 cup whipped cream

### Frosting:

1/2 cup unsalted butter, softened  
2 cups powdered sugar  
1 teaspoon vanilla extract  
2-3 tablespoons heavy cream or milk

### Topping:

Crushed Nilla wafers or thin banana slices



## Directions:

1. Preheat oven to 350°F and line a 12-cup muffin tin with cupcake liners.
2. In a medium bowl, whisk together flour, baking powder, and salt.
3. In a large bowl, cream together butter and sugar until light and fluffy. Beat in eggs, one at a time, then stir in vanilla and mashed bananas.
4. Gradually add the dry ingredients, alternating with milk, mixing until just combined.
5. Divide the batter evenly among the cupcake liners, filling each about 2/3 full.
6. Bake for 18-22 minutes, or until a toothpick inserted into the center comes out clean. Let cool completely.
7. While cupcakes cool, prepare the filling. Whisk together instant pudding mix, cold milk, vanilla, and whipped cream until smooth and creamy. Chill if needed to thicken slightly.

## Banana Pudding Cupcakes

### Directions:

8. Core the center of each cooled cupcake using a small knife or cupcake corer. Fill each cavity with banana pudding.
9. For the frosting, beat butter until creamy. Gradually add powdered sugar, vanilla, and heavy cream, beating until light and fluffy. Frost the filled cupcakes.
10. Top with crushed Nilla wafers or a thin banana slice.

# Lemon Blueberry Bundt Cake

## Ingredients:

### Cake:

3 cups all-purpose flour  
1 tablespoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 cup unsalted butter, softened  
2 cups granulated sugar  
4 large eggs  
1 tablespoon lemon zest  
1/4 cup fresh lemon juice  
1 teaspoon vanilla extract  
1 cup buttermilk  
2 cups fresh blueberries, tossed in 1 tablespoon flour

### Lemon Glaze:

1 cup powdered sugar  
2-3 tablespoons fresh lemon juice



## Directions:

1. Preheat oven to 350°F. Grease and flour a 10-inch Bundt pan.
2. In a medium bowl, whisk together flour, baking powder, baking soda, and salt. Set aside.
3. In a large bowl, cream together butter and sugar until light and fluffy. Beat in eggs one at a time, then stir in lemon zest, lemon juice, and vanilla extract.
4. Alternately add the dry ingredients and buttermilk to the butter mixture, beginning and ending with dry ingredients. Mix until just combined.
5. Gently fold in the floured blueberries.
6. Pour batter into the prepared Bundt pan and smooth the top. Bake for 50-60 minutes, or until a toothpick inserted into the center comes out clean.
7. Let the cake cool in the pan for 15 minutes, then invert onto a wire rack to cool completely.
8. For the glaze, whisk together powdered sugar and lemon juice until smooth. Drizzle over the cooled cake.

# Mini Key Lime Pies in Mason Jars

## Ingredients:

### Crust:

1 1/2 cups graham cracker crumbs  
1/3 cup unsalted butter, melted  
2 tablespoons granulated sugar

### Filling:

1 (14-ounce) can sweetened condensed milk  
1/2 cup fresh key lime juice (or regular lime if needed)  
Zest of 2 limes  
4 large egg yolks

### Topping:

1 cup heavy whipping cream  
2 tablespoons powdered sugar  
Lime zest for garnish



## Directions:

1. Preheat oven to 350°F.
2. In a medium bowl, mix graham cracker crumbs, melted butter, and sugar. Press about 2 tablespoons of the mixture into the bottom of each 4-ounce mason jar to form the crust. Bake for 5–7 minutes. Let cool slightly.
3. In a bowl, whisk together sweetened condensed milk, lime juice, lime zest, and egg yolks until smooth. Pour the filling over the crust in each jar.
4. Bake jars in a water bath (place jars in a baking dish and fill with about 1 inch of hot water) for 12–15 minutes until filling is set but still slightly jiggly. Remove from oven and cool to room temperature, then refrigerate at least 2 hours.
5. In a chilled bowl, whip heavy cream with powdered sugar until soft peaks form. Top each mini pie with whipped cream and a sprinkle of lime zest before serving.

# Strawberry Shortcake with Whipped Cream

## Ingredients:

### Shortcakes:

2 cups all-purpose flour  
1/4 cup granulated sugar  
1 tablespoon baking powder  
1/2 teaspoon salt  
1/2 cup unsalted butter, cold and cubed  
2/3 cup whole milk  
1 teaspoon vanilla extract

### Strawberry Filling:

4 cups fresh strawberries, hulled and sliced  
1/4 cup granulated sugar  
1 teaspoon lemon juice

### Whipped Cream:

1 cup heavy whipping cream  
2 tablespoons powdered sugar  
1 teaspoon vanilla extract



## Directions:

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. In a large bowl, whisk together flour, sugar, baking powder, and salt. Cut in cold butter until mixture resembles coarse crumbs.
3. Stir in milk and vanilla until just combined. Do not overmix.
4. Drop spoonfuls of dough onto the prepared baking sheet to form 8-10 shortcakes. Bake for 12-15 minutes until golden brown. Let cool slightly.
5. Meanwhile, combine sliced strawberries, sugar, and lemon juice in a bowl. Let macerate for at least 15 minutes.
6. Whip heavy cream with powdered sugar and vanilla until soft peaks form.
7. Slice shortcakes in half horizontally. Layer the bottom with strawberries, add a dollop of whipped cream, and top with the other half of the shortcake. Add more strawberries and whipped cream on top if desired.

## Grilled Pineapple with Honey and Cinnamon

### Ingredients:

1 fresh pineapple, peeled, cored, and cut into 1-inch thick slices  
2 tablespoons honey  
1 teaspoon ground cinnamon  
Optional: fresh mint leaves for garnish



### Directions:

1. Preheat a grill or grill pan to medium-high heat.
2. Place pineapple slices on the grill and cook 3–4 minutes per side until grill marks appear and pineapple is slightly caramelized.
3. Remove from grill and drizzle each slice with honey. Sprinkle with cinnamon.
4. Garnish with fresh mint if desired and serve immediately.



Summer  
Punch &  
Drinks

# Citrus Sunshine Punch

## Ingredients:

4 cups orange juice, chilled  
2 cups pineapple juice, chilled  
1 cup lemonade, chilled  
1 cup sparkling water or club soda, chilled  
1/4 cup honey or simple syrup (adjust to taste)  
Slices of orange, lemon, and lime for garnish  
Ice cubes



## Directions:

1. In a large pitcher or punch bowl, combine orange juice, pineapple juice, lemonade, and honey. Stir until the honey is fully dissolved.
2. Just before serving, add sparkling water or club soda for a light fizz.
3. Add ice cubes and citrus slices to the punch for a bright, festive look.
4. Serve in glasses garnished with a citrus slice.

## Peach Iced Tea Cooler

### Ingredients:

4 cups brewed black tea, chilled  
1 cup peach nectar puree  
2-3 tablespoons honey or simple syrup  
(adjust to taste)  
1 cup cold sparkling water (optional for fizz)  
Slices of fresh peaches and lemon for garnish  
Ice cubes



### Directions:

1. In a large pitcher, combine chilled black tea, peach nectar, and honey. Stir until honey is dissolved.
2. Add ice cubes and peach and lemon slices.
3. Just before serving, stir in sparkling water for a light fizz if desired.
4. Serve in tall glasses garnished with additional peach slices or a sprig of mint.

# Strawberry Lemonade Fizz

## Ingredients:

2 cups fresh strawberries, hulled and sliced  
1/2 cup granulated sugar  
1/2 cup fresh lemon juice (about 2–3 lemons)  
2 cups cold water  
1 cup sparkling water or club soda, chilled  
Ice cubes  
Lemon slices and whole strawberries for garnish



## Directions:

1. In a blender, combine strawberries and sugar. Blend until smooth. Strain through a fine mesh sieve to remove seeds if desired.
2. In a pitcher, mix the strawberry puree, fresh lemon juice, and cold water. Stir to combine.
3. Add ice cubes to glasses and pour the strawberry lemonade mixture over.
4. Top with sparkling water just before serving for a refreshing fizz.
5. Garnish with lemon slices and whole strawberries.

# Tropical Pineapple Coconut Punch

## Ingredients:

3 cups pineapple juice, chilled  
2 cups coconut water, chilled  
1 cup orange juice, chilled  
1/4 cup lime juice, fresh  
2-3 tablespoons honey or simple syrup  
(adjust to taste)  
1 cup sparkling water or club soda, chilled  
Pineapple wedges and lime slices for garnish  
Ice cubes



## Directions:

1. In a large pitcher or punch bowl, combine pineapple juice, coconut water, orange juice, lime juice, and honey. Stir until honey is dissolved.
2. Just before serving, add sparkling water for a light fizz.
3. Add ice cubes and garnish with pineapple wedges and lime slices.
4. Serve in glasses or mason jars for a bright, tropical presentation.

## Watermelon Mint Sparkler

### Ingredients:

4 cups fresh watermelon, cubed  
1/4 cup fresh mint leaves  
2 tablespoons honey or agave syrup  
(optional, adjust to taste)  
1-2 tablespoons fresh lime juice  
1 cup sparkling water or club soda, chilled  
Ice cubes  
Watermelon wedges and mint sprigs for garnish



### Directions:

1. In a blender, combine watermelon, mint leaves, honey, and lime juice. Blend until smooth.
2. Strain the mixture through a fine mesh sieve if you prefer a smoother texture.
3. Fill glasses with ice cubes and pour the watermelon mixture about 3/4 of the way up.
4. Top with sparkling water and gently stir.
5. Garnish with small watermelon wedges and fresh mint sprigs. Serve immediately.

