

NATIONAL FOUNDATION FOR CELIAC AWARENESS

Gluten-Free Recipes for a Festive 4th of July



FOOD

- Use a star-shaped cookie cutter to dress up gluten-free finger sandwiches.
- Bake gluten-free sugar cookies and top with red, white and blue sprinkles.
- Toss sliced strawberries and blueberries in a white balsamic vinegar.
- Pair blue corn tortilla chips with a chunky, red tomato salsa and onions.
- Skewer mini mozzarella balls and grape tomatoes on a toothpick.

DRINKS

Wild Berry Bomb

1. For this fun concoction, start with two parts *Cascade Ice* Wild Berry.
2. Add a splash of club soda and a handful of blueberries and strawberries.
3. Muddle the fruit just a bit to release the flavor and serve over ice.



Coconut Spritzer

1. Take two parts *Cascade Ice* Coconut, and add one part pineapple juice.
2. Stir well and serve over ice in a cold glass.
3. Decorate the rim of the glass with blue and/or red sugar crystals for a festive look.



Blue Margarita

1. Start with two parts *Cascade Ice* Skinny Margarita Mixer.
2. Add your choice of tequila with one part blue curacao and one part ice.
3. Blend until smooth and pour into a margarita glass.
4. Garnish with strawberries or cherries for a red, white & blue treat.

