

6 Ways to Refresh Your Gluten-Free Guests



Skip the lemonade

Swap the sugary drink with this bubbly recipe:

1. Fill two glasses with ice.
2. Split a bottle of *Cascade Ice* Zero-Calorie Blueberry Watermelon between the glasses.
3. Add a splash of lemon-lime soda and pre-cut fresh watermelon to each glass.
4. Share with a friend!

Make your own popsicles

Strawberry Pineapple Popsicles are perfect for Play dates, parties or just a day of poolside fun!

1. Pour *Cascade Ice* Zero-Calorie Wild Berry and chopped strawberries into a popsicle tray, filling halfway.
2. Top it with pineapple juice and small pineapple pieces.
3. Freeze overnight, then enjoy!

Indulge in ice cream.

Many ice creams are naturally gluten-free. There are even gluten-free ice cream cones you can find in local grocery stores.



Take a dip.

Some of the best summertime traditions don't involve food at all. Hop in the pool, head to the beach or set up a kiddie pool in the yard.

Chill out with fruit.

Cold fruit straight from the fridge is an easy, healthy way to cool down during those long summer days. Make a fruit salad for a naturally gluten-free dessert.

For those 21 and older, kick up your barbecue by serving watermelon infused with vodka.

Grab a cold one.

Gluten-free beers are widely available. Look for one made from sorghum or another alternative grain.

For a sweeter brew, hard cider is a refreshing and naturally gluten-free option.

