



EAT WELL, CARE WELL.

USE YOUR ICE CUBE TRAY FOR RECIPE PREP

When you think of summer, you think of ice-cold drinks, but have you ever considered using your ice cube trays in more exciting ways? Well, be prepared to see ice cube trays in a whole new light. A 2013 article on *BuzzFeed* by Ariel Knutson highlights 23 ways ranging from making miniature desserts, to freezing veggie & fruit puree, tomato & pasta sauce, to stocks for soup. Here are a few more great ideas:

- ❖ Freeze fresh herbs in olive oil
- ❖ Make coffee ice cubes for iced coffee
- ❖ Easy chocolate-covered strawberries
- ❖ Chocolate ice cubes that you add to milk
- ❖ Mini Ice Pops (fruit, gelatin, and yogurt layers)
- ❖ Freeze greens to add to smoothies or pasta sauce
- ❖ Freeze leftover wine to use in cooking
- ❖ Individual cookie dough cubes and more...

Read the full article at

<https://www.buzzfeed.com/arielknutson/genius-ways-to-use-an-ice-cube-tray>

She suggests buying silicone trays for easier removal. Once whatever you're making is frozen, just transfer the cubes to a storage bag or container, store in freezer and start again!

WEEKLY CHALLENGES

TRY ONE OF THE IDEAS FOR THE NEXT 2 WEEKS

PUREE LEFTOVER VEGGIES AND FREEZE IN TRAYS THEN USE IN SOUP, PASTA SAUCE, ETC.

MASH UP RIPE BANANAS AND FREEZE IN TRAYS FOR CUBES TO USE IN SMOOTHIES

In 1844, American physician, John Gorrie, built a refrigerator to make ice to cool the air for his yellow fever patients. Some historians think he may have also invented the first ice cube tray since it was documented that his patients received iced drinks.