

WATERMELON FETA BLACKBERRY SKEWERS



Watermelon Feta Blackberry Skewers are the perfect easy and healthy appetizer recipe. Each bite gives you a refreshing bit of watermelon, salty feta and sweet blackberry.

- 1 small seedless ripe watermelon, cut into 1" cubes
- 6 oz. of Feta cheese, cut into 1" cubes
- Fresh Ripe Firm Blackberries
- Small wooden skewers

Instructions

- Skewer watermelon chunks, feta and blackberry.
- Place on serving platter and store in refrigerator until ready to serve. Makes 24.

<http://ahealthylifeforme.com/watermelon-feta-blackberry-skewers/>

Greek Yogurt with Warm Black and Blueberry Sauce

When making this Greek Yogurt with Warm Black and Blueberry Sauce in the summer, substitute fresh berries for frozen. Sauce also



Olympic Fun Facts



--1912 saw the last Olympic gold medals made entirely out of gold.
 --Spyros Samaras composed The Olympic Hymn and Kostis Palamas added the words. In the 1896 Athens Olympic Games the hymn was first used but the IOC only declared it the official anthem in 1957.

--The U.S' James B. Connolly became the first modern Olympic champion in 1896 when he won the hop, step, and jump.

--The host city designs the Olympic medals for their games. Each must be at least 60mm in diameter and 3mm thick. The gold medals must be covered in 6g of gold and silver medals must contain 92.5% silver.

--In the opening ceremony, the athlete procession has to be led by the Greeks and ended by the host team with all others go in alphabetical order as labelled by the host country's language.

--The IOC gives the privilege of hosting the games to the city not to the country.

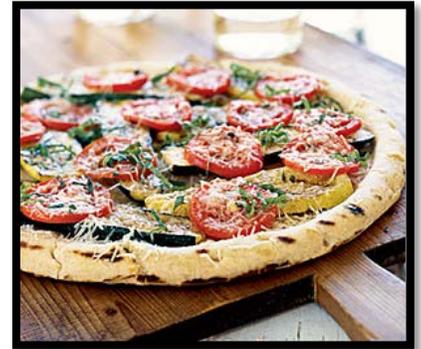
--IOC members are diplomats of the IOC to their countries not the other way around. This makes the IOC an independent entity.

--The U.S., or more specifically CBS, first televised the Olympics during the 1960 Rome games.

-An olive branch wreath was given to winners of the Ancient Olympics events.



Summer Squash Pizza



- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 medium zucchini, cut lengthwise into (1/4-inch-thick) slices
- 1 medium yellow squash, cut lengthwise into (1/4-inch-thick) slices
- Cooking spray
- 1 (12-inch) packaged pizza crust
- 2 plum tomatoes, cut into (1/8-inch-thick) slices
- 1/4 cup (1 ounce) finely grated pecorino Romano cheese
- 2 tablespoons thinly sliced fresh basil
- 1/2 teaspoon finely chopped fresh oregano

Preparation

1. Prepare grill.
2. Combine oil, vinegar, salt, pepper, zucchini slices, and yellow squash slices in a large bowl, tossing gently to coat. Place squash mixture on grill rack coated with cooking spray; grill 2 min. on each side or until tender.
3. Reduce grill temperature to medium.
4. Lightly coat pizza crust with cooking spray; grill 1 minute on each side or until lightly toasted. Arrange zucchini and squash over crust. Arrange tomatoes over squash; sprinkle with pecorino Romano cheese. Grill 5 min. or until thoroughly heated. Remove from grill; sprinkle with basil and oregano.

<http://www.myrecipes.com/recipe/summer-squash-pizza>



pairs well with biscuits or as a stand-in for syrup on pancakes.

- 2/3 cup frozen blueberries
- 2/3 cup frozen blackberries
- 1/2 cup water
- 1/4 cup sugar
- 2 tablespoons fresh lemon juice
- 1 tablespoon butter
- 2 cups plain 2% reduced-fat Greek yogurt

Preparation

1. Combine first 5 ingredients in a small saucepan. Bring mixture to a boil. Reduce heat to medium-low; gently boil 10 minutes or until sauce thickens. Stir in butter.
2. Spoon 1/2 cup yogurt into each of 4 bowls; top each serving with about 1/4 cup sauce. Serve immediately.

<http://www.myrecipes.com/recipe/greek-yogurt-with-warm-black-blueberry-sauce#mr-livefyre-ratings>



Summer Fruit Daiquiri



- 3 cups sliced peeled fresh

peaches; unsweetened frozen peach slices, thawed; fresh or frozen unsweetened strawberries, thawed; fresh or frozen cubed mango, thawed; or cubed, seeded watermelon

- 1/2 - 12 oz. can (3/4 cup) frozen limeade or lemonade concentrate, thawed
- 1/4 cup (2 oz.) light rum or orange juice
- 2 tablespoons powdered sugar
- 2 cups ice cubes
- Fresh peach chunks, small fresh strawberries, mango cubes, or watermelon cubes (optional)

Directions

In a blender combine the 3 cups fruit, the limeade concentrate, rum, and powdered sugar. Cover and blend until smooth. With blender running, gradually add ice cubes through opening in lid until mixture is desired thickness. Serve in glasses. If desired, garnish daiquiris with fruit pieces threaded on wooden skewers.

<http://www.bhg.com/recipe/summer-fruit-daiquiri/>

--Awarding the gold, silver and bronze medals started in the 1904 Olympics.

--In 1916, 1940 or 1944 there were no games due to the World Wars.

--Following the 1979 invasion of Afghanistan by the USSR, the 1980 Moscow Olympics saw 66 nations boycott the games.

--The 2016 games saw Rugby on the cards for the first time since 1924.

In the 1896 games Soccer was to be played but there were no teams to play the event.



--Priestess of Demeter was the only married woman allowed to watch the ancient games, with any others who were caught being thrown over a cliff.

--The London games in 1908 saw the first opening ceremony.

--In Olympia (Greece), a flame was ignited by the sun and kept alight until the closing of the Games. It first appearance in the modern games was in Amsterdam in 1928. [30 Facts About The Olympics | The Fact Site](#)



Corn Flake Crusted French Toast



- 1/2 cup dried cherries, chopped
- 1 cup maple syrup
- 2 tablespoons dark rum
- 1/2 cup chopped walnuts, toasted
- 1 soft baguette, sliced
- 4 eggs
- 1/2 cup milk or almond milk
- pinch of salt
- 2 tsp. vanilla extract
- 1/2 tsp. ground cinnamon
- 2 cups Kellogg's® Corn Flakes®, crushed
- 3 tbsp. coconut oil or butter or canola oil
- 1/4 cup vanilla yogurt
- 4 mint sprigs, for garnish - optional

Directions

--In a small bowl, combine cherries with 1/4 cup boiling water and let rehydrate for 5 min. Set aside.

--Add syrup and 1 tbsp. rum to a small pot and place over low heat. Add rehydrated cherries with liquid, walnuts and bring to a simmer over low heat. Let simmer for 3 mins. Set aside and keep warm.

--Heat a large skillet or griddle over medium heat. Place crushed Corn Flakes in a baking dish.

--In a baking dish, whisk together eggs, milk, salt, vanilla, remaining rum and cinnamon. Place bread slices in egg mixture and let sit for 1 min. Flip and soak other side for 1 min. Place soaked bread into the Corn Flakes and coat both sides with Corn Flakes.

--Melt the coconut oil on griddle and place the coated bread slice onto the griddle. Cook for 2 to 3 min. per side until golden brown.

--To plate, place pieces of French toast onto a plate, top with a dollop of yogurt. Pour some syrup over top and garnish with mint.

[Cooking With Team USA | Corn Flake Crusted French Toast](#)