

Remember to:

Be Bold in BLUE!

MS Awareness Week: 30 April - 06 May 2012

Multiple
Sclerosis
Trust

MS

Blue Food & Drink

Blueberry Swoon (Non alcoholic)

Ingredients:

- Ice cubes
- 125 ml (4oz/half a cup) blueberry juice
- 15 ml (half oz) lemon juice
- 125 ml (4oz/half cup) lemonade

Method:

- Place some ice in a medium glass.
- Add the blueberry juice and lemon juice
- Stir in the lemonade.



Blue Iced Cupcakes

Ingredients:

- 100g butter or margarine
- 100g caster sugar
- 100g self-raising flour, sifted
- 2 eggs
- 1/4 teaspoon baking powder (optional)
- 1/2 teaspoon vanilla essence (optional)

Method:

- Preheat the oven to 180°C (Electric oven | Electric fan oven 160°C | Gas Mark 4) and place 12 paper cases into a muffin tin.
- Beat the butter and sugar until very light and fluffy
- Add the eggs one at a time, beating each one in well before adding the next. Add the vanilla essence if using.
- Carefully fold in the flour (and baking powder if using).
- Bake in the oven for 10 - 20 minutes.
- Add a little water to icing sugar until you have a smooth paste.
- Then add a few drops of blue food coloring.
- When the cakes have cooled ice them as you wish.

Blue Hawaiian (Alcoholic)

Ingredients:

- Ice cubes
- 40 ml white rum
- 100 ml pineapple juice
- 30 ml Blue Curaçao
- 40 ml coconut milk

Method:

- Fill a shaker with ice.
- Add all the ingredients and shake well.
- Strain into a highball glass filled with ice cubes.
- Serve garnished with a cherry and a slice of pineapple.



Blue Cheese & Herb Dip

Ingredients:

- 200g soft cream cheese
- 200g sour cream
- 100g cup blue cheese (crumbed)
- 2-3 green onions (white portion)
- 1/2 teaspoon garlic powder
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh thyme
- Salt and pepper, to taste
- Dash of paprika
- Spring of parsley (for garnishing)

Method:

- In a large bowl, beat together cream cheese and sour cream.
- Add crumbled blue cheese, garlic powder, chopped green onions, parsley and thyme.
- Season to taste with salt and pepper, sprinkle with a dash of paprika and garnish with a sprig of parsley.



Other Blue Food & Drink Ideas

POPS
JELLY
STEAK
RICE
SERVE
SPAGHETTI
JAMS
BLUE
SWEETS
BLUEBERRY ICE
DRINKS
TUNA
POTATOES
PIE
MUFFINS
LOLLIES
CREAM
CAKES