

# Virtual Apps & Mocktails Recipe Book:



**Summer 2026**

Please email Katie Lyter with questions at [katiel@wdsra.com](mailto:katiel@wdsra.com)

Week 1

Tuesday, June 16<sup>th</sup>

## Pina Colada Clusters & Creamy Pineapple Mango Lemonade



Please be sure to have all the ingredients and supplies needed for the recipe before class.

### Ingredients:

- 2 cups diced pineapple (1 whole pineapple)
- 1 cup vanilla yogurt
- ½ cup shredded coconut
- 2 cups white chocolate
- 1 tablespoon coconut oil

### Instructions:

1. Dice pineapple in small bite size chunks and combine with 1 cup vanilla yogurt and ½ cup shredded coconut
2. Line baking sheet with parchment paper and use ¼ cup measuring cup to portion out clusters on baking sheet
3. Freeze clusters until completely hardened
4. Melt 2 cups white chocolate and 1 tablespoon of coconut oil until smooth and dip frozen clusters to coat.
5. Garnish with more shredded coconut and enjoy!

### Mocktail Ingredients:

- 1 whole pineapple, diced (reserve 1/3 cup to add to drink)
- 1 cup lemon juice (6-8 lemons)
- 3 mangoes, diced
- 3 cups of cold water
- 1 ½ can sweetened condensed milk
- Ice cubes
- Lemon slices
- \*sugar for sweetening

### Instructions:

1. In a blender, combine the diced mango, splash of water, sweetened condensed milk, and diced pineapple chunks. Blend until smooth. Strain and set aside
2. In a large pitcher, combine the mango-pineapple puree, lemon juice, and cold water. Stir well.
3. Taste the lemonade, Add more lemon juice for tartness or sugar for sweetness.

### **Kitchen Cookware You Will Need:**

- Cutting board
- Knife
- Large mixing bowl
- Mixing spatula
- Measuring cups & spoons
- Baking sheet
- Parchment Paper
- Microwaveable bowl
  
- Blender
- Large mixing bowl
- Citrus juicer
- Can opener
- Strainer
- Spatula
- Serving pitcher

Week 2

Tuesday, June 23<sup>rd</sup>

## Lemon Basil Burrata with Garlic toast & Hibiscus Pineapple Drink



Please be sure to have all the ingredients and supplies needed for the recipe before class.

### Ingredients:

- 8 oz burrata cheese
- 3 tablespoons olive oil, divided
- 1 tablespoon fresh basil, sliced
- 1 lemon, zested & squeezed
- 1 baguette, sliced
- 1 clove garlic, halved

### Instructions:

1. Preheat the oven to 425 F
2. Place the baguette slices onto a baking sheet. Drizzle with 1 tablespoon olive oil and rub with garlic. Place into the oven and bake for 8 to 10 minutes until slightly golden around the edges.
3. Combine 2 tablespoons of olive oil, basil, lemon zest and juice in a small bowl.
4. Place burrata cheese in a small/medium serving bowl and slice open with a knife. Pour the lemon-basil olive oil mixture over the burrata. Serve with garlic toasts.

### Mocktail Ingredients:

- 2 cups water
- 2 tablespoons dried hibiscus (2 tea bags)
- 1 cup pineapple juice
- 2 cups coconut water
- 1 tablespoon honey
- Juice of 1 lime
- ½ teaspoon sea salt

### Instructions: (Makes 2 servings)

1. Bring 2 cups water to a boil. Add hibiscus/tea and steep 10-12 minutes
2. Strain into a jar (if using dried hibiscus). While warm, stir in honey
3. Add ice to a glass and add a ½ cup pineapple juice, 1 cup coconut water, 1 cup hibiscus tea, juice of 1 lime and ¼ teaspoon sea salt

### **Kitchen Cookware You Will Need:**

- Baking sheet & oven mitts
- Parchment paper
- Cutting board & bread knife
- Measuring spoons
- Citrus juicer
- Small bowl
- Serving platter/shallow bowl
- Tea Kettle
- Serving glasses
- Strainer
- Measuring cups

Week 3

Tuesday, June 30<sup>th</sup>

## “Sub in a tub” Chips & Cotton Candy Grape “Gatorade”



Please be sure to have all the ingredients and supplies needed for the recipe before class.

### Ingredients:

- 1 small head iceberg shredded
- 4-6 slices turkey chopped
- 4-6 slices ham chopped
- 4-6 slices salami chopped
- 4-6 slices provolone chopped
- 1/3 cup banana peppers, chopped
- 12 cherry tomatoes sliced
- *Optional-chopped red onion*
- 1 bag kettle chips

### *Dressing:*

- ½ cup mayonnaise
- 5 tablespoons red wine vinegar
- 1 ½ teaspoon oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper

### Instructions:

1. Chop lettuce, meats, cheese and banana peppers and tomatoes
2. Add lettuce, turkey ham, salami, cheese, peppers and tomatoes to a large bowl
3. Mix dressing ingredients in a bowl and whisk well
4. Pour dressing over salad ingredients and toss well. Serve with kettle chips and use chips to spoon salad onto

### Mocktail Ingredients:

- 2 ½ cups coconut water can substitute with filtered water or decaf green tea, but coconut water is ideal for hydration
- 1 ½ cups cotton candy grapes
- 1 tablespoon lime juice
- ¼ - ½ teaspoon salt
- 1 - 2 tablespoon honey or maple syrup

### **Kitchen Cookware You Will Need:**

- Cutting board & knife
- Measuring cups & spoons
- Large serving bowl
- Small mixing bowl & whisk
- Salad tongs
- Small Blender or Immersion Blender
- Small Bowl
- Two Glasses or Wide mouth jar

### **STRAWBERRY PURÉE:**

- 1 cup sliced strawberries
- 1 ½ tablespoons lime juice
- 1 teaspoon maple syrup or honey

### **Instructions:**

1. In a small blender or jar, blend the strawberries, lime juice, and maple syrup (or honey) until smooth. Set the purée aside.
2. In a separate blender, combine the coconut water, cotton candy grapes, lime juice, salt, and sweetener. Blend until smooth.
3. Fill two glasses with ice and spoon the strawberry purée into the bottom of each glass.
4. Slowly pour the coconut-grape mixture over the top for a layered look.
5. Stir before sipping, and garnish with fresh strawberries or grapes if you'd like.

Week 4

Tuesday, July 7<sup>th</sup>

## Strawberry Pretzel Fluff Salad & Cucumber Mint Cooler



Please be sure to have all the ingredients and supplies needed for the recipe before class.

**Soften your cream cheese before class**

### Ingredients:

- 2 cups Rold Gold Tiny Twist Pretzels (crushed)
- 8 oz cream cheese (softened)
- ½ cup powdered sugar
- 8 oz original cool whip (thawed)
- 3 cups strawberries (diced)

### Instructions:

1. In a large bowl, beat the softened cream cheese and powdered sugar until smooth
2. Gently fold in the Cool Whip until the mixture becomes a light and fluffy
3. Place the pretzels in a large plastic bag and crush them into small chunks using a rolling pin
4. Fold the diced strawberries and crushed pretzels in the fluff mixture right before serving to prevent pretzels from getting soggy

### **Kitchen Cookware You Will Need:**

- Large bowl
- Hand mixer
- Spatula
- Measuring cups & spoons
- Gallon plastic bag
- Rolling pin
- Cutting board & knife
- Serving glass
- Juicer

### Mocktail Ingredients:

- 1 cup coconut water
- ½ cup of seltzer water
- Juice of ½ lime
- 1 tsp raw honey
- Sliced cucumbers
- Mint Leaves

### Instructions:

1. Mix in serving glass 1 cup coconut water, ½ cup seltzer water
2. On a cutting board slice 1 lime in half and use juice to squeeze ½ lime into the serving glass
3. Use a measuring spoon to add 1 teaspoon raw honey into the glass and give drink a stir
4. Slice up a few slices of cucumber
5. Layer a few leaves of mint together and rub them together in your hands
6. Add cucumber slices and mint leaves. Enjoy!

Week 5

Tuesday, July 14<sup>th</sup>

## Cheesy Spinach Artichoke Bagels & Grapefruit Spritzer



Please be sure to have all the ingredients and supplies needed for the recipe before class.

Soften your cream cheese before class

### Ingredients:

- 8 oz. cream cheese, softened
- ½ cup finely chopped artichoke hearts
- ½ cup finely chopped spinach
- 1 cup shredded mozzarella, divided
- ½ cup freshly grated Parmesan
- 1 garlic clove, minced
- 1 Tbsp. chopped parsley, plus more for garnish
- ½ tsp. crushed red pepper flakes, plus more for garnish
- Kosher salt
- Freshly ground black pepper
- 2 bagels, halved

### **Kitchen Cookware You Will Need:**

- Baking sheet & oven mitts
- Parchment paper
- Oven mitts
- Spatula
- Measuring cups & spoons
- Cutting board & knife
- Small plate
- Serving glasses

### Instructions:

1. Preheat oven to 350° and line a medium cooking sheet with parchment paper. In a large bowl, combine cream cheese, artichoke hearts, spinach, 2/3 cup mozzarella, Parmesan, garlic, parsley, and red pepper flakes. Season with salt and pepper and stir to combine.
2. Place bagels cut side up on baking sheet and spread each with spinach-and-artichoke mixture. Top with remaining mozzarella. Bake until bagels are warmed through and cheese is melty, 10 to 12 minutes. Broil if desired.
3. Garnish with more parsley and red pepper flakes and serve.

### Mocktail Ingredients:

- 4 ounces grapefruit Italian soda
- 1 ounce freshly squeezed lime juice
- 2 to 4 ounces club soda citrus ones are great here!
- a bunch of crushed iced
- salt + sugar for the rim

### Instructions:

1. Mix a bit of salt and sugar on a plate. Rim your glass with a lime wedge and dip it in the salty sugar. Fill a glass with ice. Add the grapefruit soda and the lime juice, stirring. Top it off with the club soda and a lime wedge or two

Week 6

Tuesday, July 21<sup>st</sup>

## Pepper Jelly Pinwheels & Summer Sangria Mocktail



Please be sure to have all the ingredients and supplies needed for the recipe before class.

Soften your cream cheese before class

### Ingredients:

- 8 oz cream cheese, softened
- 2 tablespoons mayonnaise
- ½ cup pepper jelly
- ½ teaspoon garlic powder
- 1 cup shredded white cheddar cheese
- ½ cup crumbled, cooked bacon
- 4 green onions, diced
- 3 burrito sized tortillas

### Instructions:

1. Place the softened cream cheese, mayonnaise, garlic powder and pepper jelly in a large bowl. Mix with a mixer until creamy
2. Stir in the shredded cheese, crumbled bacon and green onions
3. Portion out the mixture on the 3 tortillas and spread it in an even layer out to the edges
4. Roll up the tortillas as tightly as possible. Wrap each tortilla roll in plastic wrap and then place in the refrigerator or freezer to chill
5. Let them chill for at least an hour. Remove the plastic wrap. Slice the ends off each tortilla roll. Using a sharp knife, slice into rounds, about 1 inch wide. Clean knife between each slice

### Mocktail Ingredients:

- 2 peaches, sliced
- 1 apple, sliced
- 3 strawberries, sliced
- 1 lime, sliced
- 1 orange, sliced
- ½ cup peach syrup from tin
- ½ cup apple juice or pineapple juice
- 1 bottle non-alcoholic sparkling wine or Ginger Ale

### Instructions:

1. Add all the sliced fruit to a large pitcher. Pour in the juice and peach syrup, then stir gently.
2. Refrigerate until ready to serve. When ready to serve, top with non-alcoholic sparkling wine. Stir in gently and serve over fresh ice with extra fruit and edible flower if desired.

### **Kitchen Cookware You Will Need:**

- Large bowl
- Hand mixer
- Measuring cups & spoons
- Cutting board & knife
- Spatula
- Plastic wrap
- Large serving pitcher
- Serving glasses

# Complete Ingredient List

## Week One

- 2 whole pineapples
- vanilla yogurt
- shredded coconut
- white chocolate
- coconut oil
- 6-8 lemons
- 3 mangoes
- 1 ½ can sweetened condensed milk

## Week Two

- 8 oz burrata cheese
- olive oil
- fresh basil
- 1 lemon
- 1 baguette
- 1 clove garlic
- 2 tablespoons dried hibiscus (2 tea bags)
- Pineapple juice
- Coconut water
- Honey
- 1 lime
- sea salt

## Week Three

- 1 small head iceberg
- sliced turkey
- sliced ham
- sliced salami
- provolone sliced cheese
- banana peppers
- 12 cherry tomatoes
- 1 bag kettle chips
- mayonnaise
- red wine vinegar
- oregano
- salt & black pepper
- Coconut water
- 1 ½ cups cotton candy grapes
- lime juice
- salt
- Honey or maple syrup
- strawberries

## Week Four

- Rold Gold Tiny Twist Pretzels
- 8 oz cream cheese
- powdered sugar
- 8 oz original cool whip
- Strawberries
- Coconut water
- Seltzer water
- 1 lime
- Raw honey
- 1 cucumber
- Mint Leaves

## Week Six

- 8 oz cream cheese
- mayonnaise
- pepper jelly
- garlic powder
- shredded white cheddar cheese
- crumbled cooked bacon
- 4 green onions
- 3 burrito sized tortillas
- 2 peaches
- 1 apple
- 3 strawberries
- 1 lime
- 1 orange
- ½ cup peach syrup
- Apple juice or pineapple juice
- 1 bottle non-alcoholic sparkling wine or Ginger Ale

## Week Five

- 8 oz. cream cheese
- artichoke hearts
- chopped spinach
- shredded mozzarella
- grated Parmesan
- 1 garlic clove
- Fresh parsley
- Crushed red pepper flakes
- Kosher salt & freshly ground black pepper
- 2 bagels
- 4 ounces grapefruit Italian soda
- Lime juice
- 2 to 4 ounces club soda