

## Go to Runs for Food

*Here are some places to go when you are hungry.*

By: Erin Behrmann

Are you ever hungry and don't know where to go? Well here are some places that we recommend that are must tries.

1. Grain and Berry- This place is full of healthy foods, such as smoothies, acai bowls, flat breads, and avocado toast. It is a place that is comforting and tastes fresh every time you go.

2. Fish Bowl- If you want many options to pick from, this place is a must for you. There is a variety of acai, and poke bowls (both vegetarian, fish, and chicken), and most importantly boba! It has a nice environment, with many choices to create something you like.

3. Nona's- Although this place is in Safety Harbor, it is worth the drive. It is the closest thing to New York pizza, it is freshly made right there and it is in downtown Safety Harbor

so it is a cute area. There are choices of Detroit style, New York style, and New Jersey style.

4. Salty Lime Cantina- You may wonder where to get Mexican food from somewhere other than Chipotle. This is where you should go, they have a huge menu with so many options that are authentic.

5. Clearsky- With three different locations, and three different menus, this is a good place to be. They serve breakfast, lunch and dinner all delicious.

6. Vampire Penguin- Do you want ice cream but also want a snow cone? This is the place to go, it has gourmet ices.

These are only 5 different places that are good to go for food nearby. If you ever need to go get food, these are great choices.



## Summer Recipes

*Try these fun and simple summer recipes to share with your friends!*

By: Beatrice Shen

### Sorbet

- 1 cup strawberries (frozen)
- 1 tablespoon honey
- 1/2 cup fruit juice or water (grapefruit juice recommended)
- 1 tablespoon lemon juice

Combine all the ingredients in a blender until smooth. If slightly liquidy after blending, freeze the mixture for a few hours until solidified. This is a quick and easy snack that's perfect for a hot summer day! "The sorbet was really good!" Tess Thacker ('25) said. "I would make this recipe for myself during the summer."



### Ice Cream Bread

-2 cups of ice cream (Vanilla was used in this recipe, however, this can be substituted for any of your favorite flavors!)

- 1 1/4 cups of all purpose flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- Sprinkles, chocolate

chips, nuts, or other toppings (optional)

In a large bowl, allow the ice cream to melt (you can expedite the process by microwaving it). Mix in the remaining ingredients. The toppings can either be added at this point in the process, or they can be saved for later as decoration for the bread. Line a baking dish (preferably a loaf pan) with buttered parchment paper, and pour the mixture in the dish. Then, if you would like, sprinkle toppings on top of the mixture before baking. Finally, bake for about

35-40 minutes at 350 degrees Fahrenheit. Allow to cool, and enjoy! This is a great recipe to try with friends and relish as a late-night snack. "When Bea first told me about the ice cream bread, I was really intrigued. I actually hadn't heard of the dessert before so I was excited to try it!" Hannah Hipolito ('23) said. "Overall, I thought it was pretty good, though more cake-like than bread. I also liked how colorful it was."



### Baby Carrot Fries

Difficulty: Easy/Medium

Ingredients: (serves 3)

- 1 1/2 cup baby carrots
- 2 teaspoons olive oil
- Sprinkle of salt and pepper
- 1 1/2 tablespoons bread crumbs or almond flour

Slice baby carrots lengthwise to create the fry shape, or buy baby carrots that are already cut into 'sticks.' Combine in a bowl with the remaining ingredients, then spread them out on a baking sheet and bake at 400 degrees Fahrenheit for approximately

25 minutes. "I think carrot fries would be a cool recipe to try over the summer," Karen Berger ('24) said. "I can't wait to try making it this summer!"

"I like that this recipe is fasting-friendly since I have dietary restrictions right now for lent," Jomana Shenouda ('24) said.

This recipe is a great healthy snack or side instead of sweet potato fries, and they are easier to make!