



Summerween Recipe Collection





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Simple Treats for Self-Care, Wellness & Summer Fun

Welcome

Summerween is all about enjoying the best of summer while making time for self-care, wellness, and a little fun along the way.

Inside you'll find a collection of simple recipes perfect for warm days, girls' nights, family gatherings, or a quiet moment just for yourself.

Enjoy every sip, bite, and moment.

— Evelyn





Berry Bliss Infused Water

Ingredients:

4 cups water

½ cup strawberries, sliced

½ cup blueberries

A few fresh mint leaves

Directions

Combine ingredients in a pitcher and refrigerate for at least one hour before serving.

Summerween Tip: Freeze berries beforehand to keep your drink cold without watering it down.



Tropical Sunshine Mocktail

Ingredients

1 cup pineapple juice

½ cup sparkling water

Juice of ½ lime

Pineapple wedge for garnish

Directions

Fill a glass with ice. Add pineapple juice and lime juice. Top with sparkling water and stir gently.

Summerween Tip: Serve in your favorite colorful glass for an instant vacation vibe.



Watermelon Cooler

Ingredients

2 cups watermelon chunks

Juice of 1 lime

½ cup cold water

Ice

Directions

Blend until smooth. Pour over ice and enjoy.

Summerween Tip: Add fresh mint for extra refreshment.



Cucumber Yogurt Dip

Ingredients

1 cup plain Greek yogurt
½ cucumber, finely diced
1 teaspoon lemon juice
Pinch of garlic powder
Salt and pepper to taste

Directions

Mix all ingredients together. Chill before serving.

Serve with vegetables, crackers, or pita chips.



Frozen Yogurt Berry Bites

Ingredients

1 cup Greek yogurt

Fresh blueberries

Fresh strawberries, chopped

Directions

Place small spoonfuls of yogurt on a parchment-lined tray. Top with fruit and freeze until firm.





Walnut Taco Lettuce Cups

Ingredients

1 cup walnuts

1 tablespoon taco seasoning

Romaine or butter lettuce leaves

Favorite taco toppings

Directions

Pulse walnuts in a food processor until crumbly. Mix with seasoning and spoon into lettuce leaves. Add toppings and serve.



Peach & Cottage Cheese Bowl

Ingredients

1 cup cottage cheese
1 fresh peach, sliced
Sprinkle of cinnamon

Directions

Combine ingredients
and enjoy as a
satisfying snack or
light breakfast.



Banana "Nice Cream"

Ingredients

2 frozen bananas

Splash of milk of choice

1 tablespoon cocoa powder (optional)

Directions

Blend until creamy. Serve immediately.

Summerween Tip: Top with berries for extra color and flavor.



Sweet & Salty Party Mix

Ingredients

Air-popped popcorn

Pretzel twists

Dried cranberries

Dark chocolate chips

Directions

Combine ingredients in a large bowl and serve.

Perfect for movie nights and Summerween celebrations.



Chocolate Strawberry Treat Cups

Ingredients

Strawberries

Melted dark chocolate

Chopped nuts (optional)

Directions

Dip strawberries in chocolate and place on parchment paper until set.

A simple treat that feels special without much effort.

Host Your Own Summerween Gathering

A Simple Way to Celebrate Summer, Self-Care & Friendship
Summerween doesn't have to be elaborate to be memorable. Whether you gather with two friends on the patio or host a larger group, the goal is simple: enjoy the season, connect with others, and make time for a little fun.

Step 1: Pick Your Gathering Style

Choose what feels comfortable for you.

 Backyard Gathering

 Picnic at the Park

 Coffee or Tea Meet-Up

 Summerween Movie Night

 Virtual Gathering

 Living Room Chat

Remember: simple is perfectly acceptable.

Step 2: Serve a Few Treats

Choose one or two recipes from this collection.

Ideas include:

 Berry Bliss Infused Water

 Tropical Sunshine Mocktail

 Watermelon Cooler

 Sweet & Salty Party Mix

 Chocolate Strawberry Treat Cups

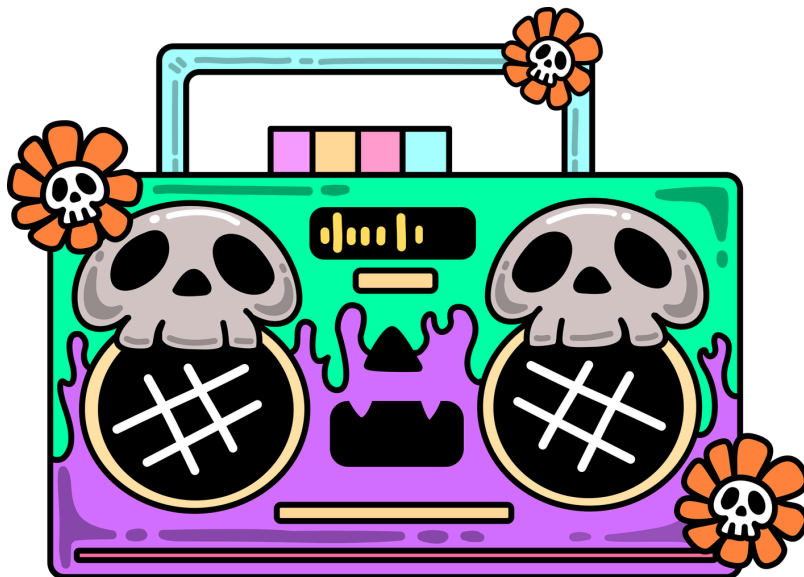
No one expects a full meal. A few simple refreshments are all you need.

Step 3: Set the Mood

Create a relaxed atmosphere.

- 🎵 Play your Summerween Playlist
- 🕯️ Light a favorite candle
- 🌻 Add fresh flowers
- 🎃 Mix summer and autumn decorations
- 💜 Wear your favorite purple outfit

Focus on comfort, not perfection.



Step 4: Add a Little Fun

Choose one simple activity.

- ✓ Complete a Summerween Bingo square together
- ✓ Share favorite summer memories
- ✓ Talk about self-care habits that help you recharge
- ✓ Play a round of "Would You Rather?"
- ✓ Exchange book, recipe, or wellness recommendations
- ✓ Take a group photo

Step 5: End With Gratitude

Before everyone leaves, invite each person to share:

- 🎃 One thing they are grateful for
- 👻 One thing they are looking forward to
- 🎃 One self-care practice they want to prioritize this week
- 👻 One fun thing they hope to do before summer ends

These small conversations often become the most meaningful part of the gathering.

Remember...

Summerween isn't about creating a perfect event.

It's about creating space for connection, laughter, encouragement, and a little seasonal fun.

Gather a few friends, enjoy a treat, press play on the music, and make a memory.

Happy Summerween! 🎃☀️💜

— Evelyn
Purple Essence By Evelyn





Summerween is a reminder to slow down, savor the season, and enjoy life's simple pleasures.

Whether you're sharing these recipes with friends or enjoying them on your own, I hope they bring a little extra fun and joy to your summer.

Happy Summerween! 🎃☀️💜

