



In June We're Busting Out All Over With Watkins Tasting Events, Summer Entertaining Ideas & More!



Mr. Summer has arrived and with him comes delightful activities we all enjoy.... Like picnics, barbecues, water sports, camping ... just to name a few. Guess what! We've made our Watkins Tasting events just as delightful. You may want to have a Watkins Barbecue Party! We'll bring the tasties and summer quick cooking ideas ... all from Watkins Products and recipes and tricks from me. You'll love the ideas we've got to share that can give you the reputation of the "sensational summer entertainer" or the "quick-to-fix meal maker" using our famous Watkins line. Pick your theme and book your **Tasting Event** today!

WATKINS PUNCH CONCENTRATES

These handy concentrates come in 6 flavors. Enjoy using them in the recipes below:



- 01632 Black Cherry
- 01635 Cranberry-Peach
- 01633 Fruit Punch
- 01634 Grape
- 01636 Raspberry Lemonade
- 01637 Strawberry-Kiwi

SLUSH PUNCH

Boil 4 cups sugar and 6 cups water in large sauce pan for 3 minutes. Cool. Mash 5 bananas in blender and combine in large container with 1 - 12 ounce can orange juice, 1 - 6 ounce can lemonade, 1 large can unsweetened pineapple juice, 1 - 6 ounce can of water and 3 Tbsp Punch Concentrate. Add sugar mixture and blend well. Freeze for at least 24 hours. Remove from freezer one hour before serving. Mash to a pulp. Add 3 quarts ginger ale, mix & serve. Makes 2 gallons.

FINGER JELLO

Dissolve 6 packages unflavored gelatin in 1 cup water. Combine with 3 cups boiling water, 1 cup sugar and 3 Tbsp Punch Concentrate. Add 2 Tbsp lemon juice and stir. Pour into large cake pan. Chill in fridge for 30 minutes. Cut into squares & eat with fingers!

SHERBET

Soften 1 envelope unflavored gelatin in 1/4 cup water. Boil 2 cups water and 2 cups sugar for 10 minutes. Dissolve gelatin in hot syrup. Cool. Add 1/4 cup Punch Concentrate and 1 Tbsp lemon juice. Beat 2 egg whites until stiff but not dry. Add to syrup mixture. Pour into pan and freeze until almost firm. Scoop sherbet into chilled mixing bowl and blend at medium speed 2 minutes or until thick and smooth. Pour into mold and freeze until ready to serve. Makes about 1 quart.

Speedy Spud Appetizer

If you have leftover baked potatoes, scrape out the flesh. Brush the skins with Watkins Grapeseed oil (try Garlic & Parsley). Then use scissors to cut skins into 1/2-inch wide strips. Sprinkle with Watkins Cayenne or Granulated Pepper, or chili powder or cumin. Bake at 400 degrees for 10 minutes or until crispy. These are a treat that everyone in your family will want.

Better Way to Brown Meats

To do this cooking task more successfully, always pat dry the meat before you put it in the pan. The reason? If the meat is covered with moisture, it will not sear or brown well.



SUMMER ESSENTIALS!

In today's busy world, many people just don't have time to cook the way they'd like to. Now it's easier to enjoy home-cooked flavor. We combine our famous Gourmet Herbs & Spices with other top-quality ingredients to create exclusive blends not found in stores.

Watkins specially-blended seasonings are designed to let you make perfect deli-style salads & vinaigrette dressings, & save time by measuring one ingredient instead of several ...you don't have to sacrifice quality for convenience.

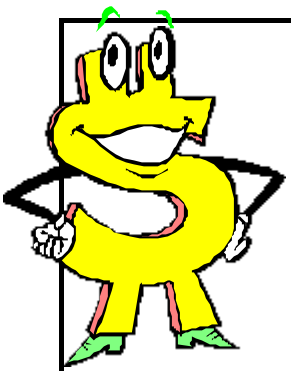
Potato Salad Seasoning #01986: To 6 c cooked, cubed potatoes, add 1 TBSP seasoning, 2/3 c mayonnaise, and cider vinegar and salt to taste.

Coleslaw Seasoning #01987: To 4 c shredded cabbage, add 1 TBSP seasoning, 1/2 c mayonnaise, 1 TBSP cider vinegar, and sugar to taste.

Basic Vinaigrette

2/3 c Watkins Grapeseed Oil of your choice
 1/4 c vinegar (red wine, white wine or balsamic) or lemon juice
 2 tsp Watkins Salad Dressing Blend** of your choice
 Salt and sugar, to taste
 Combine all ingredients; mix well. Let stand 30 minutes to allow flavors to develop.

Choose from **Garlic & Spice #01971 or Italian #01975



Would You Like to Have FUN and MAKE MONEY too?

Have you every dreamed of having your own business ... working from home ... loving what you do so that even when you're "working" you're having so much fun it doesn't feel like work? That is what you can enjoy with a Watkins business! Our opportunity gives you:



- Flexibility in hours and style of doing business
- Choice of starting small and growing as large a business as you'd like
- Training and support for beginning and growing your business

BEST of all you'll have FUN and MAKE MONEY too! Call today for more FREE information!

Smoky Chipotle Chicken Quesadillas

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| 1 c cheddar cheese, shredded | 2 green onions, sliced |
| 1-2 tsp. Watkins Chipotle Liquid Spice | 1 tomato, diced |
| 4 flour tortillas | Sour cream |
| 1 chicken breast (boneless & skinless, cut in 1/2" strips) | |

Place chicken strips in bowl and coat with 1 - 2 tsp of **Watkins Chipotle Liquid Spice**. Stir fry until done (5-7 min.) Lay tortillas on work surface. Sprinkle 2 - 4 TBSP cheese (depending on size of tortilla) on one half of the tortilla. Top with 1/4 of the chicken strips, 1 TBSP tomato and 1 tsp onions. Fold tortillas in half. Spray one side of tortillas with **Watkins Cooking Spray**.

Heat grill or griddle to medium-high temperature. Place tortillas, sprayed side down on grill and spray top side. Grill until browned on one side and then flip to brown other side (1-2 min. per side) until cheese melts. Cut into wedges. Serve with sour cream & **Watkins Inferno Hot Pepper Sauce** or **Watkins Tropical Salsa**.

Spiced Peanuts

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| 2 TBSP Watkins Original Grapeseed Oil | 1/2 tsp Watkins Curry Powder |
| 2 tsp Watkins Chipotle Liquid Spice | 1 tsp Watkins Garlic Granules |
| 2-1/2 c peanuts, dry roasted | 2 tsp sugar |

Heat **Watkins Grapeseed Oil** in large skillet over medium heat. Add **Watkins Chipotle Liquid Spice**, sugar, **Watkins Curry Powder** and **Watkins Garlic Granules**. Mix well, about 30 seconds. Add peanuts and stir to coat. Transfer to baking sheet with sides. Bake at 300° for 15 minutes, stirring occasionally. Season with salt. Transfer to paper towels. Cool

Have you ordered your INSECT REPELLENT?

We love the warm weather but we don't like what comes with it ... the "insects" and they are not only a nuisance, they can cause serious health problems (mosquitoes carrying the West Nile Disease and Lyme Disease-carrying ticks). PLAY IT SAFE ... BUY Watkins!

In **Canada** the Lotion is Available in 2 sizes: #33077 (240 ml) \$11.99 #33079 (80 ml) \$7.49 or **Insect Repellent Spray** #33075 (175g) Reg. \$14.99

In the **U.S.** only the Spray is available ... it will fit in a fishing vest, fanny pack or golf bag! **Insect Repellent Spray** #06830 (113 g/4 oz.) Reg. \$5.49

NOTE! Have you ever wondered how DEET works? DEET disrupts the ability of biting insects to detect the source of carbon dioxide—the gas naturally given off by our skin and in our breath—which is what attracts mosquitoes and other insects to us. Insects aren't killed—they just can't locate their prey for a period of hours. The World Health Organization, U.S. Army and the Centers for Disease Control and Prevention are among the many organizations that recommend using DEET-based repellents in affected areas

A Perfect 10!

If you're tired or have gained weight, you could be missing your "Q." Coenzyme Q10, or CoQ10 for short, is found naturally in the body, and is the spark of energy for the entire body. After age 40, we don't produce as much CoQ10, which means everything slows down—our heart and brain are not as efficient and even our skin doesn't produce new cells as rapidly, making skin look older. Low levels can also lead to fatigue and weight gain.

Recently, CoQ10 was shown to slow the progression of Parkinson's disease and may hold promise for other brain disorders. CoQ10 supplements are recommended for everyone over the age of 40 to strengthen the heart, protect the brain, and energize the entire body.

Score a perfect 10 with Watkins E + CoQ10. It combines CoQ10 with all-natural vitamin E, selenium and hawthorn in a softgel that provides 273% greater absorption than a dry tablet, for exceptional benefits. As with all dietary supplements, consult your health-care provider to make sure this supplement is right for you.



Planning a Picnic?

Here's a double-duty idea for keeping food in your picnic cooler even cooler. Fill plastic bottles with water (better yet, fill them with one of your family's favorite **Watkins Beverage Concentrates** already mixed), to about 3 inches from the top to allow for expansion, & freeze until liquid is solid. Put them into your cooler instead of ice packs. Food will remain cold, but not soggy. As the ice thaws, you'll have chilled water or beverage mix ready to drink.

To order products, book a party or get information on starting your own Watkins business, call:

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