

Hi,

The 4th of July is just around the corner, so it's time to plan a menu that's red, white and blue, but refreshing, too! I'd be happy to share a roundup of recipes for festive appetizers, cocktails and desserts that are sure to be crowd pleasers this Independence day for your viewers.

[Chef AJ Swanda](#) of Conagra Brands would love to demo and prepare recipes to wow your guests next weekend. From lemonade cupcakes to a festive seven-layer dip, how could you go wrong?! Please see some of the recipes he can demo below:



[Beachy Summer Lemonade Cupcakes](#): Picture yourself under an umbrella on the beach while eating these beachy summer lemonade cupcakes! Pair this beach cupcake recipe with a glass of lemonade to keep you cool.



[Flag 7-Layer Dip](#): Turn your favorite into a patriotic appetizer with our Flag 7-Layer Dip recipe! Try these 7 layers of flavor to ring in the Fourth of July festivities.



[Watermelon Vodka Slush](#): Get ready to cool off just in time for summer! Chill out with friends and family and try this watermelon vodka slush recipe for a delicious and refreshing taste.



[Beef Franks on a Stick](#): Try our beef franks on a stick recipe at your Fourth of July BBQ! Serve with ketchup and mustard for a savory flavor the kids (and adults) will love.

Might this be of interest? *In full transparency, AJ would briefly mention 1-2 brands he's using in these recipes while he demos them!*

Best,
Chelsea