Banana-Strawberry Shake

Tip:
Using frozen strawberries lets you make a shake without using ice cream. You'll never miss it!

Gather Ingredients:
1 medium fresh banana, peeled
1 cup frozen, unsweetened strawberries
1 cup skim milk
1-2 individual packages Splenda (optional)

Steps:
1. In a blender container, combine the peeled banana, strawberries, and milk.
2. Blend on medium speed until the strawberries are completely pureed and the shake is smooth.
3. May sweeten with Splenda if desired.
4. Serve immediately.

Nutrition Facts
Servings per Recipe: 2
Serving Size: ½ of recipe
Calories per Serving: 120
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: less than 5mg
Sodium: 65mg
Total Carbohydrate: 26g
Dietary Fiber: 2g
Sugars: 21g
Protein: 5g

%DV Vit A: 0%
%DV Vit C: 30%
%DV Calcium: 15%
%DV Iron: 0%
Blues Buster Smoothie

Tip:
What a delicious way to get some bone building calcium and cancer fighting anti-oxidant blueberries.

Gather Ingredients:
6 ounces lowfat/fat free blueberry yogurt
½ cup apple juice
1/3 cup fresh or frozen blueberries
1/3 cup fresh or frozen peaches, sliced
5-6 ice cubes

Steps:
1. Blend all ingredients with ice (amount of ice will vary depending on desired consistency).
2. Pour into a chilled glass.

Adapted from 3 A Day Dairy Council.
Cherry Limeade

Gather Ingredients:
- Diet Cherry 7-Up
- 1 tablespoon lime juice
- Crushed ice
- 3 packets of Equal or favorite sugar substitute

Steps:
1. Fill a large glass (about 20 ounce) 2/3 full with crushed ice.
2. Add 1 tablespoon lime juice.
3. Fill with Diet Cherry 7-Up.
4. Add 3 packets of Equal or your favorite sugar substitute and stir.

Cherokee Nation Dietitian Cookbook

Nutrition Facts

Servings per Recipe: 1
Serving Size: 20 ounces

Calories per Serving: 10
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 80 mg
Total Carbohydrate: 3g
Dietary Fiber: 0 g
Sugars: 0 g
Protein: 0 g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%
# Choco-Raspberry Chug

**A cool, chocolatey way to get your 3 A-Day**

<table>
<thead>
<tr>
<th>Beverages</th>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Servings per Recipe:</strong> 2</td>
<td><strong>Servings per Recipe:</strong> 2</td>
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<tr>
<td><strong>Serving Size:</strong> ½ recipe</td>
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<tr>
<td><strong>Calories per Serving:</strong> 80</td>
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<tr>
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<td><strong>%DV Vit C:</strong> 30%</td>
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<tr>
<td><strong>%DV Calcium:</strong> 15%</td>
<td><strong>%DV Calcium:</strong> 15%</td>
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<tr>
<td><strong>%DV Iron:</strong> 4%</td>
<td><strong>%DV Iron:</strong> 4%</td>
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</table>

**Gather Ingredients:**
- 1 cup skim milk
- 1 cup frozen raspberries
- 1 package of diet Swiss Miss cocoa mix

**Steps:**
1. Put all ingredients in a blender and blend.

Adapted from 3 A Day Dairy Council.
Cranberry Raspberry Breeze

**Gather Ingredients:**
1. 1 tub Crystal Light Raspberry Ice® Flavor Low Calorie Soft Drink Mix
2. 4 cups (1 quart) cold reduced calorie cranberry juice cocktail
3. 1 bottle (1 liter) cold club soda ice cubes

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
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<td>Total Fat</td>
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<tr>
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</table>

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

**Steps:**
1. Place drink mix in large plastic or glass pitcher. Add cranberry juice cocktail; stir to dissolve. Refrigerate.
2. Just before serving, stir in club soda. Serve over ice.
Cranberry Sparkler

This makes a great low calorie punch to share at any party.

Nutrition Facts
Servings per Recipe: 20
Serving Size: 8 ounces
Calories per Serving: 10
Total Fat: 0g
  Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 170 mg
Total Carbohydrate: 3g
  Dietary Fiber: 0g
  Sugars: 2g
Protein: 0g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 4%
%DV Iron: 0%

Gather Ingredients:
  2 quarts light cranberry juice
  2-liter bottle diet ginger ale
  1-liter bottle club soda

Steps:
  1. Combine in a large punch bowl and serve at once.
Crystal Light Punch

Nutrition Facts
Servings per Recipe: 8
Serving Size: 8 ounces
Calories per Serving: 40
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 15mg
Total Carbohydrate: 10g
Dietary Fiber: 0g
Sugars: 10g
Protein: 0g

%DV Vit A: 0%
%DV Vit C: 15%
%DV Calcium: 0%
%DV Iron: 0%

Suggestion:
Make an ice ring out of more diet 7-up and it won't dilute the punch as it melts.

Gather Ingredients:
1 can unsweetened pineapple juice, 32 ounces
1 liter bottle diet 7-Up
2 individual containers Crystal Light fruit punch or your favorite flavor
(mix with pineapple juice first before adding soda)

Steps:
1. Mix all ingredients together in a punch bowl.
Flavored Tea Sparkler

Gather Ingredients:
1 bottle diet 7-Up, 2 liter
4-6 flavored tea bags (raspberry is good)

Steps:
1. Put the flavored tea bags into the bottle of 7-Up (quickly). The 7-Up will start bubbling up once you begin putting the tea bags in. Recap the bottle tightly.

2. Let set in the refrigerator for at least 2-4 hours for the best flavor.
### Root Beer Floats

**Tip:**
These root beer floats trim 200 calories, 9 grams of fat, 5.5 grams of saturated fat, and 21 grams of carbohydrate off traditional root beer floats.

### Beverages

**Nutrition Facts**

<table>
<thead>
<tr>
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<td>Sugars: 6g</td>
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<td></td>
<td>Protein: 4g</td>
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</table>

%DV Vit A: 6%
%DV Vit C: 0%
%DV Calcium: 45%
%DV Iron: 0%

### Gather Ingredients:
- 16 ounces diet root beer
- 1 cup Blue Bell No Sugar Added Lowfat Ice Cream—Country Vanilla flavor

### Steps:
1. Scoop ½ cup ice cream into glass and pour 8 ounces of root beer over ice cream.
Spiced Tea

Tip:
Mix together and put into small glass jars with a ribbon for a thoughtful gift during the winter months!

Gather Ingredients:
1 cup Lipton instant tea with lemon and nutrasweet
2 tubs of sugar free Tang® with nutrasweet
½ teaspoon cinnamon
¼ teaspoon ground cloves

Steps:
1. Mix all ingredients into a glass jar and shake together until all is mixed.
2. Use approximately 1 teaspoon per 1 cup of hot water.

Nutrition Facts
Servings per Recipe: 42
Serving Size: 1 teaspoon

Calories per Serving: 3
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 0mg
Total Carbohydrate: 3g
Dietary Fiber: 0g
Sugars: 0g
Protein: 0g

%DV Vit A: 0%
%DV Vit C: 100%
%DV Calcium: 0%
%DV Iron: 0%
### Watermelon-Strawberry Shake

#### Recipe

**Nutrition Facts**

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<tr>
<td></td>
<td>%DV Iron: 3%</td>
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**Gather Ingredients:**
- 2 cups seeded and cubed watermelon
- 1 pint strawberries, hulled, (may substitute unsweetened frozen if necessary) plus 4 whole strawberries for garnish
- 1 medium banana, sliced
- 1 container (8 ounces) fat-free or low-fat lemon yogurt

**Steps:**
1. In blender or food processor, combine the watermelon, strawberries, banana, and yogurt and puree until smooth and frothy.
2. Pour into glasses and garnish with whole strawberries.

**Recipe from:** 5 a day the better health cookbook