

Banana-Strawberry Shake

Beverages

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)



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%

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.

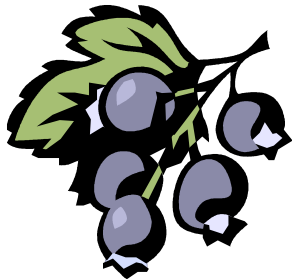
Blues Buster Smoothie

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



Beverages

Nutrition Facts

Servings per Recipe: 3
Serving Size: About ¾ cup

Calories per Serving: 70

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0 mg

Sodium: 40 mg

Total Carbohydrate: 15 g

Dietary Fiber: <1 g

Sugars: 12 g

Protein: 2 g

%DV Vit A: 10%

%DV Vit C: 50%

%DV Calcium: 6%

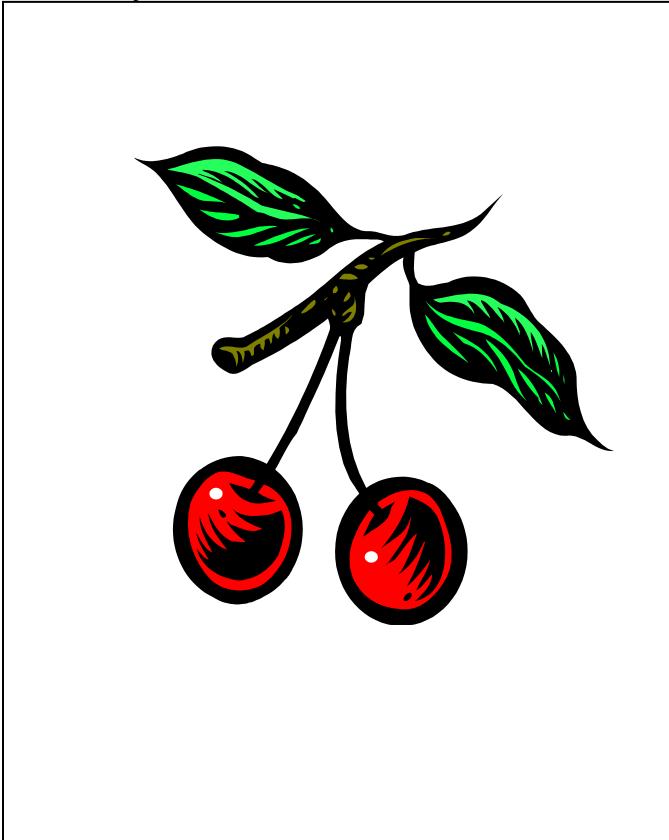
%DV Iron: 0%

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



Beverages

Nutrition Facts

Servings per Recipe: 1
Serving Size: 20 ounces

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

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

Gather Ingredients:

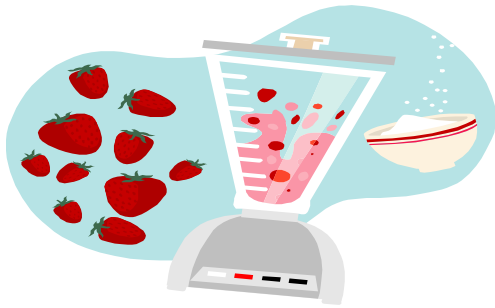
Diet Cherry 7-Up
1 tablespoon lime juice
Crushed ice
3 packets of Equal or favorite sugar substitute

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.

Choco-Raspberry Chug

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



Beverages

Nutrition Facts

Servings per Recipe: 2
Serving Size: ½ recipe

Calories per Serving: 80
Total Fat: 1 g
Saturated Fat: 0g
Cholesterol: less than 5 mg
Sodium: 170mg
Total Carbohydrate: 15g
Dietary Fiber: 4g
Sugars: 13g
Protein: 6g

%DV Vit A: 0%
%DV Vit C: 30%
%DV Calcium: 15%
%DV Iron: 4%

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



Beverages

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1 cup

Calories per Serving: 25
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 30mg
Total Carbohydrate: 7g
Dietary Fiber: 0g
Sugars: 6g
Protein: 0g

%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.



Beverages

Nutrition Facts

Servings per Recipe: 20
Serving Size: 8 ounces

Calories per Serving: 10
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 170mg
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



Suggestion:

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

Beverages

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%

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



Beverages

Nutrition Facts

Servings per Recipe: 8
Serving Size: 8 ounces

Calories per Serving: 0
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 45mg
Total Carbohydrate: 0g
Dietary Fiber: 0g
Sugars: 0g
Protein: 0g

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

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

Servings per Recipe: 2
Serving Size: ½ of recipe

Calories per Serving: 100
Total Fat: 3g
Saturated Fat: 2g
Cholesterol: 15mg
Sodium: 120mg
Total Carbohydrate: 15g
Dietary Fiber: 0g
Sugars: 6g
Protein: 4g

%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



Beverages

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

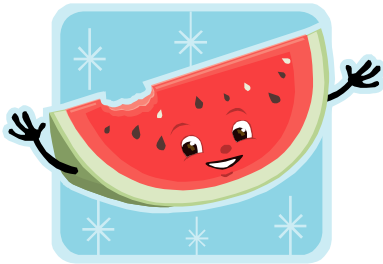
%DV Vit A: 0%
%DV Vit C: 100%
%DV Calcium: 0%
%DV Iron: 0%

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.

Watermelon-Strawberry Shake

Beverages



Nutrition Facts

Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 122
Total Fat: 1g
Saturated Fat: 0.5g
Cholesterol: 3mg
Sodium: 40mg
Total Carbohydrate: 27g
Dietary Fiber: 2.5g
Sugars: 20g
Protein: 4g

%DV Vit A: 9%
%DV Vit C: 85%
%DV Calcium: 10%
%DV Iron: 3%

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