

## **Orange Froth**

2 cups crushed ice  
6-ounce can frozen orange juice concentrate  
6-ounce lime-flavored sparkling water

Put the crushed ice and orange juice concentrate in a blender or food processor. Process until smooth. Pour in the sparkling water. Process just long enough to combine.

Nutrition Information: ½ cup per serving; 68 calories; 0.0 total fat; 0.0 g saturated fat; 0 mg of cholesterol; 4 mg sodium; 0 g fiber; 16 g sugar; 1 g protein

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*.

## **Peach Blush**

12-ounce unsweetened frozen peach slices  
1 ½ cups sweetened cranberry juice  
12-ounce can diet ginger ale  
¼ cup frozen orange juice concentrate

Nutrition Information: 1 cup per serving; 119 calories; 0.5 total fat; 0.0 g saturated fat; 0 mg of cholesterol; 25 mg sodium; 2 g fiber; 23 g sugar; 1 g protein

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*.

## **Banana-Blueberry Smoothie**

8-ounce fat-free milk  
6- or 8-ounces fat-free, sugar-free plain yogurt  
1 cup fresh or frozen blueberries  
1 medium banana

Put all the ingredients in a blender or food processor. Process until smooth.

Nutrition Information: 1 cup per serving; 207 calories; 0.5 total fat; 0.0 g saturated fat; 4 mg of cholesterol; 161 mg sodium; 3 g fiber; 30 g sugar; 13 g protein

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*.

## **Tropical Strawberry Smoothie**

1 1/2 cups frozen strawberries  
1 cup frozen pineapple chunks  
1/2 cup milk  
1 1/2 cups yogurt  
2 tablespoons sugar  
1 cup crushed ice

4 servings  
5 minutes 5 mins prep

Combine all ingredients in a blender and blend until smooth.

Nutrition Information: Calories 181 Calories from Fat 38 (21%) Amount Per Serving  
%DV Total Fat 4.3g 6% Saturated Fat 2.6g 13% Polyunsat. Fat 0.2g Monounsat. Fat  
1.2g Trans Fat 0.0g Cholesterol 16mg 5% Sodium 61mg 2% Potassium 372mg 10%  
Total Carbohydrate 33.2g 11% Dietary Fiber 2.4g 9% Sugars 27.3g Protein 4.8g 9%

Source: <http://www.recipezaar.com>

## **Cucumber Lemonade**

2 English cucumbers  
1 cup lemon juice  
3/4 cup sugar  
4 cups water

4 servings  
5 minutes 5 mins prep

Peel and chop the cucumbers.  
Place cucumbers in blender with water and sugar and blend until very smooth.  
Add lemon juice and blend again.  
Pour into frosty glasses and enjoy!

Nutrition Information: Calories 182 Calories from Fat 1 (0%) Amount Per Serving %DV  
Total Fat 0.2g 0% Saturated Fat 0.1g 0% Polyunsat. Fat 0.1g Monounsat. Fat 0.0g  
Trans Fat 0.0g Cholesterol 0mg 0% Sodium 8mg 0% Potassium 297mg 8% Total  
Carbohydrate 48.2g 16% Dietary Fiber 1.0g 3% Sugars 41.4g Protein 1.2g 2%

Source: <http://www.recipezaar.com>

## **Pineapple Iced Tea**

1 quart water  
7 individual tea bags  
1 cup unsweetened pineapple juice  
1/3 cup lemon juice  
2 tablespoons sugar

5 servings  
20 minutes 10 mins prep

In a saucepan, bring water to a boil. Remove from the heat. Add tea bags; cover and steep for 3-5 minutes. Discard tea bags. Stir in the pineapple juice, lemon juice and sugar until sugar is dissolved. Refrigerate overnight for the flavors to blend. Serve over ice.

Nutrition Information: Calories 50 Calories from Fat 0 (1%) Amount Per Serving %DV  
Total Fat 0.1g 0% Saturated Fat 0.0g 0% Polyunsat. Fat 0.0g Monounsat. Fat 0.0g  
Trans Fat 0.0g Cholesterol 0mg 0% Sodium 4mg 0% Potassium 85mg 2% Total  
Carbohydrate 12.9g 4% Dietary Fiber 0.2g 0% Sugars 10.4g Protein 0.2g 0%

Source: <http://www.recipezaar.com>

## **Wet Panther**

3 ounces cranberry juice  
6 ounces Sprite  
Ice

1 serving  
2 minutes 2 mins prep

Place Cranberry Juice in a glass. Add a few ice cubes.  
Add Sprite. Add a single raspberry to the glass to garnish if you wish.  
Enjoy!

Nutrition Information: Calories 116 Calories from Fat 1 (0%) Amount Per Serving %DV  
Total Fat 0.1g 0% Saturated Fat 0.0g 0% Polyunsat. Fat 0.1g Monounsat. Fat 0.0g  
Trans Fat 0.0g Cholesterol 0mg 0% Sodium 17mg 0% Potassium 14mg 0%  
Total Carbohydrate 29.4g 9% Dietary Fiber 0.0g 0% Sugars 26.0g Protein 0.1g 0%

Source: <http://www.recipezaar.com>

## **Peanut Butter Coffee**

6 cups brewed coffee  
1 tablespoon peanut butter

6 servings  
10 minutes 10 mins prep

Put the peanut butter and a cup or two of the coffee in a blender.  
Mix until it's well-blended, and then stir back into the rest of the coffee.

Nutrition Information: Calories 18 Calories from Fat 12 (69%) Amount Per Serving  
%DV Total Fat 1.4g 2% Saturated Fat 0.3g 1% Polyunsat. Fat 0.4g Monounsat. Fat  
0.7g Trans Fat 0.0g Cholesterol 0mg 0% Sodium 16mg 0% Potassium 133mg 3%  
Total Carbohydrate 0.5g 0% Dietary Fiber 0.2g 0% Sugars 0.2g Protein 1.0g 1%

Source: <http://www.recipezaar.com>

## **Banana Vanilla Milkshake**

1 banana, ripe  
1 cup milk, cold  
1 scoop vanilla ice cream  
1 teaspoon vanilla extract

1 serving  
1 minutes 1 mins prep

Blend banana and milk in a blender for 20 seconds.  
Add ice cream and vanilla extract and blend again for another 20 seconds on high until  
smooth and still thick. Drink!

Nutrition Information: Calories 345 Calories from Fat 119 (34%) Amount Per Serving  
%DV Total Fat 13.3g 20% Saturated Fat 8.1g 40% Polyunsat. Fat 0.6g Monounsat. Fat  
3.7g Trans Fat 0.0g Cholesterol 50mg 16% Sodium 149mg 6% Potassium 868mg 24%  
Total Carbohydrate 47.3g 15% Dietary Fiber 3.3g 13% Sugars 22.6g Protein 10.6g 21%

Source: <http://www.recipezaar.com>

## **Ice Cool Fruity**

3 kiwi fruits, peeled, quartered  
10 5/8 ounces fresh strawberries  
1 1/2 cups orange juice  
8 ice cubes

4 servings  
5 minutes 5 mins prep

Place all ingredients into blender. Mix for 20 seconds then smooth for 20 seconds or if you don't have a top of the range blender, just blend until smooth. Serve straight away.

Nutrition Information: Calories 100 Calories from Fat 6 (6%) Amount Per Serving %DV  
Total Fat 0.7g 1% Saturated Fat 0.0g 0% Polyunsat. Fat 0.3g Monounsat. Fat 0.1g  
Trans Fat 0.0g Cholesterol 0mg 0% Sodium 4mg 0% Potassium 477mg 13%  
Total Carbohydrate 23.7g 7% Dietary Fiber 3.4g 13% Sugars 16.4g Protein 1.8g 3%

Source: <http://www.recipezaar.com>

## **Iced Café Latte**

1 (12 fluid ounce) can evaporated 2% milk or fat-free evaporated milk  
4 teaspoons 100% pure instant coffee granules (more or less to taste)  
3 teaspoons granulated sugar  
Ice cubes

2 servings  
2 minutes 1 mins prep

Combine evaporated milk, instant coffee and sugar in 2-cup glass measure.  
Microwave on HIGH (100%) power for 1 minute; stir well.  
Pour over ice cubes.

Nutrition Information: Calories 0 Calories from Fat 0 (0%) Amount Per Serving %DV  
Total Fat 0.0g 0% Saturated Fat 0.0g 0% Polyunsat. Fat 0.0g Monounsat. Fat 0.0g  
Trans Fat 0.0g Cholesterol 0mg 0% Sodium 0mg 0% Potassium 0mg 0% Total  
Carbohydrate 0.0g 0% Dietary Fiber 0.0g 0% Sugars 0.0g Protein 0.0g 0%

Source: <http://www.recipezaar.com>

## **Tropical Energy Smoothie**

2 tablespoons tahini  
1 medium size ripe banana  
1 cup low-fat plain yogurt  
1-1 1/2 cup pineapple juice  
1 medium papaya

2 servings 2 8 oz glasses

5 minutes 5 mins prep

Scoop out meat from papaya with spoon. Place in blender with rest of ingredients.

Blend until smooth.

Nutrition Information: Calories 388 Calories from Fat 81 (21%) Amount Per Serving  
%DV Total Fat 9.1g 13% Saturated Fat 2.0g 10% Polyunsat. Fat 3.3g Monounsat. Fat  
3.2g Trans Fat 0.0g Cholesterol 4mg 1% Sodium 89mg 3% Potassium 1065mg 30%  
Total Carbohydrate 71.7g 23% Dietary Fiber 5.9g 23% Sugars 52.0g Protein 10.0g 20%

Source: <http://www.recipezaar.com>

## **Watermelon Agua Fresca**

4 cups watermelons, seeded, cubed, divided  
4 cups water  
2 tablespoons sugar  
2 tablespoons fresh lime juice

6 servings

1 hour 15 minutes 15 mins prep

Finely chop two cups of the watermelon, and set aside.

Place remaining two cups watermelon in a blender; process until smooth.

Pour pureed watermelon through a sieve into a pitcher, and discard the solids.

Add water, sugar and lime juice; stir until sugar dissolves.

Stir in chopped watermelon.

Cover and chill at least one hour.

Nutrition Information: Calories 47 Calories from Fat 1 (3%) Amount Per Serving %DV  
Total Fat 0.2g 0% Saturated Fat 0.0g 0% Polyunsat. Fat 0.1g Monounsat. Fat 0.0g  
Trans Fat 0.0g Cholesterol 0mg 0% Sodium 4mg 0% Potassium 119mg 3%  
Total Carbohydrate 12.3g 4% Dietary Fiber 0.4g 1% Sugars 10.6g Protein 0.6g 1%

Source: <http://www.recipezaar.com>

## Mocha Café Au Lait

2 cups milk  
6 ounces milk chocolate candy bars, chopped  
1 1/2 teaspoons vanilla extract, divided  
3 cups freshly brewed coffee  
1/2 cup whipping cream  
1 teaspoon powdered sugar  
1 tablespoon semisweet chocolate, shavings (optional)

6 servings

13 minutes 5 mins prep

Stir together milk, chocolate, and 1 tsp vanilla in a medium saucepan over low heat.

Cook, stirring constantly, 8 minutes or until mixture begins to bubble around the edges and the chocolate is melted and smooth. Stir in coffee. Remove from heat and set aside.

Beat cream, sugar, and remaining 1/2 tsp vanilla at a high speed with an electric mixture until soft peaks form. Pour hot coffee into mugs, and top with whipped cream and chocolate shavings (if desired).

Nutrition Information: Calories 279 Calories from Fat 169 (60%) Amount Per Serving  
%DV Total Fat 18.8g 28% Saturated Fat 10.5g 52% Polyunsat. Fat 0.6g Monounsat.  
Fat 6.8g Trans Fat 0.0g Cholesterol 45mg 15% Sodium 72mg 3% Potassium 303mg  
8% Total Carbohydrate 21.9g 7% Dietary Fiber 1.0g 3% Sugars 15.3g Protein 5.4g  
10%

Source: <http://www.recipezaar.com>