

Cucumber Mint Breeze

Makes 4 servings.

1 cup per serving.

Ingredients

- ½ cup sliced cucumbers
- 1-2 sprigs of fresh mint
- Ice



Prep time:

5 minutes

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced cucumbers and mint.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.



Great Grape Smoothie

Makes 2 servings.
1 cup per serving.

Ingredients

- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

Prep time:
5 minutes

Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth.
2. Pour into glasses and serve.



Nutrition information per serving:

Calories 187, Carbohydrate 48 g,
Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 4 mg,
Added Sugars 5 g

Jicama Piña Breeze

Makes 3 servings.
1 cup per serving.

Ingredients

- ½ cup canned pineapple chunks, packed in 100% juice, undrained
- ½ cup fresh jicama, peeled and cut into small pieces
- ½ cup fresh orange chunks
- 2 cups 100% orange juice
- 10 ice cubes

Prep time:
10 minutes

Preparation

1. Place all ingredients in a blender container.
2. Blend until mixture is smooth. Pour into glasses and serve.



Nutrition information per serving:

Calories 117, Carbohydrate 28 g,
Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 5 mg,
Added Sugars 0 g

Mango Smoothie

Makes 4 servings.
1 cup per serving.

Ingredients

- 1 cup 100% orange juice
- 1 small banana, peeled and sliced
- 2 fresh mangos, peeled and chopped or 2½ cups frozen mango chunks, thawed
- 5 ice cubes



Prep time:
10 minutes

Preparation

1. Combine orange juice, banana, and half the mango into a blender container. Blend until mixture is smooth.
2. Add remaining mango and ice cubes. Blend until mixture is smooth. Serve immediately.



Nutrition information per serving:

Calories 120, Carbohydrate 30 g,
Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 4 mg,
Added Sugars 0 g

Orange Freeze



Makes 4 servings.
1¼ cups per serving.

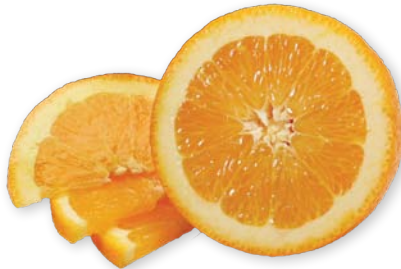
Ingredients

- 1 cup 100% orange juice
- 10 ice cubes
- 1 cup 1% lowfat or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups drained, canned mandarin oranges

Prep time:
5 minutes

Preparation

1. Place all ingredients in a blender container.
2. Blend until mixture is smooth.
3. Pour into four glasses and serve.



Nutrition information per serving:

Calories 91, Carbohydrate 18 g,
Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 3 mg, Sodium 33 mg,
Added Sugars 0 g

Makes 4 servings.
1 cup per serving.

Ingredients

- 1 large banana
- 2 cups strawberries
- 2 ripe mangos, chopped
- ½ cup of ice cubes

Prep time:
5 minutes

Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth.
2. Pour into glasses and serve.



Nutrition information per serving:

Calories 121, Carbohydrate 31 g,
Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 3 mg,
Added Sugars 0 g

Makes 15 servings.
1½ cups per serving.

Ingredients

- 1 (14 ounce) can 100% fruit juice concentrate, thawed
 - 2 liters club soda
 - 1 (8 ounce) can pineapple chunks packed in 100% juice
 - 4 cups (about 1 pound) frozen mixed fruit or strawberries, raspberries, mango, or peach slices
- Ice cubes

Prep time:
5 minutes

Preparation

1. Empty juice concentrate into a pitcher or punch bowl.
2. Make juice with club soda instead of regular water. Gently stir.
3. Add pineapple, frozen fruit, and ice cubes.
4. Ladle or pour into individual cups. Serve with a spoon.

Nutrition information per serving:

Calories 74, Carbohydrate 19 g,
Dietary Fiber 1.5 g, Protein 0.5 g,
Total Fat 0.2 g, Saturated Fat 0.02 g,
Trans Fat 0 g, Cholesterol 0 mg,



Strawberry Pineapple Lemonade

Makes 4 servings.
1½ cups per serving.

Ingredients

- 4 cups 100% pineapple juice
- 2 cups fresh or frozen strawberries
- ¼ cup lemon juice
- ½ cup water
- Ice



Prep time:
5 minutes

Preparation

1. Put all ingredients except ice in a blender container and blend until mixture is smooth.
2. Pour into glasses over ice cubes and serve.



Nutrition information per serving:

Calories 160, Carbohydrate 40 g,
Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 10 mg,
Added Sugars 0 g

Strawberry Smoothie

Makes 3 servings.

1 cup per serving.

Ingredients

- ½ cup 100% orange juice
- 1 large banana, peeled and sliced
- 1 cup fresh or frozen strawberries, thawed
- 1 cup lowfat vanilla yogurt
- 5 ice cubes



Prep time:

10 minutes

Preparation

1. Combine orange juice, banana, and half the strawberries into a blender container. Blend until smooth.
2. Add yogurt, remaining strawberries, and ice cubes. Blend until smooth. Serve immediately.

Nutrition information per serving:

Calories 153, Carbohydrate 32 g,
Dietary Fiber 3 g, Protein 5 g, Total Fat 1 g,
Saturated Fat 1 g, Trans Fat 0 g,
Cholesterol 4 mg, Sodium 57 mg

