

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

Summer Sippers



Relaxing with a cool drink is one of the pleasures of summer. As the warmer weather approaches, our thoughts naturally turn to our favorite aspects of the season. We've compiled a list of sugar free beverages, delicious coffee drink recipes and great resources/tips for your summer sipping enjoyment.

SUGAR FREE BEVERAGES

- Fuze Slenderize® or Empower Drinks—just 10 calories and 1 gram of sugar per 8 oz serving
- Minute Maid®—choose from limeade, orange tangerine, orangeade, cherry limeade, lemonade, raspberry passion, tropical, berry, and fruit punch flavors all 10 calories or less per serving
- Powerade® No Sugar
- Fruit2O®
- Sugar Free Hawaiian Punch®
- Sugar Free Kool-Aid®
- Crystal Light®
- zero-calorie SoBe Lifewater®

RESOURCES AND TIPS

Find sugar free syrups for flavoring:
<http://www.davincigourmet.com/>

Find sugar free drink mixes:
<http://www.bajabob.com/>

- Use ice cube trays and freeze coffee or espresso in place of ice cubes so your cold coffee drink won't be watered down as the ice melts
- Use skim milk or fat free half and half in place of whole milk or cream in cold coffee drinks
- Use regular or decaffeinated coffee to make drinks
- Use no-added-sugar hot cocoa to flavor your drink



Iced Praline Coffee

- 2 ¼ oz Sugar Free Praline Syrup
- Ice
- Coffee

Fill 16 oz glass with ice. Add cooled coffee. Add syrup and stir. Top with sugar free whipped topping if desired.

Frappuccino

- ¾ cup coffee (double strength and cold)
- 1 cup skim milk
- 3 tablespoons sugar substitute
- 2 cups ice
- 3 tablespoons sugar free chocolate syrup (can substitute no-added-sugar hot cocoa)

Place all ingredients in blender. Blend on high. Enjoy.

Options: add 3 tablespoons of sugar free caramel topping or sugar free chocolate syrup

Iced Latte

- ¾ cup coffee (double strength and cold)
- ¾ cup milk
- 1 cup ice cubes
- 2 tablespoons (or more) sugar substitute or sugar free flavored syrup to taste.

Place ice in glass. Add other ingredients. Stir and serve.

Options: add 3 tablespoons of sugar free caramel topping or sugar free chocolate syrup