

## BEVERAGES

# BARIX CLINICS RECIPE FILE

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### Strawberry Yogurt Smoothie

1-1/2 cups cold fat free milk  
1-1/2 teaspoons strawberry sugar free  
Kool Aid® mix  
1 container (8 oz.) vanilla lowfat yogurt  
1 cup frozen strawberries

Place all ingredients in blender in order listed; cover. Blend on high speed until smooth. Serve immediately. Makes 4 servings.

Nutrition Information per serving: 100 calories;  
6 grams protein; 1 gram fat; 18 grams  
carbohydrate; 85 mg sodium

### Fresh Fruit Pudding Milk Mixer

3-1/2 cups skim milk  
1 package (4 serving size) Vanilla Flavor  
Instant No Added Sugar Pudding Mix  
1 medium ripe banana, cut into chunks  
1/2 cup strawberries

Place all ingredients in blender; cover. Blend  
1 minute or until smooth. Serve immediately.  
Makes 4 servings.

Nutrition Information per serving: 132 calories;  
8 grams protein; 0 grams fat; 25 grams  
carbohydrate; 441 mg sodium

### Banana-Pineapple Shake

Serving Size: 4  
Category: Beverages

1 medium banana, peeled, sliced, frozen  
in a bag  
8 oz. vanilla yogurt, no added sugar  
8 oz. can pineapple, crushed, undrained,  
packed in own juice  
2 pkts. sugar substitute  
1 cup ice cubes

In a blender, combine all ingredients except ice  
cubes. Blend until smooth. With blender  
running, add ice cubes one at a time through  
opening in lid. Blend until slushy. Pour into  
glasses.

Nutrition Information per serving  
Calories 96; Protein 4 grams; Fat 0 grams;  
Sodium 41 mg

### Cappuccino

Serving Size: 1  
Category: Beverages

1 cup skim milk, heated  
1-1/2 tsp. instant coffee  
Few drops brandy extract  
2 pkts. Equal® sweetener  
Dash cinnamon

Heat milk, and add remaining ingredients  
except cinnamon. Top with cinnamon.

Nutrition Information per serving  
Calories 99; Protein 10 grams; Fat 0 grams  
Sodium 129 mg

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## Chocolate Shake

Servings: 1

Category: Beverages

1/2 cup skim milk  
3 pkts. Equal® sweetener  
2 tsp. cocoa  
1/2 tsp. vanilla extract  
3 ice cubes

Place all ingredients in blender. Using high speed, blend for about 2 minutes, or until ice cubes are melted.

Variations:

Mocha: Substitute 1 1/2 tsp. instant coffee and 1/2 cap mocha extract for vanilla. Proceed as above.

Chocolate Cherry: Substitute 1 cap cherry extract for vanilla. Proceed as above.

Chocolate Mint: Substitute 1/4 cap of mint extract for vanilla. Proceed as above.

Chocolate Coconut: Substitute 1 cap coconut extract for vanilla. Proceed as above.

Chocolate Rum Coconut: Substitute 1 cap rum extract and 1/2 cap coconut extract for vanilla. Proceed as above.

Nutrition Information per serving

Calories 124; Protein 4 grams; Fat 2 grams;  
Sodium 162 mg

## Cranberry Cocktail

Serving Size: 1

Category: Beverages

1/2 cup low-calorie cranberry juice  
Juice of 1/4 lemon  
2 pkts. Equal® sweetener  
1/2 cap rum extract  
1 orange slice

Combine all ingredients except orange slice in a mixing glass. Shake with crushed ice and pour into a glass. Garnish with orange slice.

Nutrition Information per serving

Calories 41; Protein 0 grams; Fat 0 grams  
Sodium 6 grams

## Mock Margarita

Servings: 6

Category: Beverages

2 1/2 tsp. lemon-lime Crystal Light® powder  
1/4 cup lime juice  
3 cups water  
3 cups crushed ice  
Lime slices  
Coarse salt

In blender, combine the Crystal Light, lime juice, water, and crushed ice. Cover and blend until frothy. Transfer to pitcher; garnish with lime slices. Serve in salt-rimmed cocktail glasses.

To prepare glasses: Rub the rim of each cocktail glass with a little lime juice. Invert glass in a shallow dish of salt; shake off excess salt.

Nutrition Information per serving

Calories 3; Protein 0 grams; Fat 0 grams  
Sodium 1 mg

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## Protein Goodness

Serving Size: 1  
Category: Beverages

1 pkt. no added sugar  
Carnation Instant Breakfast®  
1/2 cup 100% apple juice  
1/2 banana  
3 fresh strawberries  
1 pkt. Equal® sweetener  
2 tbsp. nonfat dry milk  
1 cup crushed ice

Put all ingredients into blender and blend on high until well mixed.

Add 1 cup crushed ice and continue blending until smooth.

Nutrition Information per serving  
Calories 253; Protein 8 grams; Fat 2 grams;  
Sodium 165 mg

## Spicy Berry Cider

Serving Size: 7  
Category: Beverages

4 cups apple cider or apple juice  
18 oz. pineapple juice, unsweetened  
2 cups raspberries  
1 tsp. allspice, whole  
1 tsp. cloves, whole  
1 nutmeg, whole  
4 pkts. sugar substitute

In a large saucepan, combine apple cider or juice, pineapple juice, berries and spices; slowly bring mixture to boiling. Reduce heat; cover and simmer 20 minutes. Remove from heat; strain to remove seeds. Stir in sugar substitute. Serve in mugs. Garnish with a cinnamon stick, if desired.

Nutrition Information per serving  
Calories 133; Protein 0 grams; Fat 0 grams;  
Sodium 19 mg

## Tropical Frozen Shake

Servings: 1  
Category: Beverages

1 banana, frozen, cut up if whole  
2 or 3 slices mango, frozen, sliced  
1/2 cup pineapple chunks, frozen  
1 cup lowfat (or nonfat) vanilla yogurt  
2 tsp. lemon juice  
1 cup skim milk

Freeze fruit for 30 minutes. Blend all ingredients in a blender until smooth.  
Add nonfat dry milk for extra protein.

Nutrition Information per serving  
Calories 224; Protein 11 grams; Fat 2 grams;  
Sodium 145 mg

## Virgin Mary

Serving Size: 1  
Category: Beverages

6 oz. V8® vegetable juice or tomato juice  
1 tbsp. horseradish  
Squeeze of lemon or lime  
Dash Worcestershire sauce  
Dash pepper  
1/2 pkt. Equal® sweetener  
1 stalk celery

Place all ingredients except celery into blender and blend for 1 minute. Pour into chilled glasses with ice cubes and garnish with celery.

Nutrition Information per serving  
Calories 46; Protein 2 grams; Fat 0 grams;  
Sodium 602 mg