APRICOT & BLACKBERRY BLEND

1 Serving

INGREDIENTS

1 ½ cups sliced apricots
1 cup nectarines
½ cup apricot nectar
¼ cup frozen blackberries
2 cup ice

DIRECTIONS

Add in the specified ingredients to the blender.
Blend together until smooth or desired consistency.

NOTES: To make thicker, you can add in more ice. To make thinner, add in more liquid. You can use fresh blackberries if preferred.

SHOPPING LIST

Apricots
Nectarines
Apricot Nectar
Frozen blackberries
CHOCOLATE LOVERS
LOW-FAT SMOOTHIE

1 Serving

INGREDIENTS

2 tbs. dry chocolate mix
½ tsp. dry low-fat pudding mix
1½ cup non-fat/skim milk
½ tsp. vanilla extract
2 cup ice
½ raspberries (if desired)

DIRECTIONS

Add in the specified ingredients to the blender.
Blend together until smooth or desired consistency.

NOTES: To make thicker, you can add in more ice. To make thinner, add in more liquid. You can always substitute for 1% or 2% or whole milk, if desired. You can also change out the fruit as desired.

SHOPPING LIST

Dry Chocolate mix
Dry low-fat pudding mix
Vanilla Extract
Non-fat/Skim milk
raspberries
CRANBERRY SPRITZER

1 Serving

INGREDIENTS

2 cups cranberry juice
½ cup club soda
½ cup low-fat vanilla yogurt
1 cup ice

Garnish: Mint Sprigs

DIRECTIONS

Add in the specified ingredients to the blender.
Blend together until smooth or desired consistency.

NOTES: To make thicker, you can add in more ice. To make thinner, add in more liquid.

SHOPPING LIST

Cranberry Juice
Club soda
Low-fat vanilla yogurt
Mint Sprigs
GOING GRAPEFRUITIE

1 Serving

INGREDIENTS

1 ½ cup fresh squeezed grapefruit juice
1 banana
1 ½ cup low fat vanilla yogurt
2 1/2 cup ice

DIRECTIONS

Add in the specified ingredients to the blender.
Blend together until smooth or desired consistency.

NOTES: To make thicker, you can add in more ice.
To make thinner, add in more liquid.

SHOPPING LIST

Grapefruit/Grapefruit juice
Bananas
Low fat Vanilla yogurt
IN GRAPE SHAPE

1 Serving

INGREDIENTS

2 cups red seedless grapes
½ cup sparkling grape juice
½ cup boysenberries
2 cup ice

DIRECTIONS

Add in the specified ingredients to the blender.
Blend together until smooth or desired consistency.

NOTES: To make thicker, you can add in more ice.
To make thinner, add in more liquid.

SHOPPING LIST

Red seedless grapes
Sparkling grape juice
Boysenberries
KIWI-BERRY SENSATION

1 Serving

INGREDIENTS

2 sliced kiwis
2 cups strawberries
½ cup kiwi-strawberry juice
1 cup low-fat plain yogurt
2 cup ice

DIRECTIONS

Add in the specified ingredients to the blender.
Blend together until smooth or desired consistency.

NOTES: To make thicker, you can add in more ice. To make thinner, add in more liquid.

SHOPPING LIST

Kiwi’s
Strawberries
Kiwi-Strawberry Juice
Low-Fat plain yogurt
LOW-FAT STRAWBERRY ORANGE

1 Serving

INGREDIENTS

2 cups Strawberries
½ cup orange juice
1 cup skim milk
1 cup plain nonfat yogurt
1 cup ice

DIRECTIONS

Add in the specified ingredients to the blender.
Blend together until smooth or desired consistency.

NOTES: To make thicker, you can add in more ice. To make thinner, add in more liquid. You can change the yogurt and milk/milk substitute as preferred. You may also try fresh oranges.

SHOPPING LIST

Strawberries
Orange juice
Plain nonfat yogurt
Skim Milk
# MELON BERRY SPLASH

1 Serving

## INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>sliced cantaloupe</td>
</tr>
<tr>
<td>1 cup</td>
<td>sliced honeydew</td>
</tr>
<tr>
<td>¼ cup</td>
<td>strawberries</td>
</tr>
<tr>
<td>½ cup</td>
<td>non-fat/skim milk</td>
</tr>
<tr>
<td>¾ cup</td>
<td>low fat strawberry yogurt</td>
</tr>
<tr>
<td>2 cup</td>
<td>ice</td>
</tr>
</tbody>
</table>

## DIRECTIONS

Add in the specified ingredients to the blender. Blend together until smooth or desired consistency.

**NOTES:** To make thicker, you can add in more ice. To make thinner, add in more liquid. You can always substitute for 1% or 2% or whole milk, if desired.

## SHOPPING LIST

- Cantaloupe
- Honeydew melon
- Low fat Strawberry yogurt
- Strawberries
- Non-fat/Skim milk
SUPER HEALTHY SHAKE

1 Serving

INGREDIENTS

1 cup non-fat vanilla yogurt
1 banana
1 cup frozen strawberries or peaches
4 oz frozen orange juice concentrate

DIRECTIONS

Add in the specified ingredients to the blender.
Blend together until smooth or desired consistency.

NOTES: To make thicker, you can add in more ice. To make thinner, add in more liquid. You can change the yogurt and milk/milk substitute as preferred. You may also try fresh fruits instead of frozen, try fresh juices verses frozen concentrate juices or change out the fruits as desired.

SHOPPING LIST

Non-fat Vanilla Yogurt
Bananas
Frozen Strawberries
Frozen Peaches
Frozen Orange Juice Concentrate
WATERMELON WAISTLINE

1 Serving

INGREDIENTS

2 ½ cups chopped watermelon
1 cup low-fat raspberry sorbet
2 cup ice

DIRECTIONS

Add in the specified ingredients to the blender.
Blend together until smooth or desired consistency.

NOTES: To make thicker, you can add in more ice. To make thinner, add in more liquid. You can always change the flavor of the sorbet as preferred. You may also add in low-fat yogurt or some form of milk or milk substitute as desired.

SHOPPING LIST

Watermelon
Low-fat Raspberry sorbet