

# Smoothies, Shakes, and Snacks Cookbook



 **SPURLING**FITNESS

### A Disclaimer

The recipes in the Smoothies, Shakes, and Snacks Cookbook are not intended to replace all meals and all foods in your diet. We encourage you to pursue a healthy, balanced diet and seek out information beyond these recipes.

Also, we remind you that these recipes have been created with only a very general audience in mind. No special care has been taken to meet the specific dietary needs of any individuals with pre-existing conditions, food allergies, or any other considerations. If you have food allergies, please pay special attention to the items included in the “Ingredients” sections of each recipe.

If you have any pre-existing conditions (such as heart disease, diabetes, etc.), it is in your best interest to consult with your doctor and/or nutritionist before beginning a new diet. Please consult with your physician before you start to incorporate any of the recipes in the Smoothies, Shakes, and Snacks Cookbook into your diet.

Also be advised that nothing included in this book constitutes a medical guideline. If any of the advice in this cookbook conflicts with your doctor’s orders, always give preference to the word of your doctor. Your doctor will know your body’s specific needs better than this book, which is intended for use by a general audience, will.

## Going Beyond Smoothies, Shakes, and Snacks

While this recipe guide will give you plenty of healthy choices for smoothies, shakes, and snacks, you must remember to pursue balance in your diet. It is important to use this book occasionally, when your day calls for a smoothie, shake, or snack. It is not necessary to consult with this recipe guide at every meal.

Beyond eating and drinking the foods contained in the recipe list, here are some ways to pursue a healthy and balanced diet:

### 1. Incremental Change

- Practice makes perfect. Do not fret about totally remaking your life today. Simply get started on the road to positive eating by making one or two small changes each week.

### 2. Eat Breakfast

- It is never a good idea to skip meals. Eating throughout the day keeps your metabolism humming. Of special importance is breakfast, which many consider to be the most important meal of the day. Do not skip it, even if you are in a hurry.

### 3. Go Shopping

- The surest way to give into temptation is to make it easy to do so. That's why you should make a grocery list and stick to the items on it, rather than impulsively buying sweets and treats.

### 3. Stick to a Plan

- If you take the extra step to plan out your daily/weekly meals, you will be more likely to stick to that plan and less likely to make the little "mistakes" that add up to consuming more calories and unhealthy materials than you desire.

### 4. Create a Supportive Environment

- While you shouldn't go out and start distancing yourself from all your friends, it is important to spend time with people who believe in you, approve of your goals, and want to help you achieve your dreams of fat loss.

### 5. Keep a Food Journal

- At the end of each day, you should write down what you ate that day. Do your actions align with your intentions? If not, figure out what it is that's tripping you up. Also pay attention to what's working for you, and try to do it more often.

## What to Do Now

While there are many recipe books out there for healthy breakfasts, lunches, and dinners, there is a lot less high quality information about the smaller meals we take in throughout a typical day.

In the real world, you would be hard pressed to find someone who doesn't enjoy a snack here and there. In general, snacking is a good thing. Eating small amounts throughout the day keeps your metabolism active all day long. It is far superior to eat small meals interspersed with snacks as opposed to eating a couple of huge meals each day.

Smoothies and shakes, when done right, can serve as an efficient way to create a snack without an excessive amount of preparation. When you make a smoothie or shake, you essentially take all of the healthy ingredients you wish to incorporate in your snack, and simply blend them together for quick consumption.

This cookbook contains recipes for smoothies, shakes, and more complicated snacks. Here are some things to keep in mind when using this cookbook:

### 1. A Time and Place for Everything

- While all of these smoothies, shakes, and snacks will provide you with nutrition, some occasions may call for certain recipes more so than others. Smoothies and shakes are best enjoyed on your own when you seek something quick to eat. Many of these snacks are much more suited to social occasions than the smoothies and shakes are.

### 2. Don't Overdo It

- Because the smoothies are so easy to make and pack such a powerful nutritional punch, it is tempting to drink them all the time. However, you don't want to consume them as every meal, if only so they will be that much more enjoyable when you do have them.

### 3. Simplify

- Even though these treats mix together a variety of ingredients for interesting flavor combinations, it is okay to simplify your snacks sometimes. For example, eating fruit or carrot sticks is perfectly acceptable, as those snacks often taste great on their own.

### 4. Stay Hydrated

- While eating and drinking these various snacks and smoothies ought to keep you sated throughout the day, it is important to also drink a lot of water every day. Water helps to keep your body feeling full, in addition to all of the many other replenishing effects it has on your body.

# Smoothies, Shakes, and Snacks Recipe Guide

## Smoothies and Shakes

### **#1 Strawberry Pineapple Blend**

#### *Ingredients*

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

#### *Directions*

Blend the strawberries, pineapple, milk, yogurt, sugar, and ice until smooth.

#### *Nutrition Facts (per serving)*

4 servings  
179 calories  
6.4g protein  
35.3g carbohydrate  
2.4g fiber  
2.2g fat

### **#2 Strawberry-Blueberry Smoothie**

#### *Ingredients*

1/2 cup almond milk  
1/2 cup frozen strawberries  
1/2 cup frozen blueberries  
1/2 cup low-fat plain yogurt  
1 teaspoon flax seed oil  
1 teaspoon agave nectar

### *Directions*

Blend all ingredients in a blender until smooth.

### *Nutrition Facts (per serving)*

1 serving  
231 calories  
8.7g protein  
40.0g carbohydrate  
6.0g fiber  
5.3g fat

## **#3 Avocado Berry Smoothie**

### *Ingredients*

1 cup frozen blueberries  
1 (6 ounce) container plain Greek-style yogurt  
1/2 cup almond milk  
1/2 cup water  
1/4 avocado - peeled, pitted, and diced

### *Directions*

Blend until smooth.

### *Nutrition Facts (per serving)*

1 serving

297 calories

11.0g protein

39.2g carbohydrate

8.1g fiber

12.3g fat

## **#4 Honey Avocado Smoothie**

### *Ingredients*

1 ripe avocado, halved and pitted

1 cup milk

1/2 cup vanilla yogurt

3 tablespoons honey

8 ice cubes

### *Directions*

Combine all ingredients in a blender and blend until smooth.

### *Nutrition Facts (per serving)*

4 servings

370 calories  
9.2g protein  
48.7g carbohydrate  
6.8g fiber  
17.9g fat

## **#5 Fresh Fig Smoothie**

### *Ingredients*

2 frozen bananas, peeled and chopped  
6 fresh figs, halved  
3/4 cup milk  
3/4 cup orange juice

### *Directions*

Place all ingredients in a blender, cover and blend.

### *Nutrition Facts (per serving)*

2 servings  
  
335 calories  
6.4g protein  
77.7g carbohydrate  
8.8g fiber  
3.0g fat

## **#6 Sunshine Smoothie**



### *Ingredients*

1 mango - peeled, seeded, and cut into chunks  
1 banana, peeled and chopped  
1 cup orange juice  
1 cup vanilla nonfat yogurt

### *Directions*

Blend all ingredients until smooth, and serve with a brandy straw.

### *Nutrition Facts (per serving)*

4 servings

151 calories

4.2g protein

34.6g carbohydrate

2.0g fiber

.5g fat

## **#7 Strawberry-Flax Fusion Smoothie**

### *Ingredients*

1/2 cup nonfat milk  
1/2 cup fat-free plain yogurt  
1/2 frozen banana, peeled and chopped  
2 tablespoons powdered protein supplement  
1 1/2 tablespoons flax seed  
1 teaspoon honey  
1/2 cup frozen strawberries

*Directions*

Blend all ingredients and enjoy!

*Nutrition Facts (per serving)*

1 serving

345 calories

26.2g protein

55.9g carbohydrate

10.2g fiber

5.6g fat

**#8 PB & B Smoothie**

*Ingredients*

2 bananas, broken into chunks

2 cups milk

1/2 cup peanut butter

2 tablespoons honey, or to taste

2 cups ice cubes

*Directions*

Blend all ingredients until smooth.

*Nutrition Facts (per serving)*

4 servings

335 calories  
12.8g protein  
34.1g carbohydrate  
3.5g fiber  
18.8g fat

## **#9 Happy Cherry Smoothie**

### *Ingredients*

1 cup frozen, pitted cherries  
1 banana, cut in chunks  
1/2 lemon, juiced  
1/2 cup low-fat Greek-style yogurt  
6 ice cubes  
3 drops almond extract

### *Directions*

Place in blender, cover, and puree until smooth. Serve and enjoy!

### *Nutrition Facts (per serving)*

2 servings  
  
151 calories  
6.7g protein  
30.7g carbohydrate  
4.5g fiber  
2.1g fat

## **#10 Breakfast Smoothie**

### *Ingredients*

1 cup soy milk  
1/2 cup rolled oats  
1 banana, broken into chunks  
14 frozen strawberries  
1/2 teaspoon vanilla extract  
1 1/2 teaspoons white sugar

### *Directions*

Combine ingredients in blender and blend until smooth.

### *Nutrition Facts (per serving)*

2 servings  
236 calories  
7.6g protein  
44.9g carbohydrate  
5.9g fiber  
3.7g fat

## **#11 Lean Green Machine Smoothie**

### *Ingredients*

1 banana, cut in chunks  
1 cup grapes  
1 (6 ounce) tub vanilla yogurt

1/2 apple, cored and chopped  
1 1/2 cups fresh spinach leaves

*Directions*

Blend in blender. Drink until finished.

*Nutrition Facts (per serving)*

2 servings

205 calories

6.1g protein

45g carbohydrate

3.7g fiber

1.9g fat

**#12 Kale and Fruit Smoothie**

*Ingredients*

1 banana

2 cups chopped kale

1/2 cup light unsweetened soy milk

1 tablespoon flax seeds

1 teaspoon maple syrup

*Directions*

Blend until smooth, then serve and enjoy.

*Nutrition Facts (per serving)*

1 serving

311 calories

12.2g protein

56.6g carbohydrate

10.1g fiber

7.3g fat

**#13 Peanut Butter, Banana, and Blueberry Smoothie**

*Ingredients*

1 tablespoon flax seed meal or wheat germ

1 banana

1/2 cup frozen blueberries

1 tablespoon peanut butter

1 teaspoon honey

1/2 cup plain yogurt

1 cup milk

*Directions*

Blend until ready to drink.

*Nutrition Facts (per serving)*

2 servings

251 calories

10.8g protein

34.4g carbohydrate

3.9g fiber

9.2g fat

## **#14 Extra Banana Strawberry Smoothie**

### *Ingredients*

1 banana, broken into chunks

1 teaspoon banana extract

3/4 cup milk

1 (8 ounce) container strawberry yogurt

2 teaspoons white sugar

### *Directions*

Blend and then chill.

### *Nutrition Facts (per serving)*

1 serving

468 calories

17.2g protein

88.9g carbohydrate

3.1g fiber

6.5g fat

## **#15 Mango Banana Smoothie**

### *Ingredients*

2 mangos - peeled, seeded, and sliced  
2 bananas  
2 cups vanilla yogurt  
2 cups milk

*Directions*

Put ingredients in a blender, blend, and chill.

*Nutrition Facts (per serving)*

8 servings  
  
133 calories  
5.5g protein  
24.4g carbohydrate  
1.4g fiber  
2.2g fat

**#16 I Dream of Banana Peach and Mango Smoothie**

*Ingredients*

1 (16 ounce) can mango nectar  
1 cup peach yogurt  
1 cup vanilla frozen yogurt  
1 1/2 cups frozen peach slices  
1 frozen banana, cut into chunks

*Directions*



Combine ingredients in blender and blend until smooth.

*Nutrition Facts (per serving)*

4 servings

322 calories

6.9g protein

74.8g carbohydrate

3.4g fiber

1.0g fat

**#17 Banana Coconut Smoothie**

*Ingredients*

1 cup coconut milk

3 scoops vanilla ice cream

2 ripe bananas

2 teaspoons honey (optional)

*Directions*

Mix ingredients in blender and blend until smooth. Include honey, if you so desire.

*Nutrition Facts (per serving)*

2 servings

414 calories

4.7g protein

43.7g carbohydrate

4.6g fiber

28g fat

## **#18 Banana Almond Smoothie**

### *Ingredients*

2 large ripe bananas, peeled and cut into chunks

2 cups skim milk

1 tablespoon almond butter

1 teaspoon vanilla extract

1 pinch ground cinnamon

### *Directions*

Freeze bananas overnight. Mix all ingredients in blender and blend until smooth.

### *Nutrition Facts (per serving)*

1 serving

525 calories

21.9g protein

91.2g carbohydrate

8.2g fiber

10.8g fat

## **#19 Incredible Hulk Smoothie**

### *Ingredients*

1 orange, peeled  
1/2 cup water  
1 leaf kale, torn into several pieces  
2 ripe bananas, peeled

*Directions*

Mix ingredients in blender, puree, and then chill.

*Nutrition Facts (per serving)*

1 serving  
220 calories  
3.2g protein  
55.9g carbohydrate  
6.5g fiber  
.9g fat

**#20 “Orange You Glad I Didn’t Say Banana?” Smoothie**

*Ingredients*

2 frozen bananas, peeled and cut into chunks  
1 orange - peeled, segmented, and seeded  
1 (8 ounce) container raspberry yogurt  
1 1/2 tablespoons honey  
1/2 teaspoon ground nutmeg

*Directions*

Blend ingredients in blender until smooth.

*Nutrition Facts (per serving)*

4 servings

158 calories

3.1g protein

36.8g carbohydrate

2.9g fiber

.9g fat

**#21 Peachy Strawberry Smoothie**

*Ingredients*

3/4 cup vanilla-flavored soy milk

1 (1/2 cup) scoop vanilla ice cream

1/4 cup frozen sliced strawberries

4 sliced fresh strawberries

1 small fresh peach, sliced

*Directions*

Blend until smooth, then enjoy.

*Nutrition Facts (per serving)*

1 serving

225 calories

7.3g protein

31.4g carbohydrate

3.2g fiber

8.9g fat

## **#22 Mango and Blueberry Health Smoothie**

### *Ingredients*

1 tablespoon chia seeds

1 (6 ounce) container vanilla yogurt

1/2 cup mango juice

1/4 cup fresh blueberries

1/4 cup fresh mango chunks

1/2 teaspoon vanilla extract

### *Directions*

Pulverize chia seeds, and then add all ingredients to a blender and blend until ready to drink.

### *Nutrition Facts (per serving)*

1 1/2 servings

271 calories

9.1g protein

54.9g carbohydrate

2.5g fiber

2.5g fat

## **#23 Banana Milk Smoothie**

### *Ingredients*

1 cup milk

1 1/2 bananas

5 (1 gram) packets low calorie granulated sugar substitute

### *Directions*

Blend until smooth.

### *Nutrition Facts (per serving)*

1 serving

280 calories

10g protein

56.8g carbohydrate

4.6g fiber

5.4g fat

## **#24 Mango Summer Smoothie**

### *Ingredients*

3/4 cup cold milk

1/4 cup vanilla yogurt

3/4 teaspoon vanilla extract

1 1/2 cups chopped fresh mango

3 ice cubes

### *Directions*

Blend ingredients until creamy.

*Nutrition Facts (per serving)*

2 servings

157 calories

5.2g protein

29.8g carbohydrate

2.2g fiber

2.5g fat

**#25 Mango Basil Smoothie**

*Ingredients*

4 leaves basil

1 cup frozen mango pieces

5 hulled strawberries

1 cup water

1/4 cup white sugar, or to taste

3 cubes ice

*Directions*

Blend until smooth.

*Nutrition Facts (per serving)*

1.5 servings

330 calories  
1.5g protein  
85g carbohydrate  
4.8g fiber  
.7g fat

## **#26 Lime and Mango Smoothie**

### *Ingredients*

3 mangoes, peeled, pitted, and cut into 1-inch chunks  
2 tablespoons fresh lime juice  
2 tablespoons confectioners' sugar  
1 tray ice cubes

### *Directions*

Blend and chill.

### *Nutrition Facts (per serving)*

4 servings  
  
117 calories  
.8g protein  
30.7g carbohydrate  
2.8g fiber  
.4g fat

## **#27 Orange, Banana, and Strawberry Smoothie**



### *Ingredients*

3/4 cup orange juice  
1 cup fresh strawberries  
1 ripe banana  
ice cubes

### *Directions*

Place ingredients in blender and puree until ready.

### *Nutrition Facts (per serving)*

1 serving  
238 calories  
3.6g protein  
58.2carbohydrate  
6.5g fiber  
1.2g fat

## **#28 Banana and Strawberry Power Protein Smoothie**

### *Ingredients*

1 banana  
1 1/4 cups sliced fresh strawberries  
10 whole almonds  
2 tablespoons water  
1 cup ice cubes  
3 tablespoons chocolate flavored protein powder

### *Directions*

Add everything but ice and blend. Then add ice and puree. Lastly, add protein powder and mix.

### *Nutrition Facts (per serving)*

1 serving

349 calories

21g protein

53.2g carbohydrate

10g fiber

8.1g fat

## **#29 Sunrise Smoothie**

### *Ingredients*

1 cup strawberries

1 banana

1 cup nonfat plain yogurt

1 cup orange juice

1 cup ice

2 tablespoons natural sweetener

### *Directions*

Blend all ingredients on high until smooth, then enjoy.

### *Nutrition Facts (per serving)*

4 servings

110 calories

4g protein

32g carbohydrate

2g fiber

0g fat

### **#30 PB&J Smoothie**

#### *Ingredients*

2 cups milk

2 tablespoons blackberry jelly

2 tablespoons peanut butter

1 bananas, frozen and chunked

2 tablespoons honey

2 teaspoons wheat germ

#### *Directions*

Combine in blender and puree until smooth.

#### *Nutrition Facts (per serving)*

5 servings

157 calories

5.4g protein

23.9g carbohydrate

1.1g fiber

5.4g fat

### **#31 Peaches and Cream Smoothie**

#### *Ingredients*

1 1/4 cups milk  
1/4 cup vanilla yogurt  
1 banana, broken into chunks  
1 packet peaches and cream flavor instant oatmeal  
2 packets artificial sweetener  
5 ice cubes

#### *Directions*

Place in blender, cover, and blend. Serve and enjoy.

#### *Nutrition Facts (per serving)*

2 servings  
223 calories  
8.7g protein  
39.2g carbohydrate  
2.5g fiber  
4.8g fat

### **#32 Banana Strawberry and Peanut Butter Smoothie**

#### *Ingredients*

1/2 cup nonfat plain yogurt  
2 tablespoons peanut butter  
1 banana  
4 fresh strawberries, hulled  
10 ice cubes

*Directions*

Blend until smooth.

*Nutrition Facts (per serving)*

1 serving

389 calories

16.2g protein

45.6g carbohydrate

6g fiber

18.8g fat

**#33 Body Health Smoothie**

*Ingredients*

1 cup strawberries, hulled  
1/3 cup frozen blueberries  
2 bananas, peeled and cut into chunks  
1/2 cup orange juice  
1 1/2 cups plain yogurt  
1 tablespoon soy milk powder

### *Directions*

Combine in blender, blend, and then pour in glasses.

### *Nutrition Facts (per serving)*

4 servings

155 calories

6.2g protein

29.5g carbohydrate

2.7g fiber

2.2g fat

## **#34 Super Banana Smoothie**

### *Ingredients*

2 bananas

1 cup milk

1/4 cup water

2 tablespoons brown sugar

8 cubes ice

### *Directions*

Chop bananas. Mix all ingredients in blender and blend until smooth.

### *Nutrition Facts (per serving)*

4 servings

109 calories  
2.7g protein  
23g carbohydrate  
1.5g fiber  
1.4g fat

### **#35 Purple People Eater Smoothie**

#### *Ingredients*

2 frozen bananas, skins removed and cut in chunks  
1/2 cup frozen blueberries  
1 cup orange juice  
1 tablespoon honey  
1 teaspoon vanilla extract

#### *Directions*

Mix all ingredients in blender and puree.

#### *Nutrition Facts (per serving)*

6 servings  
87 calories  
.9g protein  
21.4g carbohydrate  
1.8g fiber  
.4g fat

### **#36 Mixed Berry and Peach Smoothie**

### *Ingredients*

1 package frozen mixed berries  
1 can sliced peaches, drained  
2 tablespoons honey

### *Directions*

Blend all ingredients until smooth.

### *Nutrition Facts (per serving)*

2 servings

293 calories

3.4g protein

75.5g carbohydrate

5.4g fiber

.3g fat

## **#37 Banana and Pineapple Juice Smoothie**

### *Ingredients*

1 (15 ounce) can crushed pineapple with juice  
1 cup plain yogurt  
1 banana  
8 cubes ice  
1 cup orange juice

### *Directions*



Blend all ingredients in blender.

*Nutrition Facts (per serving)*

2 servings

311 calories

8.8g protein

68g carbohydrate

3.5g fiber

2.5g fat

**#38 Mango Papaya and Strawberry Smoothie**

*Ingredients*

1 mango, peeled and seeded

1 papaya, peeled and seeded

1/2 cup fresh strawberries

1/3 cup orange juice

*Directions*

Process ingredients in blender until smooth.

*Nutrition Facts (per serving)*

2 servings

129 calories

1.5g protein

32.5g carbohydrate

4.1g fiber

.6g fat

### **#39 Oatmeal Strawberry Smoothie**

#### *Ingredients*

1 cup soy milk

1/2 cup rolled oats

1 banana, broken into chunks

14 frozen strawberries

1/2 teaspoon vanilla extract

1 1/2 teaspoons white sugar

#### *Directions*

Blend until smooth, and then pour in glasses to enjoy.

#### *Nutrition Facts (per serving)*

2 servings

236 calories

7.6g protein

44.9g carbohydrate

5.9g fiber

3.7g fat

### **#40 Strawberry Yogurt Smoothie**

#### *Ingredients*

8 strawberries, hulled  
1/2 cup skim milk  
1/2 cup plain yogurt  
3 tablespoons white sugar  
2 teaspoons vanilla extract  
6 cubes ice, crushed

*Directions*

Blend all ingredients until smooth and creamy.

*Nutrition Facts (per serving)*

2 servings

160 calories  
5.6g protein  
30.3g carbohydrate  
1g fiber  
1.1g fat

**#41 Peachy Mango Smoothie**

*Ingredients (per serving)*

1 peach, sliced  
1 mango, peeled and diced  
1/2 cup vanilla soy milk  
1/2 cup orange juice, or as needed

### *Directions*

Mix in blender and puree until smooth.

### *Nutrition Facts*

2 servings

105 calories

2.5g protein

22.3g carbohydrate

1.7g fiber

1.3g fat

## **#42 Honey and Almond Smoothie**

### *Ingredients*

1 1/2 cups almond milk

1/4 cup almond butter

2 tablespoons honey

1 tablespoon ground cinnamon

1 frozen banana, chopped

### *Directions*

Blend all ingredients minus banana until just combined. Then add banana and blend until smooth.

### *Nutrition Facts (per serving)*

1 serving

741 calories

12.7g protein

93.2g carbohydrate

10.7g fiber

41.4g fat

### **#43 Lime and Honeydew Smoothie**

#### *Ingredients*

4 1/2 cups cubed honeydew melon

1 1/2 cups lime sherbet

2 tablespoons lime juice

4 fresh strawberries (optional)

#### *Directions*

Freeze melon, then mix all ingredients (including melon) in blender and puree until smooth. Garnish with strawberry, if you choose.

#### *Nutrition Facts (per serving)*

4 servings

156 calories

1.8g protein

37g carbohydrate

2g fiber

1.4g fat

## **#44 Pineapple Strawberry Smoothie**

### *Ingredients*

1 cup frozen strawberries  
3/4 cup milk  
3/4 cup pineapple juice  
1/2 cup vanilla yogurt  
2 tablespoons white sugar  
6 ice cubes

### *Directions*

Blend all ingredients until smooth, then serve.

### *Nutrition Facts (per serving)*

2 servings

239 calories

7.1g protein

48g carbohydrate

2.7g fiber

2.9g fat

## **#45 Big Blue Smoothie**

### *Ingredients*

1 cup blueberries (frozen or fresh)  
1 (8 ounce) container plain yogurt  
3/4 cup reduced-fat milk  
2 tablespoons white sugar

1/2 teaspoon vanilla extract  
1/8 teaspoon ground nutmeg

*Directions*

Blend all ingredients and then serve in cups.

*Nutrition Facts (per serving)*

2 servings

211 calories

9.5g protein

35.5g carbohydrates

1.8g fiber

3.9g fat

**#46 Super Banana Smoothie**

*Ingredients*

2 bananas

1 cup milk

1/4 cup water

2 tablespoons brown sugar

8 cubes ice

*Directions*

Chop bananas. Mix all ingredients in blender and blend until smooth.

*Nutrition Facts (per serving)*

4 servings

109 calories

2.7g protein

23g carbohydrate

1.5g fiber

1.4g fat

**#47 Green Tea and Avocado Smoothie**

*Ingredients*

3 cups frozen white grapes

2 packed cups baby spinach

1 1/2 cups strong brewed green tea, cooled

1 medium ripe avocado

2 teaspoons honey

*Directions*

Mix all ingredients in blender and puree.

*Nutrition Facts (per serving)*

2 servings

345 calories

5g protein

56g carbohydrate

9g fiber

15g fat



## **#48 “Orange” Flax Smoothie**

### *Ingredients*

2 cups frozen peach slices  
1 cup carrot juice  
1 cup orange juice  
2 tablespoons ground flaxseed  
1 tablespoon chopped fresh ginger

### *Directions*

Blend all ingredients until smooth.

### *Nutrition Facts (per serving)*

3 servings  
209 calories  
5g protein  
41g carbohydrate  
6g fiber  
4g fat

## **#49 Apricot Smoothie**

### *Ingredients*

1 cup canned apricot halves in light syrup  
6 ice cubes

1 cup nonfat plain yogurt  
3 tablespoons sugar

*Directions*

Blend all ingredients in blender.

*Nutrition Facts (per serving)*

2 servings

202 calories

6g protein

49g carbohydrate

2g fiber

0g fat

**#50 Cantaloupe Smoothie**

*Ingredients*

1 banana

1/4 ripe cantaloupe, seeded and coarsely chopped

1/2 cup nonfat or low-fat yogurt

2 tablespoons nonfat dry milk

1 1/2 tablespoons frozen orange juice concentrate

2 teaspoons honey

1/2 teaspoon vanilla extract

*Directions*

Process ingredients in blender until smooth.

*Nutrition Facts (per serving)*

1 serving

314 calories

11g protein

72g carbohydrate

4g fiber

1g fat

**#51 Kiwi Cucumber Smoothie**

*Ingredients*

1 small cucumber, chopped

2 ripe kiwis, peeled

1 cup ginger-flavored kombucha

1/2 cup low-fat plain Greek yogurt

2 tablespoons fresh cilantro leaves

6 ice cubes

*Directions*

Blend until smooth, and then pour in glasses to enjoy.

*Nutrition Facts (per serving)*

4 servings

116 calories  
6g protein  
21g carbohydrate  
3g fiber  
2g fat

## **#52 Creamsicle Smoothie**

### *Ingredients*

1 cup cold pure coconut water, without added sugar or flavor  
1 cup nonfat vanilla Greek yogurt  
1 cup frozen or fresh mango chunks  
3 tablespoons frozen orange juice concentrate  
2 cups ice

### *Directions*

Blend all ingredients until smooth and creamy.

### *Nutrition Facts (per serving)*

2 servings

189 calories  
13g protein  
34g carbohydrate  
3g fiber  
1g fat

### **#53 Banana Chocolate Shake**

#### *Ingredients (per serving)*

- 2 cups fat-free milk
- 1 medium banana, sliced and frozen
- 3 tablespoons unsweetened cocoa powder
- 2 tablespoons honey
- 1 teaspoon vanilla

#### *Directions*

In a blender, combine all ingredients. Cover and blend until smooth and frothy.

#### *Nutrition Facts*

4 servings

- 122 calories
- 5g protein
- 23g carbohydrate
- 1g fiber
- 1g fat

### **#54 Papaya Strawberry Shake**

#### *Ingredients*

- 1/2 of a medium papaya, peeled, seeded, and chopped (3/4 cup)
- 1/2 cup fresh strawberries
- 1/2 cup fat-free milk
- 1/2 cup plain fat-free yogurt

1 tablespoon honey  
3 large ice cubes  
Papaya or strawberry slices (optional)  
Fresh mint (optional)

### *Directions*

Mix papaya, strawberries, milk, yogurt, and honey in a blender. Blend until smooth.

Pause midway through to add ice. Keep blending until fully smooth. Enjoy and serve. You can also garnish with papaya or strawberry slices and mint.

### *Nutrition Facts (per serving)*

2 servings

117 calories

6g protein

24g carbohydrate

1g fiber

0g fat

**#55**

### *Ingredients*

2 cups halved fresh strawberries

1 cup chopped mango

1-1/2 cups vanilla frozen yogurt

1/4 cup milk

Sliced fresh strawberries  
Sliced mango

*Directions*

Blend all ingredients until smooth. Top with extra slices from the mango and strawberry.

*Nutrition Facts (per serving)*

2 servings

262 calories

5g protein

50g carbohydrate

5g fiber

5g fat

**#56 Yerba Mate Wake Up Call Shake**

*Ingredients*

1 1/2 cups of vanilla rice milk

1/2 cup crushed ice

1 cup orange juice

2 tbsp of honey

2 servings of ginkgo biloba

1 cup of yerba mate

2 bananas

1/4 tsp of coconut extract

### *Directions*

Blend all ingredients until smooth, and then serve. You can substitute green tea for the yerba mate, if necessary.

### *Nutrition Facts (per serving)*

3 servings

203 calories

1.7g protein

48.7g carbohydrate

2g fiber

1.5g fat

## **#57 Tofu Shake**

### *Ingredients*

3 cups of almond milk

3 frozen bananas

3 tbsp peanut butter

1 cup tofu

1 B-12 vitamin, crushed

1 pack of Emergen-C

### *Directions*

Blend all ingredients and then serve in cups.

### *Nutrition Facts (per serving)*



3 servings

330.4 calories

13.1g protein

42.2g carbohydrates

5.5g fiber

14.8g fat

### **#58 Feel Good Shake**

#### *Ingredients*

2 cups of chocolate soy milk

1/2 cup of crushed ice

1/4 cup shaved dark chocolate

1/2 cup frozen seedless grapes

1/2 squeezed lemon

1 green tea extract

1 Ginseng capsule

1 St. John's Wort capsule

#### *Directions*

Blend until smooth, and then pour in glasses to enjoy.

#### *Nutrition Facts (per serving)*

3 servings

185 calories

4.6g protein

24.8g carbohydrate

3.6g fiber

9.2g fat

## **#59 Soy Milk Shake**

### *Ingredients*

2 cups of soy milk  
1/2 cup of crushed ice  
1/2 cup of orange juice  
1/4 tablespoon vanilla extract  
1 teaspoon of Stevia  
1 teaspoon lemon juice

### *Directions*

Blend all ingredients until smooth. Drink to your heart's content.

### *Nutrition Facts (per serving)*

1 serving

258 calories  
13.3g protein  
36.4g carbohydrate  
2.6g fiber  
7.4g fat

## **#60 Hearty Shake**

### *Ingredients (per serving)*

1 cup low fat/skim milk  
1 cup orange juice

1 cup crushed ice  
1 cup kale  
1 cup spinach  
1 whole squeezed lemon  
1 tbsp honey  
1/2 cup pitted dates

### *Directions*

Blend all ingredients in a blender until smooth.

### *Nutrition Facts*

4 servings

141 calories  
4.0g protein  
33.4g carbohydrate  
2.8g fiber  
.5g fat

## **#61 Garbanzo Hummus**

### *Ingredients*

2 cans reduced-sodium garbanzos, rinsed and drained except for 1/4 cup liquid  
1 tablespoon extra-virgin olive oil  
1/4 cup lemon juice  
2 garlic cloves, minced  
1/4 teaspoon cracked black pepper  
1/4 teaspoon paprika

3 tablespoons tahini (sesame paste)  
2 tablespoons chopped Italian flat-leaf parsley

### *Directions*

Puree garbanzos in a blender. Mix the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. After blending well, add the reserved liquid, 1 tablespoon at a time until the mixture is thick. Serve right away or cover and refrigerate.

### *Nutrition Facts (per serving)*

2 tablespoons  
48 calories  
2g protein  
6g carbohydrate  
2g fiber  
2g fat

## **#62 Chickpea Hummus**

### *Ingredients*

2/3 cup dried chickpeas (garbanzos), picked over and rinsed, soaked overnight, and drained  
3 cups water  
2 cloves garlic  
1 bay leaf  
3/4 teaspoon salt  
1 tablespoon olive oil  
3/4 cup plus 2 tablespoons sliced green onion

2 tablespoons sherry vinegar  
3 tablespoons chopped fresh cilantro  
1 teaspoon ground cumin

### *Directions*

Combine the chickpeas, water, garlic cloves, bay leaf and 1/2 teaspoon of the salt over high heat. Boil. Lower the heat to low, and then simmer until beans are tender (approx. 55 minutes). Drain and discard the bay leaf, reserving the garlic and 1/2 cup of the cooking liquid.

Puree the chickpeas, cooked garlic, olive oil, 3/4 cup green onion, vinegar, cilantro, cumin and the remaining 1/4 teaspoon salt in a blender. Add the reserved cooking liquid a little bit at a time until it becomes a thick spread.

In a small bowl, stir the chickpea mixture with the 2 tablespoons green onion. Serve immediately, or refrigerate until ready.

### *Nutrition Facts (per serving)*

6 servings

103 calories

4g protein

14g carbohydrate

4g fiber

4g fat

## **#63 Guacamole with Beans**

### *Ingredients*

1 avocado, diced  
1/2 cup canned beans (black or pinto), drained and rinsed  
2 teaspoons ground cumin  
Juice of 1 lime  
1/4 teaspoon cayenne pepper  
1 large ripe tomato, diced  
1 shallot, minced

### *Directions*

Mix avocado, beans, cumin, lime juice and cayenne pepper in a bowl. Stir in chopped tomato and shallot.

### *Nutrition Facts (per serving)*

1 serving (1/4 cup per serving)

59 calories  
2g protein  
6g carbohydrate  
2g fiber  
3g fat

## **#64 Bean Dip**

### *Ingredients*

1 can (15 ounces) white beans, rinsed and drained  
8 garlic cloves, roasted  
2 tablespoons olive oil  
2 tablespoons lemon juice

### *Directions*

Blend the beans, roasted garlic, olive oil and lemon juice in a blender until smooth. Serve atop pita triangles or cut red bell peppers.

### *Nutrition Facts (per serving)*

1 serving (2 tablespoons)

109 calories

5g protein

15g carbohydrates

3g fiber

4g fat

## **#65 Stuffed Celery**

### *Ingredients*

1 (8 ounce) package cream cheese, softened

2 tablespoons sour cream

1/4 cup chopped walnuts

20 green olives with pimento, chopped

1 bunch celery, cut into bite-size pieces

### *Directions*

Mix cream cheese and sour cream in a bowl. Stir in walnuts and chopped olives to complete the filling. Spread filling onto the celery pieces.

*Nutrition Facts (per serving)*

16 servings

76 calories

1.7g protein

1.8g carbohydrate

.6g fiber

7.1g fat

**#66 Kale Chips**

*Ingredients*

1 bunch kale

1 tablespoon olive oil

1 teaspoon seasoned salt

*Directions*

Preheat an oven to 350 F. Line cookie sheet with parchment paper.

Remove the leaves from the kale stems and tear into bite size pieces. Wash and dry kale leaves. Drizzle with olive oil and sprinkle with seasoning salt.

Bake until edges brown, (approx. 10 to 15 minutes).

*Nutrition Facts (per serving)*

6 servings

58 calories

2.5g protein

7.6g carbohydrate



1.5g fiber

2.8g fat

## **#67 Quinoa Salad**

### *Ingredients*

2 1/2 cups water

1 1/4 cups quinoa

1/3 cup raisins

1 pinch salt

2 medium tomatoes, diced

1 medium onion, minced

10 radishes, quartered

1/2 cucumber, diced

2 tablespoons sliced almonds, toasted

1/4 cup chopped fresh mint

2 tablespoons chopped fresh parsley

1 teaspoon ground cumin

1/4 cup lime juice

2 tablespoons sesame oil

salt to taste

### *Directions*

Boil water in saucepan. Pour in quinoa, raisins, and a pinch of salt, and then cover. Let simmer 12 to 15 minutes, then let cool to room temperature.

Toss tomatoes, onion, radish, cucumber, and almonds in a bowl. Stir in cooled quinoa, then season with mint, parsley, cumin, lime juice, sesame oil, and salt. Chill and then eat.

*Nutrition Facts (per serving)*

4 servings

346 calories

9.5g protein

53.3g carbohydrates

7.1g fiber

11.8g fat

**#68 Fresh Cranberry Quinoa Salad**

*Ingredients*

1 1/2 cups water

1 cup uncooked quinoa, rinsed

1/4 cup red bell pepper, chopped

1/4 cup yellow bell pepper, chopped

1 small red onion, finely chopped

1 1/2 teaspoons curry powder

1/4 cup chopped fresh cilantro

1 lime, juiced

1/4 cup toasted sliced almonds

1/2 cup minced carrots

1/2 cup dried cranberries

salt and ground black pepper to taste

*Directions*

Pour the water into a saucepan, and cover with a lid. Bring to a boil over high heat, then pour in the quinoa, recover, and continue to simmer over low heat until the water has been absorbed, 15 to 20 minutes. Scrape into a mixing bowl, and chill in the refrigerator until cold.

Once cold, stir in the red bell pepper, yellow bell pepper, red onion, curry powder, cilantro, lime juice, sliced almonds, carrots, and cranberries. Season to taste with salt and pepper. Chill before serving.

*Nutrition Facts (per serving)*

6 servings

176 calories

5.4g protein

31.6g carbohydrate

4.1g fiber

3.9g fat

**#69 Mixed Nuts**

*Ingredients*

1/2 ounce whole shelled (unpeeled) almonds

1/4 ounce unsalted dry-roasted peanuts

1/4 ounce dried cranberries

1 tablespoon chopped pitted dates

1 1/2 teaspoons chocolate chips

*Directions*

Combine nuts, dates, and chocolate chips in a bowl, and then serve.

*Nutrition Facts (per serving)*

2 servings

102 calories  
3g protein  
11g carbohydrate  
2g fiber  
6g fat

### **#70 Coconut Banana Cocoa Treat**

#### *Ingredients*

4 teaspoons cocoa powder  
4 teaspoons toasted unsweetened coconut  
2 small bananas, sliced on the bias

#### *Directions*

Roll banana slices in cocoa, then dip in coconut. Serve and enjoy.

#### *Nutrition Facts (per serving)*

4 servings  
80 calories  
1g protein  
19g carbohydrates  
2g fiber  
1g fat

### **#71 Shrimp Salad**

#### *Ingredients*

12 extra-large shrimp  
1 clove garlic, minced  
2 tablespoons extra-virgin olive oil  
2 quarts water  
8 ounces orzo pasta  
1 pound fresh asparagus, trimmed and cut into 1 inch pieces  
2 tablespoons extra-virgin olive oil  
2 green onions, chopped  
1 tablespoon white balsamic vinegar  
1 tablespoon fresh lemon juice  
2 teaspoons honey mustard  
2 tablespoons minced fresh basil  
salt and pepper to taste

### *Directions*

Cook garlic and peeled shrimp in 2 tablespoons of olive oil, and stir frequently so garlic doesn't brown. When shrimp are cooked through, remove from heat, cool and cut into 1/2-inch pieces.

Add shrimp shells to boiling water for 5 minutes, then strain out shells and discard. Stir in orzo and cook for 5 minutes. Stir in the asparagus pieces and continue cooking until the pasta is al dente. Drain and rinse.

Evenly coat pasta and asparagus with 2 tablespoons of olive oil, shrimp, and green onions by tossing. In a separate bowl, whisk the vinegar, lemon juice, mustard, and basil until combined. Pour over pasta mixture and toss well; season to taste with salt and pepper. Let chill then eat.

### *Nutrition Facts (per serving)*

6 servings

302 calories  
18.6g protein  
33.5g carbohydrate  
2.9g fiber  
10.8g fat

## **#72 Dried Apricots with Blue Cheese**

### *Ingredients*

16 dried apricots  
8 teaspoons crumbled blue cheese  
2 ounces chopped shelled pistachios  
1/2 teaspoon honey  
Freshly ground pepper

### *Directions*

Top each dried apricot with 1/2 teaspoon blue cheese. Once topped, sprinkle with pistachios and drizzle with honey. Sprinkle with pepper to taste.

### *Nutrition Facts (per serving)*

16 servings  
  
64 calories  
2g protein  
7g carbohydrate  
1g fiber  
4g fat

## **#73 Peanut Butter and Strawberry Finger Sandwiches**

### *Ingredients*

2 tablespoons peanut butter  
1/4 teaspoon honey  
1/8 teaspoon freshly grated orange zest  
2 slices very thin whole-wheat sandwich bread  
2 medium strawberries, sliced

### *Directions*

Mix peanut butter, honey and orange zest in a bowl. Spread bread with the peanut butter mixture. Place sliced strawberries on 1 piece of bread, top with the other.

### *Nutrition Facts (per serving)*

1 serving  
200 calories  
5g protein  
18g carbohydrate  
3g fiber  
5g fat

## **#74 Pimiento Cheese Dip**

### *Ingredients*

1 1/2 cups shredded reduced-fat sharp Cheddar cheese  
1/4 cup low-fat mayonnaise  
1 4-ounce jar sliced pimientos, drained and chopped

2 tablespoons minced scallions  
Hot sauce to taste

*Directions*

Mix cheese, mayonnaise, pimientos, scallions and hot sauce in a medium bowl.  
Dip celery, carrots, or wheat crackers into dip and eat.

*Nutrition Facts (per serving)*

1 serving (2 tablespoons per serving)

49 calories  
3g protein  
2g carbohydrates  
0g fiber  
3g fat

**#75 Tea Sandwiches**

*Ingredients*

1 avocado, ripe, sliced  
1 tablespoon reduced-fat mayonnaise  
1/2 teaspoon lemon juice  
1/8 teaspoon cracked black pepper  
8 very thin slices wheat bread  
2 ounces thinly sliced smoked salmon  
12 thin slices European cucumber

*Directions*



Stir together mayonnaise, lemon juice and pepper in a small bowl. Spread lightly on bread and top with salmon, avocado and cucumber.

*Nutrition Facts (per serving)*

4 servings

143 calories

6g protein

17g carbohydrate

4g fiber

7.1g fat

**#76 Rolled Turkey**

*Ingredients*

2 slices deli turkey breast (about 1 ounce)

2 teaspoons mango chutney

Freshly ground pepper to taste

2 sesame breadsticks

*Directions*

Spread 1 teaspoon mustard each slice of turkey with 1 teaspoon mango chutney on turkey slices and season with pepper. Then, wrap each turkey slice around 1 breadstick.

*Nutrition Facts (per serving)*

1 serving

96 calories  
5g protein  
11g carbohydrate  
0g fiber  
4g fat

### **#77 Sesame Baby Carrots**

#### *Ingredients*

2 cups baby carrots  
1 tablespoon toasted sesame seeds  
Pinch of dried thyme  
Pinch of kosher salt

#### *Directions*

In a bowl, toss carrots with kosher salt, sesame seeds, and thyme.

#### *Nutrition Facts (per serving)*

3 servings  
33 calories  
1g protein  
8g carbohydrates  
2g fiber  
2g fat

### **#78 Spinach Dip**

### *Ingredients*

1 small shallot, peeled  
1 5-ounce can water chestnuts, rinsed  
1/2 cup reduced-fat cream cheese  
1/2 cup low-fat cottage cheese  
1/4 cup nonfat plain yogurt  
1 tablespoon lemon juice  
1/2 teaspoon salt  
Freshly ground pepper, to taste  
6 ounces baby spinach  
2 tablespoons chopped fresh chives

### *Directions*

In a food processor or blender, pulse shallot and water chestnuts until coarsely chopped. Mix in cream cheese, cottage cheese, yogurt, lemon juice, salt and pepper and pulse until just combined. Next, incorporate spinach and chives by pulsing.

### *Nutrition Facts (per serving)*

1 serving (1/4 cup serving size)

54 calories  
4g protein  
4g carbohydrate  
1g fiber  
3g fat

**#79 Cinnamon Flavored Lemon Oranges**

### *Ingredients*

4 navel oranges  
2 tablespoons orange juice  
2 tablespoons lemon juice  
1 tablespoon sugar  
1/4 teaspoon ground cinnamon

### *Directions*

Remove rind and pith from orange. Slice each orange into 6 pieces and arrange on 4 different plates. Whisk orange juice, sugar, cinnamon, and lemon juice together, and then spoon over orange slices.

### *Nutrition Facts (per serving)*

4 servings  
86 calories  
1g protein  
22g carbohydrate  
3g fiber  
0g fat

## **#80 Southwestern Dip and Chips**

### *Ingredients*

1/4 cup fat-free canned refried beans  
1 tablespoon salsa  
1 1/2 teaspoons chopped fresh cilantro

1 minced scallion  
1 ounce tortilla chips, (about 10)

*Directions*

Mix refried beans, salsa, cilantro and scallion in a bowl, and then serve with whole wheat tortilla chips.

*Nutrition Facts (per serving)*

1 serving  
210 calories  
5g protein  
30g carbohydrates  
4g fiber  
7g fat

**#81 Tuna on Crackers**

*Ingredients*

2 multigrain crackers  
2 tablespoons reduced-fat cream cheese  
1 3-ounce can albacore tuna in water  
1 sliced scallion  
1 lemon wedge  
Freshly ground pepper, to taste

*Directions*

Put cream cheese, tuna and scallion on crackers. Squeeze lemon over the top and season with pepper.

*Nutrition Facts (per serving)*

1 serving

229 calories

27g protein

15g carbohydrate

1g fiber

6g fat

**#82 Piña Colada Parfait**

*Ingredients*

1/3 cup vanilla-flavored Greek yogurt

1/2 cup crushed canned pineapple

1 tablespoon toasted coconut

*Directions*

Scoop pineapple and coconut on top of Greek yogurt.

*Nutrition Facts (per serving)*

1 serving

155 calories

12g protein

20g carbohydrate

2g fiber  
3g fat

### **#83 Apple Turkey Snack**

#### *Ingredients*

1/8 cup cubed Swiss cheese  
1/8 cup cubed smoked turkey  
1/2 apple, cubed

#### *Directions*

Combine turkey, cheese, and apple.

#### *Nutrition Facts (per serving)*

1 serving  
123 calories  
9g protein  
20g carbohydrate  
3g fiber  
2g fat

### **#84 Spiced Chickpeas**

#### *Ingredients*

1 15-ounce can chickpeas, rinsed  
1 tablespoon extra-virgin olive oil  
2 teaspoons ground cumin

1 teaspoon dried marjoram  
1/4 teaspoon ground allspice  
1/4 teaspoon salt

### *Directions*

Preheat oven to 450 F.

Throw chickpeas in a bowl with oil, cumin, marjoram, allspice and salt. Spread on a baking sheet. Bake for 25 minutes until browned and crunchy. Stir once or twice while baking. Let cool on the baking sheet.

### *Nutrition Facts (per serving)*

4 servings

103 calories

4g protein

14g carbohydrates

5g fiber

5g fat

## **#85 Raspberry-Pineapple Peach Yogurt**

### *Ingredients*

2 8-ounce containers nonfat peach yogurt

1/2 pint fresh raspberries

1 1/2 cups fresh, frozen or canned pineapple chunks

### *Directions*



Layer yogurt, raspberries and pineapple into 4 different glasses.

*Nutrition Facts (per serving)*

4 servings

109 calories

5g protein

23g carbohydrate

3g fiber

0g fat

**#86 Greek Snack**

*Ingredients*

4 6-inch whole-wheat pitas

2 tablespoons extra-virgin olive oil

1 teaspoon Italian seasoning

1/2 teaspoon garlic powder

1/4 teaspoon salt

*Directions*

Preheat oven to 350 F and coat two trays.

Separate pita into 8 wedges. Place wedges on the prepared baking sheets. Brush with oil and sprinkle with Italian seasoning, garlic powder and salt.

Bake wedges, switching the baking sheets halfway through, until golden and crispy (approx. 8 minutes).

*Nutrition Facts (per serving)*

8 servings

117 calories

3g protein

18g carbohydrate

2g fiber

4g fat

**#87 Snack Kabobs**

*Ingredients*

1/2 ounce cubed roasted deli turkey

1/2 ounce cubed Cheddar cheese

1/4 cup grapes

6 dried apricots

*Directions*

Slide grapes, turkey, apricots, and cheese onto a wooden skewer.

*Nutrition Facts (per serving)*

1 serving

218 calories

7g protein

37g carbohydrates

5g fiber

5g fat

## **#88 Gluten Free Chocolate Bites**

### *Ingredients*

8 1/4-ounce squares bittersweet chocolate

4 teaspoons almond butter

### *Directions*

Top each chocolate square with 1/2 teaspoon almond butter.

### *Nutrition Facts (per serving)*

4 servings

79 calories

1g protein

9g carbohydrate

1g fiber

6g fat

## **#89 Edamame**

### *Ingredients*

4 cups frozen edamame, (in pods), cooked

2 teaspoons coarse salt

### *Directions*

Toss edamame pods with salt.

*Nutrition Facts (per serving)*

16 servings

50 calories

4g protein

5g carbohydrate

2g fiber

2g fat

**#90 Southern Delta Pecans**

*Ingredients*

1 pound pecan halves

1 tablespoon packed dark brown sugar

1 1/2 teaspoons kosher salt

1 teaspoon chopped fresh thyme

1 teaspoon chopped fresh rosemary

1/2 teaspoon freshly ground pepper

1/2 teaspoon piment d'Espelette

2 tablespoons extra-virgin olive oil

*Directions*

Preheat oven to 350°F.

Spread pecans on a baking sheet. Roast pecans until fragrant, (approx. 12 minutes). Make sure not to burn them.

Mix brown sugar, salt, thyme, rosemary, pepper and piment d'Espelette in a small bowl. In order to coat the pecans completely, transfer the roasted pecans to a large bowl, drizzle with oil and toss well. Sprinkle with the spice mixture and toss again. Serve warm or let cool completely and store in an airtight container.

*Nutrition Facts (per serving)*

1 serving (of 2 tablespoons)

107 calories

1g protein

2g carbohydrates

1g fiber

11g fat

**#91 Veggie Dip**

*Ingredients*

1/2 cup low-fat cottage cheese

1/4 teaspoon lemon pepper

1/2 cup each baby carrots and snow (or snap) peas

*Directions*

Stir together cottage cheese and lemon pepper. Serve with carrots and peas.

*Nutrition Facts (per serving)*

1 serving

120 calories

14g protein

14g carbohydrate

2g fiber

2g fat

## **#92 Mango Salad**

### *Ingredients*

4 medium mangos - peeled, seeded, and cubed  
1/4 cup fresh lime juice  
2 tablespoons extra-virgin olive oil  
1 tablespoon red pepper flakes  
2 tablespoons chopped fresh cilantro  
2 tablespoons chopped shallots  
salt and freshly ground black pepper to taste

### *Directions*

Put cubed mango into a serving bowl. Separately, whisk together lime juice and olive oil, seasoning with red pepper flakes, cilantro, shallots, salt and pepper. Next, pour mixture over mangoes. Stir, then cover and refrigerate for about 30 minutes.

### *Nutrition Facts (per serving)*

6 servings

140 calories

1g protein

25.8g carbohydrate

3g fiber

5.1g fat

## **#93 Garbanzo Spinach**

### *Ingredients*

1 tablespoon extra-virgin olive oil  
4 cloves garlic, minced  
1/2 onion, diced  
1 (10 ounce) box frozen chopped spinach, thawed and drained well  
1 (12 ounce) can garbanzo beans, drained  
1/2 teaspoon cumin  
1/2 teaspoon salt

### *Directions*

Heat the olive oil on medium-low. Cook garlic and onion in oil until translucent (approx. 5 minutes). Stir in the spinach, garbanzo beans, cumin, and salt. Lightly mash beans with spoon as you cook. Cook until thoroughly heated.

### *Nutrition Facts (per serving)*

4 servings  
  
169 calories  
7.3g protein  
26g carbohydrate  
6.4g fiber  
4.9g fat

## **#94 Asparagus**

### *Ingredients*

2 pounds fresh asparagus, trimmed  
3/4 cup distilled white vinegar

1/2 cup water  
1/2 cup white sugar  
3 cinnamon sticks  
1 teaspoon whole cloves  
1 teaspoon celery seed  
1/2 teaspoon salt

### *Directions*

Add asparagus to boiling water, cooking uncovered until slightly tender. Drain, and then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once asparagus is cold, place on paper towels to dry.

Boil vinegar, water, sugar, cinnamon sticks, cloves, celery seed, and salt in a saucepan over medium-high heat for 5 minutes.

Spread the asparagus onto pan. Pour vinegar mixture over the asparagus. Cover and refrigerate overnight. Serve cold or at room temperature.

### *Nutrition Facts (per serving)*

8 servings  
76 calories  
2.6g protein  
17.9g carbohydrates  
2.8g fiber  
.3g fat

## **#95 Mango Salsa**

### *Ingredients*



1 red onion, peeled and halved  
12 mangos - peeled, seeded, and diced  
1/2 head garlic, pressed  
3 habanero peppers, seeded and minced  
1 bunch fresh cilantro, chopped  
2 tablespoons apple cider vinegar  
salt to taste

### *Directions*

Preheat an outdoor grill. Lightly oil grate, and then put onion on grill. Grill until slightly blackened.

Dice onion, and mix with mango, garlic, habanero, cilantro, and apple cider in a bowl. Sprinkle salt to taste.

### *Nutrition Facts (per serving)*

6 servings

72 calories

.7g protein

18.6g carbohydrate

2.1g fiber

.3g fat

## **#96 Bean and Artichoke Salad**

### *Ingredients*

1 can Great Northern beans, drained  
1 can garbanzo beans, drained

1 can black-eyed peas, drained  
1 can marinated artichoke hearts, drained and chopped  
4 green onions, chopped  
2 large tomatoes, diced  
3 cloves garlic, minced  
3 tablespoons olive oil  
3 tablespoons balsamic vinegar  
1/4 cup chopped fresh parsley  
2 teaspoons crushed dried oregano  
1 teaspoon ground black pepper

### *Directions*

Mix the three types of beans, artichokes, green onions, tomatoes, and garlic together in a bowl. Toss with parsley, black pepper, olive oil, balsamic vinegar, and oregano until well mixed. Refrigerate an hour before serving.

### *Nutrition Facts (per serving)*

12 servings  
184 calories  
7.9g protein  
27.2g carbohydrate  
6.5g fiber  
6g fat

## **#97 Summer Salad**

### *Ingredients*

1 cup lemon yogurt  
1 tablespoon honey  
1 teaspoon lemon juice

2 cups watermelon balls  
2 cups cantaloupe balls  
2 cups halved fresh strawberries

### *Directions*

Whisk together honey, lemon yogurt, and lemon juice in a salad bowl until smooth. Next, gently fold in the strawberries, watermelon, and cantaloupe. Toss and serve.

### *Nutrition Facts (per serving)*

6 servings

100 calories

3.3g protein

22.7g carbohydrates

1.7g fiber

.4g fat

## **#98 Stuffed Tomatoes**

### *Ingredients*

2 pints cherry tomatoes  
1/2 pound cooked shrimp - peeled and deveined  
8 ounces light cream cheese, softened  
3 tablespoons olive oil  
1/4 cup Parmesan cheese  
2 teaspoons horseradish  
1 teaspoon lemon juice

salt and pepper to taste  
1/4 cup chopped fresh parsley

### *Directions*

De-pulp the cherry tomatoes. Place them upside down on paper towels to drain.

Mix the shrimp, cream cheese, olive oil, Parmesan cheese, horseradish, and lemon juice in a food processor. Dash with salt and pepper, and then blend.

With a pastry bag, inject the shrimp mixture into the cherry tomatoes. Garnish with parsley, and refrigerate.

### *Nutrition Facts (per serving)*

16 servings

103 calories

5g protein

2.4g carbohydrate

.5g fiber

8.3g fat

## **#99 Carrot and Cucumber Salad**

### *Ingredients*

1 cucumber, sliced

1 package baby carrots

1 lime, juiced

1 teaspoon chili powder

1/4 teaspoon salt

1 pinch cayenne pepper

### *Directions*

Mix lime juice, salt, baby carrots, chili powder, cayenne pepper, and cucumber in a bowl. Toss to combine evenly.

### *Nutrition Facts (per serving)*

4 servings

34 calories

.9g protein

8.6g carbohydrate

2.6g fiber

.3g fat

## **#100 Applesauce**

### *Ingredients*

6 cups apples - peeled, cored and chopped

3/4 cup water

1/8 teaspoon ground cinnamon

1/8 teaspoon ground cloves

1/4 cup cane sugar

### *Directions*

In a saucepan over medium heat, stir together apples, water, cinnamon, and cloves. Boil, reduce heat, and simmer for 10 minutes. Stir in sugar, and then simmer 5 more minutes.

*Nutrition Facts (per serving)*

4 servings

175 calories

.5g protein

43g carbohydrates

4.6g fiber

.3g fat

**#101 Smoke Trout Appetizer**

*Ingredients*

1/4 pound smoked trout fillet, skinned and broken into pieces

1/2 cup 1 percent low-fat cottage cheese

1/4 cup coarsely chopped red onion

2 teaspoons fresh lemon juice

1 teaspoon hot pepper sauce

1/2 teaspoon Worcestershire sauce

1 celery stalk, diced

*Directions*

In a blender, process the trout, cottage cheese, red onion, lemon juice, hot pepper sauce and Worcestershire until smooth. Mix in the celery. Cover and refrigerate until just before serving.

*Nutrition Facts (per serving)*

12 servings

26 calories  
4g protein  
1g carbohydrate  
0g fiber  
1g fat

## **#102 Ambrosia**

### *Ingredients*

1/2 cup slivered almonds  
1/2 cup unsweetened flaked coconut  
1 small pineapple, cubed  
5 oranges, segmented  
2 red apples, cored and diced  
1 banana, halved lengthwise, peeled and sliced crosswise  
2 tablespoons cream sherry  
Fresh mint leaves for garnish

### *Directions*

Preheat the oven to 325 F.

Spread the almonds on a baking sheet and bake until golden and fragrant (approx. 10 minutes). Let cool. Now bake the coconut until lightly browned (approx. 10 minutes). Let cool.

In a large bowl, mix together the pineapple, oranges, apples, banana and sherry. Toss gently to mix well. Serve in bowls, sprinkling evenly with the toasted almonds and coconut and garnish with the mint.

### *Nutrition Facts (per serving)*

1 serving (1 cup)

146 calories

2g protein

26g carbohydrate

4g fiber

4g fat

### **#103 Baba Ghanoush**

#### *Ingredients*

1 bulb garlic

2 eggplants, sliced lengthwise

1 red bell pepper, halved and seeded

Juice of 1 lemon

1 tablespoon chopped fresh basil

1 tablespoon olive oil

1 tablespoon black pepper or to taste

2 rounds of flatbread or pita

#### *Directions*

Slice top off garlic bulb, wrap in foil and roast on cooler part of preheated grill for 20 to 30 minutes. Place eggplant slices and bell pepper on hotter part of grill for 2 to 3 minutes a side.

Squeeze roasted garlic out of bulb and place in blender or food processor. Add grilled eggplant, lemon juice, red bell pepper, basil, pepper and olive oil. Pulse until smooth. Pour dip into a serving bowl.

Serve warmed bread with dip.



*Nutrition Facts (per serving)*

1 serving (2 tbsp dip and half a pita)

148 calories

4g protein

25g carbohydrate

3g fiber

4g fat

**#104 Stuffed Eggs**

*Ingredients*

6 large eggs

1/2 cup Trader Joe's guacamole

Kosher salt & cracked black pepper, to taste

*Directions*

Simmer eggs in water in a saucepan on medium-high heat. Reduce heat to low and slightly simmer for 10 minutes. Remove from heat, pour out hot water and run a constant stream of cold water over the eggs until completely cooled.

Cut each egg in half, removing and discarding yolks. Fill each half with 2 teaspoons guacamole. Sprinkle with salt and pepper.

*Nutrition Facts (per serving)*

6 servings

55 calories

4g protein

2g carbohydrates

1g fiber

3g fat

## **#105 Sweet Potato Chips**

### *Ingredients*

4 medium sweet potatoes (sliced)

1/4 cup coconut oil (melted)

Dried Rosemary (to taste)

Sea Salt (to taste)

### *Directions*

Preheat oven to 400 degrees.

Place sweet potatoes in ziplock, pour in coconut oil, shake in rosemary. Zip bag and mix.

Once sweet potatoes have been evenly coated, place in a single layer on foil lined baking sheet. Lightly salt. Place in Oven and bake for 20 min on one side, flip, continue baking for another 15-20 minutes until lightly crispy. COOL and Enjoy!

### *Nutrition Facts (per serving)*

5 servings

178 calories

1.9g protein

19.2g carbohydrate

3.2g fiber

11.1g fat

## **#106 Protein Pops**

### *Ingredients*

1 cup almond milk  
2 scoops chocolate protein powder  
2 tablespoons peanut butter  
1 teaspoon cacao powder (optional)

### *Directions*

Blend ingredients and place liquid into popsicle molds. Freeze and enjoy.

### *Nutrition Facts (per serving)*

5 servings

102 calories

9.8g protein

4.4g carbohydrate

.6g fiber

4.6g fat

## **#107 Piña Colada Pops**

### *Ingredients*

1 cup coconut milk  
2 scoops vanilla protein powder  
1/2 banana  
1/4 cup pineapple

### *Directions*

Blend ingredients, and then pour liquid into popsicle molds. Freeze until ready to eat.

### *Nutrition Facts (per serving)*

5 servings

83 calories

8.3g protein

6.7g carbohydrates

.4g fiber

1.9g fat

## **#108 Watermelon Pops**

### *Ingredients*

1 cup watermelon

1/2 cup lime juice

½ cup water

### *Directions*

Blend ingredients and then freeze in popsicle molds. Enjoy.

### *Nutrition Facts (per serving)*

2 servings

40 calories  
.8g protein  
10.7g carbohydrate  
.6g fiber  
.4g fat

## **#109 Borscht**

### *Ingredients*

1 tablespoon olive oil  
1 onion  
2 pounds beets  
1 can (14.5 ounces) chicken broth  
salt and pepper to taste  
chopped parsley for garnish (optional)

### *Directions*

Peel and cut beets into 1 inch chunks. Coarsely chop onion. Heat a large dutch oven or pot over medium heat. Add oil and onion and cook, stirring occasionally, until softened, 5 to 7 minutes.

Add beets, broth, and 3-4 cups water (enough to cover) to the pot. Bring to a boil, reduce to a simmer. Simmer until beets are tender, about 30 minutes.

Using a blender, puree soup until desired consistency. Remember not to fill the blender past half way. You will have to puree in batches. Add salt and pepper to taste.

Add dollop of parsley and enjoy!

*Nutrition Facts (per serving)*

6 servings

95 calories

2.9g protein

16.3g carbohydrate

4.6g fiber

2.7g fat

**#110 Watermelon Salad**

*Ingredients*

2 cups watermelon dice

1/4 cup crumbled feta cheese

1 tablespoon chopped dill (optional)

*Directions*

Mix feta, watermelon, and dill in a small bowl. Eat before watermelon get soggy.

*Nutrition Facts (per serving)*

2 servings

95 calories

3.6g protein

12.2g carbohydrates

.6g fiber

4.2g fat

**#111 Pumpkin Chocolate Bars**

### *Ingredients*

1/4 cup whole wheat flour  
1/4 cup protein powder  
2 cups rolled oats  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 cup peanut butter  
1 T cocoa powder  
1/4 cup agave nectar  
1/4 cup canned pumpkin  
1/4 cup sugar  
2 Tablespoons pumpkin seeds (pepitas)  
3 Tablespoons prunes, chopped

### *Directions*

Preheat oven to 350° and coat a 9" x 12" pan with cooking spray. Combine first five ingredients in a large mixing bowl. In a small bowl, mix agave, pumpkin, and sugar. Stir in peanut butter and mix well.

Add wet to dry and stir until well combined. Stir in chopped prunes and pumpkin seeds. Evenly press batter into pan. This will require a bit of work; as the batter is on the dry side, you'll have to redistribute it so the bars will cook evenly.

Bake for 15 minutes. Allow to cool before cutting into 8 bars. Enjoy!

### *Nutrition Facts (per serving)*

8 servings

300 calories

13.2g protein

40.2g carbohydrate

4g fiber  
11.1g fat

## **#112 Apple Chips**

### *Ingredients*

2 large apples  
2 tbspsugar  
1 tsp cinnamon

### *Directions*

Preheat oven to 200 F, and then thinly slice apples crosswise about 1/8-inch (2 mm) thick.

Arrange apple slices in a single layer on two parchment-lined rimmed baking sheets. In small bowl, combine sugar and cinnamon. Put mixture into a sieve and sprinkle evenly over apple slices.

Bake in the top and bottom third of the oven until apples are dry and crisp, about 2 hours. Remove from oven and let chips cool completely before transferring to a sealed container for up to 3 days.

### *Nutrition Facts (per serving)*

2 servings  
176 calories  
.4g protein  
45.9g carbohydrate  
6.5g fiber  
.3g fat



## **#113 Healthy Brownie Bites**

### *Ingredients*

15 pitted dates  
2/3 cup cocoa powder  
1 cup roasted almonds  
1 tablespoon honey  
2 tablespoons water  
confectioner's sugar (optional)

### *Directions*

Add almonds to food processor and pulse until ground. Add dates, cocoa powder, honey, and water. Mix until it just forms a sticky mass. Form dough into ball. Put a tablespoon of cocoa or confectioner's sugar on a plate. Roll balls in your hand and then roll in sugar or cocoa. Serve and enjoy.

### *Nutrition Facts (per serving)*

15 servings  
92 calories  
2.9g protein  
11.5g carbohydrate  
3g fiber  
5.4g fat

## **#114 Cauliflower**

### *Ingredients*

8 cups cauliflower from one large head  
1/8 cup soy sauce  
1 tablespoon vegetable oil  
1 teaspoon sugar  
1/2 teaspoon ground black pepper (optional)

### *Directions*

Chop cauliflower into small florets. Preheat oven to 450 F. Mix ingredients together in a large bowl and marinate for 20 minutes mixing once. Place on aluminum foil lined, rimmed baking sheet and roast for 20 minutes. Serve hot or cold.

### *Nutrition Facts (per serving)*

4 servings  
88 calories  
4.5g protein  
12.3g carbohydrates  
5.1g fiber  
3.6g fat

## **#115 Veggie Cups**

### *Ingredients*

2 carrots  
2 red peppers  
1 cucumber  
2 stalks celery  
1 container store-bought hummus or other dip

### *Directions*

Put 1 tablespoon hummus into bottom of a mini cup. Peel carrots. Slice carrots, red peppers, cucumber, and celery into 2 inch strips. Place veggies in cups, arranging for aesthetics. Leave out veggies that don't fit for additional dipping.

### *Nutrition Facts (per serving)*

10 servings

55 calories

2.5g protein

6.5g carbohydrate

2.3g fiber

2.5g fat

### **#116 Tortilla Bites**

#### *Ingredients*

1 whole wheat tortilla

1 tablespoon light cream cheese

1/2 carrot, grated

10 raisins

#### *Directions*

Spread cream cheese on tortilla. Add grated carrots and raisins and roll up. Slice into 10 pieces and enjoy.

*Nutrition Facts (per serving)*

5 servings

42 calories

1.1g protein

5.9g carbohydrate

.8g fiber

1.6g fat

**#117 Breakfast Quesadilla**

*Ingredients*

2 whole grain tortillas

1 ripe banana

1 tablespoon peanut butter

a few chocolate chips (optional)

*Directions*

Mash banana in bowl. Spread peanut butter and banana on tortilla. Next, add chocolate chips, and cover with other tortilla. Heat in microwave on high for 25 seconds.

*Nutrition Facts (per serving)*

2 servings

152 calories

4g protein

25.8g carbohydrates

3.5g fiber

4.9g fat

## **#118 Pickles**

### *Ingredients*

1 1/4 pounds pickling cucumbers, trimmed and cut into 1/4-inch slices

1 1/2 teaspoons salt

1 cup cider vinegar

1 cup white vinegar

1 cup light brown sugar

1 cup slivered onion

2 cloves garlic, slivered

1 teaspoon dill seed

1 teaspoon mustard seed

### *Directions*

Place cucumber slices in colander. Stir in salt. After letting stand for 20 minutes, rinse, drain and transfer to a large heatproof bowl.

At the same time, boil a mixture of cider vinegar, white vinegar, brown sugar, onion, garlic, dill and mustard seed in a saucepan. Reduce heat and simmer (approx. 10 minutes).

Pour the hot liquid over the cucumbers, stirring well. Refrigerate for at least 10 minutes to bring to room temperature.

### *Nutrition Facts (per serving)*

16 servings

10 calories  
1g protein  
2g carbohydrate  
1g fiber  
.5g fat

### **#119 Trail Mix**

#### *Ingredients*

1/4 cup Cheerios  
1 tablespoon pumpkin seeds  
2 teaspoons raisins  
2 teaspoons semisweet mini chocolate chips

#### *Directions*

Mix together Cheerios, pumpkin seeds, raisins and chocolate chips in a bowl.  
Serve and enjoy.

#### *Nutrition Facts (per serving)*

1 serving  
98 calories  
2g protein  
17g carbohydrate  
2g fiber  
3g fat

### **#120 Feta Dip**

### *Ingredients*

1/4 cup chopped fresh dill  
1 15-ounce can white beans, rinsed  
1 teaspoon freshly ground pepper  
3/4 cup nonfat plain yogurt  
1/2 cup crumbled feta cheese  
1 tablespoon lemon juice  
1 teaspoon garlic salt  
1/4 cup chopped fresh parsley  
1/4 cup chopped fresh mint  
1/4 cup chopped fresh chives

### *Directions*

Puree feta, garlic, pepper, salt, lemon juice, yogurt, and beans until smooth. Add herbs; puree until the herbs are incorporated. Chill before serving.

### *Nutrition Facts (per serving)*

8 servings  
32 calories  
2g protein  
5g carbohydrates  
1g fiber  
1g fat