

Recipe Finder Cookbook



Lifetime Nutrition and Wellness

Suggested Beverages Recipes

Created by: Compiled by the Statewide Instructional Resources Development Center with permission from USDA

This custom cookbook was created using recipes from the *SNAP-Ed Connection Recipe Finder Database*. Recipes included in the database have been reviewed by nutrition professionals at the SNAP-Ed Connection using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) and other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals.

For additional recipes and more information about the *SNAP-Ed Connection Recipe Finder Database*, please visit the Web site at <http://recipefinder.nal.usda.gov/>.

This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 for the contact information for your local SNAP office or visit the Web site at <http://www.fns.usda.gov/SNAP/>.

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Cafe Mocha

Yield: 2 servings

Serving size: 1/2 of recipe

Ingredients

1/3 cup milk (nonfat, dry)
 1 cup water
 1 cup coffee (brewed)
 4 tablespoons hot chocolate mix
 whipped topping (non-fat, optional)
 cinnamon (optional)

Instructions

1. Heat reconstituted non-fat dried milk in saucepan until warm; do not boil.
2. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
3. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired.

Notes

You can substitute 1 cup skim milk for the reconstituted non-fat dried milk.

Nutrition Facts	
Serving Size 1/2 of recipe (297g)	
Servings Per Container 2	
Amount Per Serving	
Calories 180	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	4%
Sugars 34g	
Protein 9g	
Vitamin A 8%	• Vitamin C 2%
Calcium 25%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

United States Department of Agriculture, [USDA'S Collection of Nonfat Dry Milk \(NDM\) Recipes](#)

Cost

Per recipe: \$0.91

Per serving: \$0.46

Cantaloupe Cooler

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

- 1 cantaloupe (ripe)
- 2 1/2 cups orange juice (cold)
- 2 tablespoons sugar (granulated)
- ice (crushed)

Instructions

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
3. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
4. Pour into glasses filled with crushed ice.

Notes

For a new twist, try other melons or strawberries in place of the cantaloupe.

Nutrition Facts	
Serving Size 1/8 of recipe (210g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 1g	
Vitamin A 45%	Vitamin C 40%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

California Department of Health Services, [Celebrate Health with a Lowfat Fiesta](#)
[California Project LEAN](#)

Cost

Per recipe: \$2.10
 Per serving: \$0.26

Fruit and Yogurt Breakfast Shake

Yield: 2 servings

Serving size: 1/2 of recipe

Ingredients

- 1 banana (medium, very ripe, peeled)
- 3/4 cups pineapple juice
- 1/2 cup yogurt, low fat vanilla
- 1/2 cup strawberries (remove stems and rinse)

Instructions

1. Blend banana with pineapple juice, yogurt and strawberries in a blender.
2. Blend until smooth.
3. Divide shake between 2 glasses and serve immediately.

Nutrition Facts	
Serving Size 1/2 of recipe (250g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 4g	
Vitamin A 2%	• Vitamin C 50%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Illinois, Extension Service, Recipes to Grow On

Cost

Per recipe: \$1.10
Per serving: \$0.55

Fruit Juice Slush

Yield: 6 servings
 Serving size: 1 cup

Ingredients

1 can fruit juice concentrate (12 ounce, 100%)
 12 ounces water
 3 cups ice

Instructions

1. In a blender, place juice concentrate, water and half of ice.
2. To prevent spillage, do not pass the top line of the blender.
3. Blend while gradually adding remaining ice. Serve.

Notes

Use any flavor of juice concentrate. If slush is too thick add more water.

Nutrition Facts	
Serving Size 1 cup prepared slush, 1/6 of recipe (156g) Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 1g	
Vitamin A 4%	• Vitamin C 130%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Hawaii at Manoa,
 Cooperative Extension, [Lifeskills in Food Education Food Skills Cookbook](#)
[Food Stamps Nutrition Education Program](#)

Cost

Per recipe: \$0.89
 Per serving: \$0.15

Fruit Milk Shakes

Yield: 2 servings
 Serving size: 1/2 recipe

Ingredients

- 1 cup milk (or water)
- 1/2 cup nonfat dry milk
- 2 banana (ripe, or 1/3 cup orange juice concentrate)
- 1 teaspoon vanilla
- 10 large ice cubes

Instructions

1. Place the following foods together in a blender. Blend for 30 seconds to 1 minute.

Nutrition Facts	
Serving Size 1/2 of recipe (386g)	
Servings Per Container 2	
Amount Per Serving	
Calories 220	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 43g	14%
Dietary Fiber 3g 12%	
Sugars 30g	
Protein 12g	
Vitamin A 15%	Vitamin C 20%
Calcium 40%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Cornell Cooperative Extension of Onondaga County, Cooking with What You Have

Cost

Per recipe: \$0.75
 Per serving: \$0.38

Fruit Slush

Yield: 4 servings
 Serving size: 1/4 of recipe

Ingredients

- 2 2/3 cups cantaloupe or watermelon (coarsely chopped, - seeded, peeled)
- 1 2/3 cup kiwi (coarsely chopped, optional)
- 2 tablespoons sugar
- 2 tablespoons lime juice
- 2 cups water
- ice

Instructions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Nutrition Facts	
Serving Size 1/4 of recipe (239g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	
Vitamin A 70%	• Vitamin C 70%
Calcium 2%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Source

Oregon State University
 Cooperative Extension Service,
 Pictorial Recipes
 Lynn Myers Steele, 2000
 Oregon Family Nutrition
 Program

Cost

Per recipe: \$1.37
 Per serving: \$0.34

Fruit Smoothie

Yield: 2 servings
 Serving size: 1/2 of recipe

Ingredients

- 1 banana (large)
- 1 cup fresh peaches or strawberries
- 1 carton vanilla yogurt (8 ounces)
- 1/2 cup fruit juice

Instructions

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

Nutrition Facts	
Serving Size 1/2 of recipe (316g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	12%
Sugars 35g	
Protein 7g	
Vitamin A 2%	• Vitamin C 90%
Calcium 20%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.43
 Per serving: \$0.71

Lemonade

Yield: 1 servings
Serving size: 1 glass

Ingredients

1 lemon
3/4 cups water
2 tablespoons sugar

Instructions

1. Cut lemon in half crosswise.
2. Place lemon half on juicer. Push and twist to squeeze out the juice.
3. Pour juice into glass. Add about 3/4 cup water.
4. Add sugar, stirring to mix ingredients.

Create-a-Flavor Changes

- Squeeze one-half each lemon and lime.
- Squeeze one-half each lemon and orange.
- Add 1/4 cup apple juice concentrate and leave out the sugar.
- Use 1/4 cup seltzer water and 1/2 cup water.

Nutrition Facts	
Serving Size 1 glass lemonade approx. 1 cup (248g) Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 0g	
Vitamin A 0%	• Vitamin C 40%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Cornell Cooperative Extension,
Division of Nutritional Sciences,
Cooking Up Fun - A Pyramid of
Snacks

Cost

Per recipe: \$0.25
Per serving: \$0.25

Mango Shake

Yield: 4 servings
 Serving size: 3/4 cup

Ingredients

- 2 cups milk (low-fat 1%)
- 4 tablespoons mango juice (or 1 fresh pitted mango) (frozen)
- 1 banana (small)
- 2 ice cubes

Instructions

1. Put all ingredients into a blender. Blend until foamy. Serve immediately.

Nutrition Facts	
Serving Size 3/4 cup (174g)	
Servings Per Container 4	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 4g	
Vitamin A 8%	• Vitamin C 8%
Calcium 15%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

National Heart, Lung and Blood Institute (NHLBI), [Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables](#)

Cost

Per recipe: \$1.06
 Per serving: \$0.27

Orange Banana Frosty

Yield: 2 servings
 Serving size: 1/2 cup

Ingredients

- 1 banana (frozen)
- 1/2 cup low-fat yogurt (plain)
- 1/2 cup orange juice (prepared)

Instructions

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Nutrition Facts	
Serving Size 1/2 Cup (179g)	
Servings Per Container 2	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 19g	
Protein 4g	
Vitamin A 2%	• Vitamin C 10%
Calcium 10%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Nebraska, Recipe Collection, p.5
 Staff from the University of Nebraska-Lincoln Cooperative Extension

Cost

Per recipe: \$1.75
 Per serving: \$0.88

Orange Cow

Yield: 3 servings
Serving size: 8 ounces

Ingredients

- 2 cups orange juice (frozen, 1 6 oz. can)
- 2 cups water (cold)
- 1/3 cup milk (nonfat, dry)
- 1 teaspoon vanilla
- 1 cup ice (more)

Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and ? cup nonfat dry milk

Nutrition Facts	
Serving Size 8 ounces (319g)	
Servings Per Container 3	
Amount Per Serving	
Calories 170	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 34g	
Protein 7g	
Vitamin A 10%	Vitamin C 160%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Montana State University
Extension, Nutrition Education
Programs, [Buy Better. Eat Better. recipes](#)

Cost

Per recipe: \$0.79
Per serving: \$0.26

Orange Delight Juice

Yield: 4 servings
 Serving size: 1/4 of recipe

Ingredients

- 1 cup orange juice
- 1/2 banana
- 1 cup apple juice
- 1 teaspoon honey
- 1/8 teaspoon cinnamon
- 1 cup ice (crushed)

Instructions

1. Blend at high speed in blender until frothy.

Nutrition Facts	
Serving Size 1/4 serving (162g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 1g	
Vitamin A 2%	• Vitamin C 60%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

USDA Food Distribution
 Program on Indian Reservations,
[A River of Recipes](#)
[Native American Recipes Using Commodity Foods](#)

Cost

Per recipe: \$0.86
 Per serving: \$0.21

Peach Cooler

Yield: 2 servings

Serving size: 1 cup

Ingredients

2 cups lowfat milk
 1 cup canned peaches (drained, or 1 cup of sliced fresh peaches)
 1/2 teaspoon lemon juice
 1 dash nutmeg (of, if desired)

Instructions

1. Put the ingredients in a blender. Blend well.
2. Sprinkle with nutmeg if you like.
3. Serve cold.

Nutrition Facts	
Serving Size 1 cup, 1/2 recipe (376g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 150mg	6%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 9g	
Vitamin A 20%	• Vitamin C 4%
Calcium 30%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.02
 Per serving: \$0.51

Peanut Butter Banana Breakfast Shake

Yield: 1 servings
Serving size: 1 glass

Ingredients

- 1 cup milk (fat free or 1%)
- 1/2 cup banana (frozen, slices)
- 1 tablespoon peanut butter
- 1/4 teaspoon cinnamon (ground)
- 1/2 teaspoon vanilla extract
- 1 cocoa powder (as needed, sweet, optional)

Instructions

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

Nutrition Facts	
Serving Size 1 shake (342g)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 200mg	8%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 23g	
Protein 14g	
Vitamin A 10% • Vitamin C 15%	
Calcium 25% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Nebraska, Cooperative Extension, [Healthy Eating Recipes](#)

Cost

Per recipe: \$0.46
Per serving: \$0.46

Purple Cow

Yield: 3 servings
 Serving size: 8 ounces

Ingredients

- 1 can grape juice (6 oz., frozen)
- 2 cups water (cold)
- 1/3 cup milk (nonfat, dry)
- 1 teaspoon vanilla
- 1 cup ice (or more)

Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and ? cup nonfat dry milk

Nutrition Facts	
Serving Size 8 ounces (317g)	
Servings Per Container 3	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 31g	10%
Dietary Fiber 0g 0%	
Sugars 31g	
Protein 6g	
Vitamin A 6%	• Vitamin C 140%
Calcium 20%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Montana State University
 Extension, Nutrition Education
 Programs, [Buy Better. Eat Better. recipes](#)

Cost

Per recipe: \$0.97
 Per serving: \$0.32

Summer Breeze Smoothies

Yield: 3 servings
Serving size: 1 Cup

Ingredients

- 1 cup yogurt (nonfat, plain)
- 6 strawberries (medium)
- 1 cup pineapple (crushed, canned in juice)
- 1 banana (medium)
- 1 teaspoon vanilla extract
- 4 ice cubes

Instructions

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Nutrition Facts	
Serving Size 1 Cup (252g)	
Servings Per Container 3	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 22g	
Protein 4g	
Vitamin A 8%	Vitamin C 50%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Heart Healthy Home
Cooking: African American Style

Cost

Per recipe: \$1.81
Per serving: \$0.60