

CRANAPPLE CIDER

Yield: 1 gallon + 1 pint (18 cups) Serving: 1 cup

INGREDIENTS

2 qts. prepared **NutriCare Cranberry Beverage Crystals**

2½ qts. apple cider

2 cinnamon sticks

1 tsp. whole cloves

¼ tsp. ground nutmeg

INSTRUCTIONS

- Combine ingredients in a large saucepan.
- Simmer over low heat for 20 minutes, stirring occasionally.
Do not boil.
- Remove from heat. Discard spices.
- Serve warm.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 0g		0%	Total Carbohydrate 17g
Sodium 15mg		1%	Sugars 15g	
			Protein 0g	
			Vitamin C 45%	

Serving Size 1 cup
Calories 70
*Percent Daily Values are based on a 2,000 calorie diet.

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium, and iron.

FRUIT FRAPPÉ

Yield: 5 ½ cups Serving: 1 cup

INGREDIENTS

3 cups prepared **NutriCare Beverage Crystals** (1 cup each Lemonade, Fruit Punch and Orange, or any combination)

1½ cups nonfat vanilla frozen yogurt

1 cup fresh or frozen strawberries

1 ripe banana, cut into small pieces

INSTRUCTIONS

- Combine all ingredients in a blender. Mix until smooth.

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Serving Size 1 Cup		Total Fat 2g	3%	Dietary Fiber 1g	5%
Calories 90		Sodium 25mg	1%	Sugars 5g	
Calories from Fat 15		Total Carbohydrate 17g	6%	Protein 1g	
*Percent Daily Values are based on a 2,000 calorie diet.		Vitamin C 80% • Calcium 8%			
Not a significant source of saturated fat, cholesterol, vitamin A, and iron.					

FRUIT PUNCH

Yield: 1 gallon Serving: 1 cup

INGREDIENTS

½ gal. prepared **NutriCare Sugar-Free Fruit Punch**

½ gal. sugar-free lemon-lime soda

Fruit cocktail in light syrup, drained*

* adds a trivial amount of sugar

INSTRUCTIONS

- Combine **NutriCare Sugar-Free Fruit Punch** with soda in a blender.
- Mix on low until well blended.
- Garnish with fruit cocktail.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 cup Calories 5 <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Total Fat 0g	0%	Total Carbohydrate 2g
	Sodium 20mg	1%	Sugars 1g	
			Protein 0g	
			Vitamin C 50%	
	<small>Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium, and iron.</small>			

ORANGE CIDER

Yield: 1 gallon (16 cups) Serving: 1 cup

INGREDIENTS

2 qts. prepared **NutriCare Orange Beverage Crystals**

2 qts. apple cider or unsweetened apple juice

2 cinnamon sticks

1 tsp. whole cloves

¼ tsp. ground nutmeg

INSTRUCTIONS

- Simmer all ingredients in a large saucepan over low heat for 20 minutes, stirring occasionally. Do not boil.
- Remove and discard cinnamon sticks and cloves.
- Garnish each cup with an additional cinnamon stick or orange slice, if desired and serve warm.

Nutrition Facts Serving Size 1 Cup Calories 60 Calories from Fat 0 *Percent Daily Values are based on a 2,000 calorie diet.	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 0g		0%	Total Carbohydrate 14g
Sodium 5mg		0%	Sugars 13g	
			Protein 0g	
	Vitamin C 50%	• Calcium 2%	Iron 2%	
	Not a significant source of saturated fat, cholesterol, dietary fiber, and vitamin A.			

STRAWBERRY LEMONADE

Yield: 2 ½ cups Serving: 1 cup

INGREDIENTS

1½ cups prepared **NutriCare Lemonade Beverage Crystals**

1 cup fresh or frozen strawberries

INSTRUCTIONS

- Combine ingredients in a blender. Mix until smooth.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 Cup Calories 35 Calories from Fat 0 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 0g	0%	Dietary Fiber 2g
	Sodium 0mg	0%	Sugars 4g	
	Total Carbohydrate 9g	3%	Protein 0g	
	Vitamin C 130% • Calcium 4%		Iron 4%	
	Not a significant source of saturated fat, cholesterol, and vitamin A.			

SUMMER COOLER

Yield: 1.75 quarts (7 cups) Serving: 1 cup

INGREDIENTS

1½ cups prepared **NutriCare Sugar-Free Raspberry Tea**

½ cup cold orange juice

1-2 Tbsp. lime juice

5 cups crushed ice

INSTRUCTIONS

- Combine **NutriCare Sugar-Free Raspberry Tea** with orange and lime juices in a blender. Mix on low until well blended.
- Add ice and mix until smooth.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 cup Calories 10	Total Fat 0g	0%	Total Carbohydrate 2g
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	Sodium 0mg	0%	Protein 0g	
			Vitamin C 30%	
	<small>Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, sugars, vitamin A, calcium, and iron.</small>			

TANGY TROPICAL PUNCH

Yield: 1 gallon (16 cups)

Serving: 1 cup

INGREDIENTS

1 2-quart package **NutriCare Orange Beverage Crystals**

1 2-quart package **NutriCare Lemon Beverage Crystals**

Fresh lemon and orange slices (optional)

INSTRUCTIONS

- Prepare **NutriCare Beverage Crystals** according to package directions.
- Combine beverages and garnish with fruit slices.

Note: To make 4 gallons (64 1-cup servings), use 2-gallon packages of **NutriCare Beverage Crystals**.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 0g		0%	Total Carbohydrate 0g
Sodium 0mg		0%	Protein 0g	
			Vitamin C 100%	

*Percent Daily Values are based on a 2,000 calorie diet.

Not a significant source of calories from fat, saturated fat, cholesterol, dietary fiber, sugars, vitamin A, calcium, and iron.