

Sunshine Smoothie



INGREDIENTS

- 1 cup milk (or almond milk or favorite flavored milk)
 - *use non-dairy milk
- ¼ mango, peeled
- 1 cup kale, chopped with stem removed, or other greens of your choice
- ½ banana
- ½ orange, peeled and seeded

NUTRITION FACTS

1 serving
 Calories: 265
 Fat: 1 g
 Sodium: 158 mg
 Total Carbohydrate: 56 g
 Dietary fiber: 6 g
 Protein: 12.5 g



DIRECTIONS

Add all ingredients to the blender and blend well.

The Simple Green Smoothie Formula



INGREDIENTS

- 1-1½ cups leafy greens (spinach, kale, or other)
- 2 cups liquid (nonfat milk, yogurt thinned with a little milk, *almond milk, water, or juice)
- 3 cups fresh or unsweetened frozen fruit (banana, mango, berries, orange, peach, pineapple, etc.)
- Some frozen fruit is nice to use to chill smoothie

DIRECTIONS

1. Blend leafy greens and liquid base together first.
2. Add fruit, blending in stages.

NOTE: Can use food processor as well.

NUTRITION FACTS 2 servings

Calories: 188 Total Carbohydrate: 38.6 g
 Fat: .5 g Dietary fiber: 5.4 g
 Sodium: 145 mg Protein: 9 g
 (Varies depending on liquid and fruit used.
 This calculated with nonfat milk and Dole mixed frozen fruit.)

Super Smoothie



INGREDIENTS

- ¾ cup packed romaine
- 1 cup chopped cucumber
- 1 cup peeled, chopped orange
- 1½ cups chopped ripe pear
- 1 Tbsp. peeled, minced fresh ginger
- ¼ cup packed chopped greens
- Pinch of kosher salt

DIRECTIONS

1. Add 2 cups cold water and all ingredients to blender or food processor.
2. Blend on high until smooth, and serve over ice.

NUTRITION FACTS 2 servings

Calories: 134 Total Carbohydrate: 33.5 g
 Fat: 0.5 g Dietary fiber: 6.5 g
 Sodium: 227 mg Protein: 2 g

Mango Pineapple Salsa (V) (GF)

INGREDIENTS

2 mangoes, peeled and diced
 ¾ cup pineapple, chopped (fresh preferred, but if using
 canned, look for tidbits with no added sugar)
 ½ medium red bell pepper, diced
 ¼ cup red onion, finely diced
 1 jalapeño, seeded and minced, optional
 1-2 Tbsp. fresh cilantro, chopped
 ¼ tsp. salt
 1 lime, juiced (2-3 Tbsp. juice)

NUTRITION FACTS *6 servings*

Calories: 90 Total Carbohydrate: 22.8 g
 Fat: 0.5 g Dietary fiber: 2.7 g
 Sodium: 105 mg Protein: 1.4 g

DIRECTIONS

1. Chop and combine all ingredients.
2. Serve with tortilla chips or use as a topping for tacos, fish, or chicken.



Veggie-Punched Guacamole (V) (GF)

INGREDIENTS

4 large avocados, peeled and pitted
 ¼ cup red onion, diced
 3 Tbsp. cilantro, chopped
 2 Tbsp. lime juice
 ½ tsp. garlic powder
 1 jalapeño, seeded and minced, optional
 ½ green bell pepper, seeded and diced
 ½ red bell pepper, seeded and diced
 1 Roma tomato, seeded and diced
 ½ tsp. salt

DIRECTIONS

1. In a large bowl, mash avocado with a fork, until slightly chunky.
2. Stir in lime juice and salt. Then add onion, cilantro, lime juice, garlic powder, jalapeño, bell peppers and tomato.
3. Serve immediately with tortilla chips.

NUTRITION FACTS *6 servings*

Calories: 208 Total Carbohydrate: 13.5 g
 Fat: 18 g Dietary fiber: 8.8 g
 Sodium: 296 mg Protein: 3 g

Fresh Salsa (V) (GF)

INGREDIENTS

2-3 medium tomatoes (1-1½ lb.), seeded and diced
 2 Tbsp. fresh lime juice
 ¼ tsp. freshly ground pepper
 1 jalapeño pepper, seeded and minced or 2 Tbsp. chopped green chiles (optional)
 ½ cup onion, diced
 1-2 Tbsp. fresh cilantro, chopped
 Salt to taste

DIRECTIONS

Combine all ingredients in a bowl and serve.



NUTRITION FACTS		4 servings
Calories: 28	Total Carbohydrate: 6.6 g	
Fat: 0.2 g	Dietary fiber: 1.7 g	
Sodium: 153 mg	Protein: 1.1 g	

Creamy Garlic-Herb Dip (GF)

INGREDIENTS

½ cup (4 oz.) ½-less fat cream cheese
 ¼ cup milk
 1 tsp. lemon juice or vinegar
 ½ tsp. onion powder
 1 Tbsp. minced fresh chives (or 1 tsp. dried)
 1 Tbsp. minced fresh dill (or 1 tsp. dried)
 1 Tbsp. minced fresh parsley (or 1 tsp. dried)
 ¼ tsp. salt
 ⅛ tsp. pepper
 1 small garlic clove, minced

DIRECTIONS

1. Combine milk and lemon juice or vinegar and let sit for 10 minutes.
2. Place all ingredients including milk/ lemon mixture in large bowl. Beat with a mixer or by hand until smooth and fully combined.
3. Serve with fresh veggies for dipping!

NUTRITION FACTS		6 servings
Calories: 44	Total Carbohydrate: 2 g	
Fat: 3 g	Dietary fiber: 0 g	
Sodium: 126 mg	Protein: 2.3 g	



Healthier Spinach and Artichoke Dip



INGREDIENTS

- 1 Tbsp. olive oil
- 1 cup chopped onion
- 2 cloves garlic
- 1 (9 oz.) package artichoke hearts, defrosted, rinsed and dried
- ¾ lb. fresh in-season spinach, cooked down with excess liquid squeezed out (or 10 oz.) package frozen chopped spinach defrosted, excess liquid squeezed out)
- ½ cup reduced fat sour cream
- 2 Tbsp. mayo
- ½ cup reduced fat cream cheese
- ½ cup mozzarella cheese
- ½ tsp. salt
- ¼ tsp. pepper



NUTRITION FACTS		<i>12 servings</i>
Calories: 100	Total Carbohydrate: 5 g	
Fat: 7 g	Dietary fiber: 2 g	
Sodium: 211 mg	Protein: 4 g	

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Heat oil in pan and add onions, cooking for 4-5 minutes. Add garlic and cook an additional 3 minutes. Remove from heat and cool.
3. In food processor, combine artichoke hearts, spinach, sour cream, mayo, cream cheese and mozzarella, salt and pepper. Process until smooth. Add cooled onion and garlic mixture and pulse to combine.
4. Put mixture in 8 inch square glass baking dish or 9 inch pie plate which has been sprayed with cooking spray. Bake 15-20 minutes. Serve with veggies, crackers, pita, or tortilla chips.

If you want a vegan version – check out recipes that include non-dairy milk and richer versions made with raw cashews.

Tzatziki – Cucumber Yogurt Dip



INGREDIENTS

2 cups plain Greek Yogurt (can use dairy free)
 1 cup shredded or diced cucumber
 2 Tbsp. lemon juice or white wine vinegar
 2 cloves of garlic, minced
 1 Tbsp. chopped fresh dill
 Salt and pepper to taste

NUTRITION FACTS 6 servings
 Calories: 55 Total Carbohydrate: 5 g
 Fat: .5 g Protein: 9 g
 Sodium: 30 mg

DIRECTIONS

1. Prep cucumber (shred or dice). To remove excess moisture, sprinkle a pinch of salt onto cut cucumber. Let sit a few minutes and then hand squeeze excess moisture in fine mesh colander.
2. Mix together yogurt, cucumber, dill, garlic, and lemon. Season with salt and pepper

Peach and Strawberry Smoothie



INGREDIENTS

2 ripe peaches, peeled, pitted, and sliced
 1 cup strawberries
 1 banana, peeled and cut into chunks
 1 cup orange juice
 5-8 ice cubes

NUTRITION FACTS 2 servings
 Calories: 110 Total Carbohydrate: 26 g
 Fat: 0 g Dietary fiber: 3 g
 Protein: 2 g

DIRECTIONS

1. Add fruit to a blender or food processor and blend until smooth.
2. Add orange juice. Blend until smooth.
3. Add a few ice cubes at a time, blending between, until desired texture is reached.

Calming Creamy Turmeric Tea



INGREDIENTS

1 cup almond milk
 ½ tsp. turmeric
 1 tsp. cinnamon
 1 tsp. honey
 ¼ tsp. ginger

NUTRITION FACTS 1 serving
 Calories: 140 Total Carbohydrate: 21 g
 Fat: 5 g Dietary fiber: 1 g
 Sodium: 135 mg Protein: 4 g

DIRECTIONS

1. Heat almond milk in microwave
2. Stir in turmeric, cinnamon, and ginger. Drizzle honey on top.