



## Recipe Collection



HEALTHWISE *Big Taste. Small Waste.*



## HealthWise Recipe Collection

Each recipe in this collection from Nutritional Resources, Inc. features at least one **HealthWise** product that serves as the recipe's high-protein, low-carbohydrate, low-fat foundation. The additional ingredients build on no- or low-calorie flavors, textures, and nutrients. The result: an easy and tasty meal, snack, or beverage that you can select to include in your weight management program. (Use the nutritional information we've included to assist your selection.)

We hope you'll enjoy these new ways to incorporate favorite **HealthWise** products into your healthy diet. Flip to the following page, and you'll find those favorites in the **Index of HealthWise Ingredients**.



HEALTHWISE *Big Taste. Small Waist.*

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# Dips, Sauces, and Appetizers



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## Veggie Dip

Serves 4

- 1 package HealthWise Cream of Chicken Soup
- 1 cup low-fat cottage cheese
- 1 scallion, minced
- Dash of garlic powder

1. Combine all ingredients in a blender and puree until creamy.
2. Cover and chill.
3. Serve with assorted vegetables.

Nutrition Per  
Serving

Calories 60  
Fat 1 g  
Carbohydrates 5 g

Fiber <0.1 g  
Protein 9 g

**Scallions** is a fancy word for green onions. (In some regions they are also referred to as **shallots**, but scallions are not, in fact, shallots. They can be substituted for shallots in a pinch, though.) Shop for scallions with thin white bulbs, rather than rounder, thicker bulbs. Trim off the root end, the outer layer of skin, and all but one or two inches of the green tops before using.



## Beefy Dip

Serves 3

- 1 package HealthWise Beef Bouillon Soup
- 1 6 oz. fat-free cottage cheese
- 1 tbsp. lemon juice
- ¼ cup vinegar
- ¾ cup low-fat salad dressing (e.g., blue cheese flavor)
- 1 tsp. onion powder
- Pepper to taste
- 1 tsp. dill weed
- 1 tsp. chives
- 1 tsp. parsley
- 1 tsp. dry mustard
- 1 tsp. curry powder
- 2 drops green food coloring

Mix all ingredients in blender on low until smooth.

Nutrition Per  
Serving

Calories 130  
Fat 0.23 g  
Carbohydrates 12 g

Fiber 0 g  
Protein 20 g

## Sweet and Sour Sauce/Dip #1

Serves 2

- 2 packages HealthWise Honey Dijon Salad Dressing
- 1 package HealthWise Bouillon Tomato Soup
- 1/4 cup vinegar
- 1/4 cup water
- 2 packets diet sweetener

1. Place all ingredients in a small mixing bowl.
2. Mix thoroughly until mixture is creamy.
3. Serve with lean meat strips or meatballs.

Nutrition Per  
Serving

Calories 77  
Fat 0 g  
Carbohydrates 10 g

Fiber <1 g  
Protein 8 g



## Sweet and Sour Sauce/Dip #2

Serves 2

- |   |                          |
|---|--------------------------|
| 2 packages HealthWise<br>Tomato Bouillon Soup | 3 packets diet sweetener |
| 4 package HealthWise Honey<br>Dijon Dressing  | Black pepper to taste    |
| 4 oz. hot water                               | Garlic powder to taste   |
| 4 oz. white wine vinegar                      | Oregano to taste         |
|   | Parsley to taste         |
|   | Onion powder to taste    |

1. Dissolve tomato soup in water.
2. Add remaining ingredients.
3. Mix thoroughly.
4. Refrigerate until ready to use.
5. Serve with lean meat strips or meatballs.

Nutrition Per  
Serving

Calories 142  
Fat 0 g  
Carbohydrates 20 g

Fiber 0 g  
Protein 16 g

## Cheese Dip

Serves 4

1 package HealthWise Chicken Bouillon Soup  
2 oz. low-fat sharp cheddar cheese  
¼ cup cold water  
Dash of cayenne pepper

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1. Process all ingredients in a blender until smooth.
  2. Cover and chill.
- 

Nutrition Per Serving	Calories 58 Fat 3 g Carbohydrates 1 g	Fiber 0 g Protein 7 g
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Cheddar cheese is named for the village of Cheddar in Somerset, England, where the cheese originated. Cheddar Gorge, on the edge of the village, contains a number of caves, which traditionally provided the ideal humidity and constant temperature for maturing the cheese. Cheddar comes in a variety of strengths, based on the maturation process or food additives used to enhance the flavor, including mild, medium, strong, tasty, sharp, extra sharp, mature, old, or vintage. Perhaps those same adjectives could be used to distinguish our various in-laws.

## Cheese Sauce for Vegetables

Serves 1

1 package HealthWise Chicken Bouillon Soup  
6 oz. water  
2 oz. fat-free Swiss or fat-free American cheese

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1. Dissolve chicken soup in water.
  2. Add cheese.
  3. Heat until cheese melts and mixture thickens.
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Nutrition Per Serving Using Fat-Free Swiss Cheese	Calories 151 Fat 0 g Carbohydrates 6 g	Fiber 0 g Protein 29 g
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## Hi-Pro BBQ Sauce

Serves 4

1 package HealthWise Cream  
of Tomato Soup  
¼ cup vinegar

½ cup water  
Onion powder to taste  
Garlic powder to taste

Mix all ingredients to a smooth consistency.

Nutrition Per  
Serving

Calories 25  
Fat 0 g  
Carbohydrates 3 g

Fiber 0 g  
Protein 4 g



## Barbeque Sauce and Spice

Serves 1

1 package HealthWise Tomato  
Bouillon Soup  
¼ cup vinegar  
2 tbsp. lemon juice

2 packets diet sweetener  
¼ cup boiling water  
Garlic powder to taste  
Chili powder to taste

1. In a medium bowl combine all ingredients.
2. Refrigerate until ready to use.

Nutrition Per  
Serving

Calories 104  
Fat 0.2 g  
Carbohydrates 9 g

Fiber 0 g  
Protein 15 g

## A la King Sauce

Makes 1 cup; Serving size 1 tablespoon

- |   |                           |
|---|---------------------------|
| 1 package HealthWise Cream of Mushroom Soup | 1 tbsp. mushrooms, sliced |
| 6 oz. boiling water                         | No-stick cooking spray    |
| 1 tbsp. green pepper, chopped               | ½ tbsp. pimento, chopped  |

1. Sauté green pepper and mushrooms using no-stick cooking spray until softened.
2. Remove from heat and add pimentos. Reserve.
3. Add water to prepared mushroom soup mix and stir until completely dissolved.
4. Add green pepper mixture and mix. Serve.

Nutrition Per Serving	Calories 6 Fat 0.08 g Carbohydrates 0.43 g	Fiber 0.02 g Protein 0.96 g
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*A la King sauce typically accompanies chicken. And just who is the king it is named after? There's no benevolent monarch or beheading tyrant. It may, in fact, be William King, a cook at the Bellevue Hotel in Philadelphia in the 1890s who may have invented the sauce. Or it may not be a King at all: several accounts allege the sauce was originally called A La Keene sauce, after London's Keene family members in the 1880s.*

## Instant Chicken Gravy

Serves 1

- 1 package HealthWise Cream of Chicken Soup  
½ cup warm water

In a small bowl, mix ingredients together until thick.

Nutrition Per Serving	Calories 95 Fat 2 g Carbohydrates 5 g	Fiber 0 g Protein 15 g
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## Beef Marinade

Serves 2

1 package HealthWise Beef Bouillon Soup	2 packets diet sweetener
$\frac{1}{4}$ cup water	$\frac{1}{2}$ tbsp. ground ginger
	$\frac{1}{4}$ tsp. garlic powder

1. Dissolve beef soup in water.
2. Add remaining ingredients and stir until mixed well.
3. Allow meat to marinate about 5 hours in a covered dish.

Nutrition Per Serving	Calories 44 Fat 0.15 g Carbohydrates 3 g	Fiber <0.1 g Protein 8 g
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## Stuffed Mushrooms

Serves 2

- 1 package HealthWise Beef Bouillon Soup
- 2 oz. low-fat Swiss cheese, grated
- 8 medium-sized mushrooms

1. Preheat oven to 400°.
2. Clean mushrooms and separate stems. Chop stems and mix with Swiss cheese.
3. Make mushroom cups by scooping out the remaining mushroom caps.
4. Place mixture in each mushroom cup. Sprinkle beef soup and a small amount of water over each mushroom.
5. Bake 5 to 10 minutes.

Nutrition Per Serving	Calories 102 Fat 2 g Carbohydrates 4 g	Fiber 1 g Protein 18 g
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## Salsa Dip

Serves 1

1 package HealthWise Cream of Tomato Soup	Chili powder, as desired
½ cup tomato, chopped	1½ tsp. dried red pepper flakes
½ cup green pepper, chopped	Hot sauce, as desired
½ cup green onion, chopped	1 cup water
½ cup vinegar	

1. In a small bowl mix together tomato, green pepper, green onion, vinegar, chili powder, and hot sauce.
2. Heat water for soup and prepare soup as directed.
3. Combine tomato mixture with soup.
4. Refrigerate for two hours before serving.

Nutrition Per Serving

Calories 183

Fat 3.4 g

Carbohydrates 23 g

Fiber 2.4 g

Protein 17 g



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## Turkey Chili

Serves 6

2 packages HealthWise Cream of Tomato Soup	2 cups tomatoes, chopped
12 oz. ground turkey	$\frac{3}{4}$ cup water
1 cup green peppers, chopped	1 tbsp. chili powder
1 cup onions, diced	1 tbsp. cumin
	2 packets diet sweetener

1. In a non-stick skillet combine turkey, green peppers, and onion. Brown over medium heat.
2. Drain, and add remaining ingredients.
3. Mix well, and simmer 15 minutes.

Nutrition Per Serving	Calories 203	Fiber 2 g
	Fat 9 g	Protein 124 g
	Carbohydrates 11 g	

**Cumin**, cumin! Just how do we pronounce this herb? Come in, koo min, cue min? The U.S. pronunciation is typically **come in**, but cue min is also acceptable. The word has French, Latin, Greek, Arabic, and Sumerian roots, so we've surely bungled its original pronunciation. The seasoning comes from the seed of a flowering Old World plant that is a member of the parsley family. Chili and curry powders both contain cumin.

## Chili for One

Serves 1

1 package HealthWise Tomato Bouillon Soup	8 oz. boiling water
4 oz. ground round steak	$\frac{1}{2}$ tbsp. chili powder to taste
$\frac{1}{2}$ cup green onions	$\frac{1}{2}$ cup bean sprouts

1. Brown ground round, adding green onions when beef is nearly cooked .
2. Dissolve tomato soup in water.
3. Add to mixture along with chili powder and bean sprouts.
4. Simmer for 30 minutes.

Nutrition Per Serving	Calories 300	Fiber 3.3 g
	Fat 7 g	Protein 44 g
	Carbohydrates 17 g	

## Chicken Soup

Serves 1

1 package HealthWise Chicken Bouillon Soup	1 cup water
4 oz. chicken breast	Poultry seasoning to taste
½ cup celery, diced	Onion powder to taste
¼ cup any vegetable permitted on diet plan, chopped	Garlic powder to taste
	Ground pepper to taste
	Thyme to taste

1. Brown the chicken in a saucepan.
2. Mix in all other ingredients.
3. Cook on medium heat until vegetables are tender and chicken is cooked through.

Nutrition Per  
Serving

Calories 289  
Fat 5 g  
Carbohydrates 12 g

Fiber 1.2 g  
Protein 51 g



## Chicken Vegetable Soup

Serves 1

1 package HealthWise Chicken Bouillon Soup	¼ cup green pepper, chopped
4 oz. white chicken meat in chunks or strips	¼ cup broccoli, chopped
8 oz. water	¼ cup cauliflower, chopped
¼ cup summer squash	¼ cup green beans, sliced
	¼ cup tomatoes, chopped
	Seasonings to taste

1. Boil chicken in the water for a half hour.
2. Add vegetables, seasonings, and chicken soup to chicken in water.
3. Boil for 15 minutes, and then simmer until vegetables are tender (about 5 minutes).

Nutrition Per  
Serving

Calories 340  
Fat 5 g  
Carbohydrates 19 g

Fiber 10 g  
Protein 55 g

## Cream of Chicken and Broccoli Soup

Serves 1

1 package HealthWise Cream of Chicken Soup	1 cup broccoli florets, chopped
1 cup hot water	Salt and pepper to taste
6 oz. chicken, boiled	Dash of nutmeg (optional)

1. In a saucepan on medium heat, mix soup with water until smooth.
2. Add chicken and broccoli to soup.
3. Season with salt, pepper, and nutmeg.
4. Reduce heat and simmer for 4-5 minutes, or until heated through.

Nutrition Per Serving	Calories 317 Fat 4 g Carbohydrates 16 g	Fiber 5 g Protein 58 g
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"When I'm feeling down, I make myself a big bowl of Up Soup. The bowl only looks empty, but in reality it's full of hope. Grab a spoon, there's plenty for both of us."

— Jarod Kintz

*A Zebra is the Piano of the Animal Kingdom*

## Broccoli Bisque

Serves 1

1 package HealthWise Cream of Chicken Soup	1 tbsp. dried onion
1 cup broccoli	1 cup hot water
	Ground pepper to taste

1. Fill a medium saucepan with one-half inch of water. Add in broccoli and onion. Cover, and bring to a boil.
2. Cook broccoli and onion for another 2 minutes, or until bright green.
3. Combine the broccoli, onion, 1 cup of water, pepper, and soup mix in a blender, and puree until smooth.

Nutrition Per Serving	Calories 167 Fat 3 g Carbohydrates 20 g	Fiber 6 g Protein 19 g
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## Broccoli Soup

Serves 3

1 package HealthWise Chicken Bouillon Soup	1½ cups broccoli, chopped ¼ cup green onion, sliced
2 packages HealthWise Cream of Broccoli Soup	2 cups skim milk Dash of ground pepper

1. Boil vegetables in about an inch of water in a large saucepan.
2. Reduce heat and cover until tender (about 10 minutes).
3. Add milk and pepper.
4. Remove from heat.
5. Stir in HealthWise Broccoli Soup and Chicken Bouillon Soup mix until dissolved.

Nutrition Per  
Serving

Calories 231  
Fat 0.73 g  
Carbohydrates 22 g

Fiber 3 g  
Protein 23 g



## Cream of Broccoli Super Soup

Serves 1

- 1 package HealthWise Cream of Broccoli Soup
- 1 cup frozen broccoli-cauliflower mix
- 6 oz. water
- Ground black pepper to taste

1. Cook broccoli-cauliflower mix in microwave oven or on stove according to package directions, until cauliflower softens.
2. In a small bowl mix water and soup.
3. Pour soup mix over cooked broccoli-cauliflower. Mix and reheat for 1 minute.
4. Season with pepper.

Nutrition Per  
Serving

Calories 105  
Fat 0.1 g  
Carbohydrates 8 g

Fiber 2 g  
Protein 16 g

## Super Duper Zucchini Soup

Serves 4

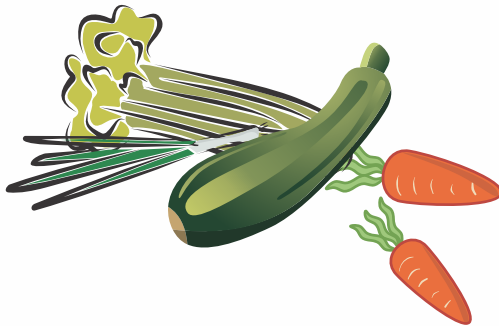
2 packages HealthWise Chicken Bouillon Soup	1/2 cup green onions, diced
2 tbsp. light olive oil	1 tbsp. all-purpose flour
3 cups diced zucchini	1 1/2 cups skim milk
1/2 cup chopped celery	1 1/2 cups water
1 cup diced carrots	1/2 cup fat-free sour cream

1. Heat olive oil in a large stock pot. Sauté zucchini, celery, carrots, and onion until soft (approximately 15 minutes).
2. In a small bowl, combine flour and milk. Mix until smooth and then add to stock pot.
3. Cook until thickened. Remove from heat.
4. In another small bowl combine water and chicken bouillon soup mix. Add to pot and stir until well combined.
5. Puree soup, in batches, in a blender until smooth and creamy.
6. Pour pureed soup back into stock pot. Simmer until heated through.
7. Stir in sour cream, and serve.

Nutrition Per  
Serving

Calories 185  
Fat 7 g  
Carbohydrates 17 g

Fiber 1 g  
Protein 13 g



"After a good dinner one can forgive anybody, even one's own relations."

— Oscar Wilde, *A Woman of No Importance*

## Cream of Mushroom Super Soup

Serves 1

- 1 package HealthWise Cream of Mushroom Soup
- 2 oz. fat-free cottage cheese
- 1 cup water
- $\frac{1}{3}$  cup celery, diced
- $\frac{1}{3}$  cup green pepper, diced
- $\frac{1}{3}$  cup mushrooms, sliced
- Pinch of crushed tarragon
- Pinch of parsley flakes
- Onion powder to taste

1. Mix all ingredients in blender until smooth and creamy.
2. Transfer to a saucepan and heat on low for approximately 10 minutes, stirring frequently.

Nutrition Per  
Serving

Calories 156  
Fat 1.5 g  
Carbohydrates 16 g

Fiber 0 g  
Protein 22 g

Why is it called **cottage cheese**? The simple cheese was originally made in cottages from any milk left over after making butter; hence the term **cottage cheese**.

## Hearty Tomato Soup

Serves 2

- 1 package HealthWise Chicken Bouillon Soup
- 2 packages HealthWise Cream of Tomato Soup
- 1 cup water
- 1 (28 oz.) can whole tomatoes, drained
- $\frac{1}{4}$  cup loosely packed fresh basil leaves

1. Heat the water and combine with the chicken bouillon soup mix to dissolve.
2. In a large saucepan bring tomatoes to boil.
3. Add the chicken soup. Reduce heat, cover, and slow simmer for 10 minutes.
4. Stir in cream of tomato soup and basil. Let simmer 10 more minutes.
5. Puree soup in blender to create a smooth texture.

Nutrition Per  
Serving

Calories 218  
Fat 2 g  
Carbohydrates 25 g

Fiber 3 g  
Protein 26 g

## Super Creamy Mushroom Soup

Serves 2

- |  |  |
|--|--|
| 2 packages HealthWise Cream of Mushroom Soup | 2 cups baby portobello mushrooms, sliced |
| 1 (14 oz.) can low-sodium chicken broth      | ½ cup green onions, chopped              |
| 1 tbsp. light olive oil                      | 1 tbsp. flour                            |
|  | 1 cup skim milk                          |

1. In a small bowl combine chicken broth with soup mix. Set aside.
2. Heat oil in a large saucepan, and sauté the mushrooms and green onion for about 5 minutes, or until soft.
3. Stir in flour.
4. Gradually pour in soup mixture, stirring constantly, and allowing soup to thicken.
5. Cook for approximately 5 minutes, or until mixture begins to bubble.
6. Stir in milk.

Nutrition Per Serving

Calories 209  
Fat 2 g  
Carbohydrates 24 g

Fiber 2 g  
Protein 24 g

## Cream of Cauliflower Soup

Serves 2

- 1 package HealthWise Chicken Bouillon Soup
- ½ cup cooked cauliflower, chopped
- 8 oz. water
- Ground black pepper to taste

1. In blender combine cauliflower and chicken soup with water to dissolve.
2. Mix on medium speed until mixture is creamy.
3. Transfer to a saucepan and heat on medium heat.
4. Top with pepper.



Nutrition Per Serving

Calories 83  
Fat 0.2 g  
Carbohydrates 4 g

Fiber 0.3 g  
Protein 16 g

## Oriental Soup

Serves 2

2 packages HealthWise Chicken Bouillon Soup	$\frac{1}{3}$ cup celery, diced
2 cups water	Ground black pepper to taste
$\frac{1}{3}$ cup mushrooms, sliced	2 eggs, beaten
	$\frac{1}{2}$ slice diet bread, crumbled

1. Combine all ingredients except egg and bread in a saucepan.
2. Heat and bring to a slow boil.
3. Pour egg and bread into boiling broth and cover.
4. Cook over low heat for 5 to 10 minutes.

Nutrition Per Serving	Calories 103 Fat 0.28 g Carbohydrates 4 g	Fiber 0.6 g Protein 20 g
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"I think preparing food and feeding people brings nourishment not only to our bodies but to our spirits. Feeding people is a way of loving them, in the same way that feeding ourselves is a way of honoring our own createdness and fragility."

— Shauna Niequist,  
*Bittersweet: Thoughts on Change, Grace,  
and Learning the Hard Way*

## Won Ton Soup

Serves 1

1 package HealthWise Beef Bouillon Soup	4 oz. cooked chicken
1 cup water	Chives, chopped, to taste
$\frac{1}{2}$ cup spinach	Dash of ground ginger

1. Heat water and stir in soup.
2. Pour soup over spinach in a bowl or pan.
3. Add chicken, chives, and ginger.
4. Heat and serve.

Nutrition Per Serving	Calories 267 Fat 4 g Carbohydrates 3 g	Fiber 0.3 g Protein 51 g
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## Skinny Gazpacho

Serves

1 package HealthWise Cream of Tomato Soup	Dash of Tabasco
½ cup cucumber, peeled and sliced	1 tsp. garlic powder
4-5 sprigs fresh cilantro	1 tsp. onion powder
	½ cup cold water

1. Mix all ingredients in a blender and puree. Seasoning may be adjusted to personal taste.
2. Serve chilled.

Nutrition Per Serving	Calories 129	Fiber 1.4 g
	Fat 2 g	Protein 17 g
	Carbohydrates 14 g	

The inspiration for our **Skinny Gazpacho** recipe is a tomato-based vegetable soup, traditionally served cold, originating in the southern Spanish region of Andalucía. It's also consumed widely in Portugal. Gazpacho is mostly served during the summer months, due to its refreshing qualities.

## Celery Soup

Serves 1

1 package HealthWise Chicken Bouillon Soup	1 cup hot water
1 cup celery, diced	Onion powder to taste
	Ground pepper to taste

1. In a non-stick pan heat celery. Cover and cook on medium heat until crunchy (about 5 minutes).
2. Dissolve chicken soup in water. Stir in celery, onion powder and pepper.
3. Cook soup on medium heat for about 10 minutes to heat and blend all ingredients.

Nutrition Per Serving	Calories 110	Fiber <0.2 g
	Fat 0.6 g	Protein 17 g
	Carbohydrates 11 g	

# Salads



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## Egg Salad

Serves 1

1 package HealthWise Italian Dressing	¼ cup fat-free cottage cheese
1 hardboiled egg, grated	Garlic powder to taste
	Vinegar to taste

1. Combine all ingredients in small mixing bowl and mix until smooth.
2. Moisten with vinegar as needed.

Nutrition Per Serving	Calories 152	Fiber 0 g
	Fat 5.4 g	Protein 12 g
	Carbohydrates 11 g	

**Vinegar** consists mainly of acetic acid and water. The acetic acid is produced through the fermentation of ethanol. A variety of sources can be fermented to make vinegar, including apple cider, grape juice, beer, sugarcane juice, coconut water, dates, rice, millet, and sorghum.

## Sweet and Sour Slaw

Serves 2

2 packages HealthWise Italian Dressing	½ cup green onions, sliced
1 cup cabbage	½ cup vinegar
½ cup green peppers, chopped	½ tsp. mustard seed
	½ tsp. celery seed
	Ground pepper to taste

1. Shred cabbage. Mix with peppers and onions.
2. Mix together all other ingredients except dressing, and then combine with cabbage mixture.
3. Add dressing to slaw and mix thoroughly.

Nutrition Per Serving	Calories 67	Fiber 1.2 g
	Fat 0.5 g	Protein 1.4 g
	Carbohydrates 12 g	



## Mexican Chicken Salad

Serves 1

1 package HealthWise Cream of Chicken Soup	Garlic powder to taste
$\frac{3}{4}$ cup water	Chili powder to taste
3 oz. chicken breast, cubed	Cayenne pepper to taste
1 cup green pepper, chopped	Ground black pepper to taste
$\frac{1}{2}$ tsp. onion powder	1 cup romaine lettuce, chopped

1. Dissolve soup mix in water.
2. In a non-stick skillet combine soup, chicken, green pepper and seasonings.
3. Cook until chicken is done and soup makes a chili-like sauce.
4. Serve over chopped lettuce.

Nutrition Per Serving

Calories 213  
Fat 4 g  
Carbohydrates 14 g

Fiber 4 g  
Protein 35 g

## Mexican Salad

Serves 1

1 package HealthWise Cream of Tomato Soup	$\frac{1}{4}$ tsp. hot sauce
4 oz. lean ground steak	$\frac{1}{2}$ cup lettuce
$\frac{1}{2}$ cup green onion, diced	$\frac{1}{4}$ cup tomato, chopped
$\frac{1}{2}$ cup water	2 slices Melba toast, crumbled for croutons
1 tsp. cilantro	

1. Brown steak and onions. Drain excess grease.
2. In a small bowl dissolve tomato soup in  $\frac{1}{2}$  cup water. Add to steak mixture.
3. Add cilantro and hot sauce.
4. Top with lettuce and tomato.
5. Sprinkle in the Melba toast croutons.



Nutrition Per Serving

Calories 316  
Fat 7 g  
Carbohydrates 20 g

Fiber 1.1 g  
Protein 41 g

## Aunt Clara's Summer Pineapple Jell

Serves 2

- 1 package HealthWise Cherry Gelatin Dessert
- 1 package HealthWise Pineapple Fruit Drink
- ¼ cup canned pineapple (in natural juice, no sugar added)
- 1 6 oz. water, divided
- ½ cup fat-free cottage cheese
- 1 cup lettuce, shredded

1. Dissolve gelatin using 8 oz. boiling water.
2. Prepare pineapple drink using 8oz water. Combine with pineapple in blender.
3. Pour resulting mixture into prepared gelatin. Refrigerate to gel.
4. Serve gelatin over bed of shredded lettuce with cottage cheese, as desired.

Nutrition Per  
Serving

Calories 115

Fat 0.08 g

Carbohydrates 7 g

Fiber 0.5 g

Protein 21 g

**Paprika** is made from the ground, dried fruits of peppers (*Capsicum annuum*)—usually bell or chili peppers, or a mixture of the two. Hungarians are the true pros in using paprika.

## Mock Russian Salad Dressing

Serves 4

- 1 package HealthWise Cream of Tomato Soup
- 1 cup water
- 1 tbsp. vinegar
- ½ tsp. mustard powder
- ½ tsp. onion powder
- ½ tsp. paprika
- 4 packets diet sweetener

1. In a small dish combine soup mix with water and stir until well combined.
2. Add remaining ingredients and mix well.

Nutrition Per  
Serving

Calories 31

Fat 0 g

Carbohydrates 3 g

Fiber 0 g

Protein 4 g

## Nice and Spicy Salad Dressing

Serves 4

1 package HealthWise Cream of Tomato Soup	1/4 tsp. garlic powder
1 cup hot water	1/4 tsp. curry powder
2 tbsp. vinegar	1 tsp. chili powder
1/2 tsp. mustard powder	4 packets diet sweetener
1/2 tsp. onion powder	Dash of parsley flakes

1. In a small bowl combine soup mix with water and stir until well combined.
2. Add remaining ingredients, and mix well.
3. Refrigerate before serving

Nutrition Per Serving	Calories 33	Fiber 0 g
	Fat 1 g	Protein 4 g
	Carbohydrates 3 g	

What exactly is a dash? We say don't worry about that, just make it what you want. Cooking is more an art than a science. Same with a pinch and a smidgen. If you're into measurements, though, you can follow the lead of some measuring spoon manufacturers who defined a dash as 1/8 teaspoon, a pinch as 1/16 teaspoon, and a smidgen as 1/32 teaspoon.

## Tangy Tomato Salad Dressing

Serves 4

1 package HealthWise Cream of Tomato Soup	Dash of parsley
3/4 cup hot water	Dash of pepper
1/2 cup vinegar	Dash of garlic powder
2 packets diet sweetener	Dash of basil

1. In a small bowl combine soup mix with water and stir until well combined.
2. Add remaining ingredients and mix well.

Nutrition Per Serving	Calories 27	Fiber 0 g
	Fat 0 g	Protein 4 g
	Carbohydrates 2 g	

# Notes

# Main Dishes



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## Chicken Cordon Bleu

Serves 2

1 package HealthWise Cream of Chicken Soup	1/4 cup green onion, diced
6 oz. chicken breast	1/2 cup mushrooms, sliced
1 oz. low-fat Swiss cheese	1/2 cup water

1. Preheat oven to 350°.
2. Split chicken breast in half.
3. Place Swiss cheese and diced onion in center of chicken bread. Close breast around cheese and onion.
4. Combine mushrooms, soup, and water. Pour over chicken.
5. Bake for 1 hour at 350°.

Nutrition Per Serving	Calories 158	Fiber 0.2 g
	Fat 3 g	Protein 30 g
	Carbohydrates 5 g	

What we call **Swiss cheese** in North America is a far cry from its inspiration, Emmental cheese from the Emmental area in Switzerland. The holes come from bubbles formed when carbon dioxide is released, as bacteria in the cheese consume the lactic acid secretions of other bacteria. A whole lot of gaseous secretions are going on! The holes are referred to as "eyes". What do you call a Swiss cheese without eyes? Blind. We didn't make this up.

## Mock Fried Chicken

Serves 2

1 package HealthWise Chicken Bouillon Soup	1/2 tsp. ground white pepper
1/2 tsp. garlic powder	8 oz. chicken breast
	1 tsp. light olive oil

1. Combine first three ingredients in a bag.
2. Shake chicken in the bag until coated.
3. Heat oil in a non-stick skillet.
4. Add chicken, and cook until done.

Nutrition Per Serving	Calories 157	Fiber 2.3 g
	Fat 1.6 g	Protein 31 g
	Carbohydrates 1 g	

## Quickie Chicken

Serves 1

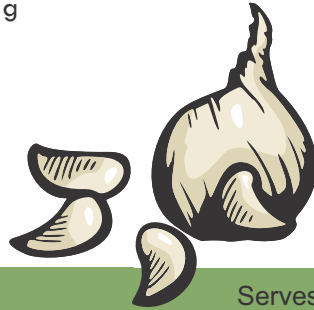
1 package HealthWise Chicken Bouillon Soup	¼ cup water
4 oz. boned chicken breast, cut in strips	Paprika to taste Garlic powder to taste Ground ginger to taste

1. Place chicken in a small microwave-safe bowl.
2. In a separate bowl dissolve chicken soup in the water.
3. Pour dissolved soup over chicken.
4. Add paprika, garlic powder, and ground ginger.
5. Cover, microwave on high for about five minutes.

Nutrition Per  
Serving

Calories 170  
Fat 1.5 g  
Carbohydrates 1 g

Fiber 0 g  
Protein 38 g



## Scaloppini Chicken

Serves 1

1 package HealthWise Chicken Bouillon Soup	½ tsp. garlic powder
1 large chicken breast	½ tsp. pepper
2 tbsp. lemon juice	½ tsp. onion powder Parsley sprigs

1. Place chicken in a non-stick frying pan.
2. Add lemon juice.
3. Season with garlic powder, pepper, parsley and onion powder.
4. Dust chicken with contents of soup package.
5. Thoroughly cook chicken over high heat uncovered, turning occasionally.
6. Serve garnished with parsley sprigs.

Nutrition Per  
Serving

Calories 185  
Fat 1.5 g  
Carbohydrates 5 g

Fiber 0 g  
Protein 38 g

## Tastee Baked Chicken

Serves 4

1 package HealthWise Cream of Chicken Soup	2 cups mushrooms, sliced
2 packets HealthWise Italian Dressing	2 cups water chestnuts, sliced
4 4-oz chicken breast halves	1 cup water
	1 tsp. dried rosemary
	½ tsp. thyme

1. Preheat oven to 375°.
2. Arrange chicken, mushrooms, and water chestnuts in a baking dish.
3. Mix soup with the water. Add rosemary, thyme, and salad dressing.
4. Pour over chicken.
5. Cover and bake at 375° for 1 hour, or until chicken is cooked through.

Nutrition Per Serving

Calories 196  
Fat 2 g  
Carbohydrates 19 g

Fiber 2 g  
Protein 28 g

**Water chestnuts** may look a little like chestnuts, but they are not nuts at all. (So peanuts are not alone in this respect.) They come from the bulb-shaped corm (underground stem) of a grass-like sedge that grows in marshes, underwater, in the mud.

"While it is true that many people simply can't afford to pay more for food, either in money or time or both, many more of us can. After all, just in the last decade or two we've somehow found the time in the day to spend several hours on the internet and the money in the budget not only to pay for broadband service, but to cover a second phone bill and a new monthly bill for television, formerly free. For the majority of Americans, spending more for better food is less a matter of ability than priority."

— Michael Pollan, *In Defense of Food: An Eater's Manifesto*



## Baked Chicken with Vegetables #1

Serves 1

1 package HealthWise Chicken Bouillon Soup	1/4 cup mushrooms 1/4 cup broccoli florets
1 package HealthWise Italian Dressing	Oregano to taste Poultry Seasoning to taste
1 4-oz. chicken breast	Ground pepper to taste

1. Preheat oven to 325°.
2. Place chicken breast on large piece of foil. Dust chicken with soup mix.
3. Add vegetables, herbs, seasoning, and salad dressing.
4. Wrap in the foil and bake at 325° for 30 minutes.

Nutrition Per Serving	Calories 236 Fat 2.2 g Carbohydrates 14 g	Fiber 2.1 g Protein 42 g
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## Baked Chicken with Vegetables #2

Serves 1

1/2 package HealthWise Chicken Bouillon Soup	1/3 cup summer squash 1/3 cup green onions
1 medium chicken breast	1/3 cup mushrooms

1. Place chicken in baking dish and surround with vegetables.
2. Sprinkle with 1/2 package of chicken soup.
3. Microwave on high for 10 minutes or bake at 325° for 30 minutes.

Nutrition Per Serving	Calories 165 Fat 2 g Carbohydrates 9 g	Fiber 1.1 g Protein 34 g
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## Quick Chicken Kabobs

Serves 1

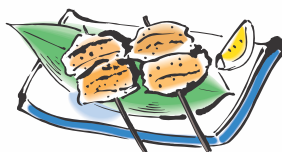
1 package HealthWise Chicken Bouillon Soup	8 oz. water
Rosemaryn to taste	4 oz. chicken, cubed
Dash of Thyme	½ cup mushrooms, sliced
	½ cup green peppers, cubed

1. Dissolve soup in the water. Stir in rosemary and thyme.
2. Marinate chicken in this mixture for 20 minutes.
3. Place chicken and vegetables on toothpicks. Arrange in microwave-safe baking dish.
4. Pour marinade over top. Baste, then microwave for 5 minutes.
5. Turn chicken and vegetables over, baste, and then cook for about 5 minutes more.

Nutrition Per  
Serving

Calories 197  
Fat 1.7 g  
Carbohydrates 6 g

Fiber 2 g  
Protein 40 g



## Chicken and Dumplings

Serves 2

2 packages HealthWise Cream of Chicken Soup	½ cup onion, minced
6 oz. chicken breast , whole	½ scallions, minced
1 cup water	2 tsp. onion powder
½ cup carrots, sliced thin	½ tsp. garlic powder
½ cup celery, chopped	1 slice whole wheat bread

1. Combine all but the bread in a microwave-safe oven dish.
2. Microwave for 5 minutes, or until vegetables are soft and chicken is cooked.
3. Tear bread into small pieces and add to chicken-vegetable mixture.

Nutrition Per  
Serving

Calories 294  
Fat 4 g  
Carbohydrates 32 g

Fiber 6 g  
Protein 37 g

## Chicken Picatta #1

Serves 1

1 package HealthWise Chicken Bouillon Soup	1 4-oz. chicken breast 1 cup mushrooms
¼ cup water	Dash of garlic powder
1 tbsp. lemon juice	

1. Dissolve chicken soup in the water and pour into a frying pan.
2. Add lemon juice and garlic powder.
3. Add the chicken breast and sauté each side for 5 minutes over medium heat.
4. Remove chicken to a warm plate and cover.
5. Place mushrooms in frying pan.
6. Sauté for about 4 minutes then pour over chicken and serve.

Nutrition Per Serving	Calories 188 Fat 2 g Carbohydrates 4 g	Fiber 0.7 g Protein 40 g
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"Sorry, there's no magic bullet. You gotta eat healthy and live healthy to be healthy and look healthy. End of story."

— Morgan Spurlock,

*Don't Eat This Book: Fast Food and the Supersizing of America*

## Chicken Picatta #2

Serves 2

1 package HealthWise Chicken Bouillon Soup	1 tsp. lemon juice 2 cups mushrooms, sliced
8 oz. chicken breast	Garlic powder to taste
½ cup water	

1. Dissolve bouillon in the water and pour into heated frying pan.
2. Add lemon juice and garlic powder.
3. Add chicken and cook each side for 20 minutes or until done.
4. Remove chicken, and cover it to keep warm.
5. Place mushrooms in frying pan and sauté for 5 minutes, or until soft.
6. Pour mushrooms with sauce over chicken and serve.

Nutrition Per Serving	Calories 172 Fat 2 g Carbohydrates 3 g	Fiber 3 g Protein 33 g
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## Stir-Fried Chicken

Serves 2

1 package HealthWise Cream of Chicken Soup	1/4 cup cabbage, shredded
4 packets HealthWise Italian Dressing	1/4 cup mushrooms, sliced
6 oz. chicken breast, cut into strips	1/4 cup cauliflower, chopped
1/4 cup green peppers, sliced	1/4 broccoli, chopped
	Garlic powder to taste
	Ground black pepper to taste

1. Spray a wok or large skillet with cooking spray. Heat the pan.
2. Toss chicken into the heated pan. Add seasoning as needed.
3. Cook for approximately 5 minutes, or until chicken is cooked through
4. Add the vegetables and Italian dressing.
5. Sprinkle soup mix over chicken-vegetable mixture.
6. Cook until vegetables are tender-crisp.

Nutrition Per Serving	Calories 203 Fat 3 g Carbohydrates 20 g	Fiber 3 g Protein 28 g
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## Chicken Stir Fry

Serves 4

2 packages HealthWise Italian Dressing	1/2 cup cauliflower, chopped
1 package HealthWise Chicken Bouillon Soup	1/2 cup green onions, sliced
4 4-oz. chicken breasts, cut up	3/4 cup green pepper, chopped
1/2 cup broccoli, chopped	3/4 cup summer squash, sliced
	1/2 cup tomatoes, chopped

1. Preheat a non-stick skillet.
2. Add salad dressing and chicken.
3. Sprinkle in contents of soup package.
4. Heat the chicken, watching closely and stirring often.
5. Just as chicken becomes cooked through, add vegetables.
6. Cover and simmer until vegetables are of desired softness.

Nutrition Per Serving	Calories 155 Fat 2 g Carbohydrates 8 g	Fiber 1.8 g Protein 28 g
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## Chicken Liver

Serves 1

2 tbsp. HealthWise Chicken Bouillon Soup  
4 oz. chicken livers  
1 cup green onions

1. Coat a non-stick skillet with vegetable cooking spray, and heat.
2. Meanwhile, rinse and drain liver. Place into hot skillet.
3. Sprinkle with the 2 tbsp. chicken soup, and add green onions.
4. Brown both sides.
5. Cover and cook until tender (about 15 minutes).

Nutrition Per  
Serving

Calories 214  
Fat 7 g  
Carbohydrates 5 g

Fiber 0 g  
Protein 28 g

*"To eat is a necessity, but to eat intelligently is an art."*

— François de La Rochefoucauld (1613-1680)

## Turkey and Dressing with Gravy

Serves 2

2 packages HealthWise  
Cream of Chicken Soup  
6 oz. turkey breast, cooked  
and sliced

1 slice whole wheat bread  
1 tbsp. green onion, minced  
Dash of ground sage  
½ cup hot water

1. Toast bread, then crumble.
2. Dilute 1 package of soup with ¼ cup of water. Season with sage, and stir in onions.
3. Combine bread crumbs with soup mixture and place in bottom of oven-safe dish.
4. Layer turkey on top.
5. In a small bowl mix remaining soup packet with remaining water, adding more water if necessary.
6. Pour over turkey.
7. Heat in microwave oven until warm.



Nutrition Per  
Serving

Calories 249  
Fat 3 g  
Carbohydrates 12 g

Fiber 1 g  
Protein 42 g

## Baked Fish

Serves 1

½ package HealthWise Chicken Bouillon Soup	¼ tsp. paprika
4 oz. water	¼ tsp. thyme or rosemary
Curry powder to taste	4 oz. sole, flounder, or haddock
¼ tsp. pepper	½ slice toasted diet bread, crumbled

1. Preheat oven to 350°.
2. In a medium bowl dissolve chicken soup mix in the water.
3. Add the seasonings to the soup.
4. Dip the fish in this mixture to coat, then coat with bread crumbs (in a bowl or bag).
5. Place in baking dish and bake at 350° for 30 minutes.

Nutrition Per Serving	Calories 209 Fat 2 g Carbohydrates 8 g	Fiber 0 g Protein 36 g
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Ever wonder what part of the curry plant is used to make curry powder? There is no curry plant; curry is mix of spices based on South Asian cuisine. There isn't even a specific Indian curry dish. The spice and the dish name are English inventions. Which spices are blended for curry powder? Typically it's coriander, turmeric, cumin, fenugreek (don't ask), and red pepper.

## Fish Fillets

Serves 1

1 package HealthWise Chicken Bouillon Soup	¼ cup vinegar
½ cup mushrooms, chopped	2 tbsp. lemon juice
½ cup green peppers, chopped	Dash of parsley flakes
	Dash of paprika
	4 oz. flounder



1. Preheat oven to 400°.
2. In a small mixing bowl combine all ingredients except flounder.
3. Place fish on foil and spread above mixture over fish.
4. Wrap tightly and bake at 400° for 30 minutes.

Nutrition Per Serving	Calories 238 Fat 2 g Carbohydrates 9 g	Fiber 0.4 g Protein 44 g
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## Shrimp and More

Serves 1

1 package HealthWise Tomato Bouillon Soup	4 oz. shrimp
1/2 cup green onion, chopped	1/2 cup water
1/2 cup green pepper, chopped	1/4 tsp. chili powder
	Onion powder to taste

1. Coat a frying pan with non-stick cooking spray.
2. Sauté green onions and peppers until tender.
3. Add shrimp. Simmer until shrimp turns red.
4. Combine remaining ingredients.
5. Pour over shrimp and simmer until mixture thickens.

Nutrition Per Serving	Calories 232 Fat 2 g Carbohydrates 13 g	Fiber <1 g Protein 40 g
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True **chili powder** is the dried, pulverized fruit of one or more varieties of chili pepper. What we often refer to as chili powder (as in these recipes) is a chili powder blend that may also contain cumin, oregano, garlic, and salt.

## Tuna Casserole

Serves 1

1 package HealthWise Chicken Bouillon Soup	1/2 tsp. celery seed
4 oz. water-packed tuna	Unsalted Poultry Seasoning to taste
1/2 cup water	Sage to taste
1 tsp. parsley flakes	Ground black pepper to taste
1 tsp. onion powder	

1. Preheat oven to 350°
2. Combine all ingredients in a bowl.
3. Place in baking dish and bake for 30 minutes or until browned.

Nutrition Per Serving	Calories 213 Fat 1.3 g Carbohydrates 3 g	Fiber 0 g Protein 44 g
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## Swiss Steak

Serves 1

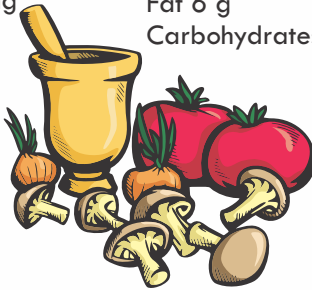
1 package HealthWise Cream of Tomato Soup	¼ cup green peppers, diced
3½ oz. round steak, cut into strips	½ cup mushrooms, sliced
	Salt and pepper to taste
	Garlic powder to taste

1. In a small non-stick frying pan combine steak and vegetables.
2. Add salt, pepper, and garlic powder.
3. Cook until meat is slightly browned.
4. Mix soup according to package directions, then pour over vegetable-meat mixture.
5. Simmer on low heat for approximately 30 minutes.

Nutrition Per Serving

Calories 305  
Fat 6 g  
Carbohydrates 14 g

Fiber 2.1 g  
Protein 50 g



## Tender Flank Steak

Serves 4

½ package HealthWise Beef Bouillon Soup	½ tsp. pepper
1 garlic clove, minced	2 tsp. dry mustard
½ cup white vinegar	2 tsp. Worcestershire sauce
	1 pound flank steak

1. Combine all ingredients together, except the steak, to make a sauce.
2. Place the steak in a shallow pan; pour the sauce over the steak.
3. Cover and refrigerate for 4 hours.
4. Remove steak from refrigerator and broil for 4 minutes on each side.

Nutrition Per Serving

Calories 173  
Fat 7 g  
Carbohydrates 0.5 g

Fiber 0 g  
Protein 26 g



## Liver and Onions

Serves 1

- 1 package HealthWise Cream of Mushroom Soup
- 5 small green onions, chopped
- 4 oz. beef liver, drained

1. Fry green onions and beef liver in non-stick pan sprayed with no-stick spray.
2. Mix soup according to package directions.
3. Pour over liver and onions.
4. Simmer 5 minutes and serve.

Nutrition Per  
Serving

Calories 268  
Fat 5 g  
Carbohydrates 14 g

Fiber 0 g  
Protein 38 g

## Stuffed Zucchini

Serves 2

- 2 packages HealthWise Cream of Tomato Soup
- 1 medium zucchini
- 1 cup water
- Spicy Herb Seasoning, as desired
- 6 oz. ground beef, cooked and drained
- 1 slice whole wheat bread, diced

1. Preheat oven to 350°.
2. In a small bowl combine the soup mix with water to make a sauce.
3. Halve the zucchini lengthwise and scoop out flesh.
4. Chop the scooped zucchini into small pieces and place in a mixing bowl.
5. Add the beef, bread, and half of the sauce. Mix well.
6. Stuff zucchini shells with this mixture and place in a baking dish.
7. Bake at 350° for 15 minutes.
8. Pour remaining sauce over top, and continue baking for 5-10 minutes.

Nutrition Per  
Serving

Calories 295  
Fat 7 g  
Carbohydrates 19 g

Fiber 2 g  
Protein 40 g

## Sweet Cabbage Rolls

Makes 12 serving

1 package HealthWise Cream of Tomato Soup	1/2 cup shredded carrot
1 lb. lean ground chicken	1/4 tsp. garlic powder
1 head of cabbage, leaves separated	1/2 tsp. Worcestershire sauce
	1/4 cup onion, chopped
	1/8 tsp. diet sweetener

1. Preheat oven to 350°.
2. Parboil cabbage leaves, and allow to cool.
3. Brown turkey with garlic powder, Worcestershire sauce, carrot, and onion in a large skillet.
4. Mix soup as directed on package, and add sweetener.
5. Spoon equal amounts of turkey mixture into each cabbage leaf, and wrap tightly.
6. Place leaves in a shallow baking pan that has been sprayed with cooking spray. Pour soup mixture over top.
7. Bake in a 350° oven for 15-25 minutes.

Nutrition Per Serving

Calories 103

Fat 5 g

Carbohydrates 5 g

Fiber 1.5 g

Protein 10 g



Yes, spinach truly is good for us. It is extremely rich in antioxidants, especially when fresh, steamed, or quickly boiled. Among its many nutrients are vitamin A, vitamin C, vitamin E, vitamin K, magnesium, manganese, folate, betaine, iron, vitamin B2, calcium, potassium, vitamin B6, copper, protein, phosphorus, zinc, niacin, selenium and omega-3 fatty acids. Spinach is also a good source of folic acid (polyglutamyl folate, or Vitamin B9), which is a vital component of cells. Boiling spinach can more than halve the level of folate left in the spinach, but cooking in a microwave oven does not affect folate content. Adding spinach to any lettuce salad is an easy way to get the nutrients of raw spinach. Add a note of delicious with one of our HealthWise salad dressings.

## Spaghetti Squash Casserole

Serves 6

- 1 package HealthWise Cream of Chicken Soup
- 1 package HealthWise Sea Salt and Vinegar Chips, crushed
- 4 cups spaghetti squash, cooked
- 2 cups chicken breast, cooked and diced
- 1 cup green onion, diced
- $\frac{3}{4}$  cup mushrooms, sliced
- $\frac{1}{2}$  cup water
- $\frac{3}{4}$  cup fat-free sour cream

1. Preheat oven to 400°.
2. In a large bowl combine squash, chicken, green onion, and mushrooms. Set aside.
3. In a small bowl combine soup mix and the water. Mix well, and stir in sour cream.
4. Stir sour cream mixture into squash mixture to coat evenly.
5. Place in a baking dish, lightly coated in cooking spray.
6. Sprinkle with crushed chip crumbs.
7. Bake at 400° for 20-25 minutes, or until heated through.

Nutrition Per  
Serving

Calories 158  
Fat 2 g  
Carbohydrates 15 g

Fiber 3 g  
Protein 22 g

## Spinach Casserole (Meatless)

Serves 1

- 1 package HealthWise Cream of Mushroom Soup
- 2 packages HealthWise Sea Salt & Vinegar Chips, crushed
- 1 cup fresh spinach
- 1 tsp. margarine
- $\frac{3}{4}$  cup hot water
- Dash of red cayenne pepper

1. Combine all ingredients.
2. Cook in microwave oven 2 minutes.
3. Stir and serve.

Nutrition Per  
Serving

Calories 389  
Fat 13 g  
Carbohydrates 35 g

Fiber 11 g  
Protein 36 g

# Notes

# Side Dishes



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## Mock Mashed Potatoes

Serves 1

½ package HealthWise Chicken Bouillon Soup  
8 oz. frozen cauliflower

1. In a small saucepan cook cauliflower according to package directions until very soft; drain.
2. Mash with fork and add ½ package of chicken soup. Mix well.

Nutrition Per  
Serving

Calories 87  
Fat 1.1 g  
Carbohydrates 10 g

Fiber 5.7 g  
Protein 12 g

*"One cannot think well, love well, sleep well, if one has not dined well."*

— Virginia Woolf, *A Room of One's Own*



## Dilled Green Beans

Serves 1

2 packages HealthWise Italian Dressing  
1 package HealthWise Chicken Bouillon Soup  
1 cup green beans  
Vinegar to taste  
Dill to taste

1. Cook green beans over medium heat for approximately 10-15 minutes. Drain.
2. Combine salad dressing, chicken soup, vinegar and dill. Pour over green beans.
3. Marinate 3-5 hours.

Nutrition Per  
Serving

Calories 148  
Fat 0.1 g  
Carbohydrates 19 g

Fiber 4 g  
Protein 17 g

## Marinated Mushrooms

Serves 2

- |   |                       |
|---|-----------------------|
| 1 package HealthWise Beef Bouillon Soup | 1 tsp. garlic powder  |
| 8 oz. water                             | 1 tsp. parsley flakes |
| 1 tsp. onion powder                     | 1 pound mushrooms     |

1. In a small saucepan dissolve beef soup in water.
2. Add remaining ingredients. Cover and simmer for 2 hours.

Nutrition Per Serving

Calories 94

Fat 0.9 g

Carbohydrates 10 g

Fiber 2.2 g

Protein 15 g



## Baked Cabbage

Serves 1

- |  |                              |
|--|------------------------------|
| 1 package HealthWise Chicken Bouillon Soup | 2 tbsp. crushed crackers     |
| 1 cup fresh cabbage, shredded              | 1 tsp. margarine             |
| 2 oz. low-fat cheese, grated               | ½ cup water                  |
|  | Ground black pepper to taste |

1. Preheat oven to 350°
2. Mix all ingredients together.
3. Sprinkle with pepper and bake at 350° for 30 minutes.

Nutrition Per Serving

Calories 135

Fat 4 g

Carbohydrates 9 g

Fiber 2 g

Protein 17 g

## Green Beans Greek Style

Serves 2

1 package HealthWise Tomato Bouillon Soup	1 tsp. oregano
8 oz. water	1 tsp. onion powder
2 cups green beans	1 tsp. garlic powder
	Dash of parsley

1. In saucepan dissolve tomato soup in water.
2. Add remaining ingredients. Cover and cook until green beans are tender.

Nutrition Per Serving	Calories 86 Fat 0.2 g Carbohydrates 12.9 g	Fiber 4 g Protein 10 g
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"Like most humans, I am hungry...our three basic needs, for food and security and love, are so mixed and mingled and entwined that we cannot straightly think of one without the others. So it happens that when I write of hunger, I am really writing about love and the hunger for it..."

— M.F.K. Fisher, [The Gastronomical Me](#)

## No Dish Summer Medley

Serves 1

1 package HealthWise Chicken Soup
½ cup yellow summer squash, sliced
½ cup celery, sliced
½ cup mushrooms, sliced

1. Preheat oven to 350°.
2. Place all ingredients in small baking dish. Sprinkle with HealthWise Chicken Soup.
3. Cover tightly with foil. Bake at 350° for 20 minutes.

Nutrition Per Serving	Calories 94 Fat 0.3 g Carbohydrates 6 g	Fiber 2.2 g Protein 17 g
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## Lemon Cheesecake

Serves 4

- 3 HealthWise Lemon Meringue Crispy Bars
- 1 package HealthWise Lemonade Fruit Drink
- 1 package HealthWise New York Cheesecake Shake/Pudding
- 2 packets diet sweetener
- 2 cups low-fat cottage cheese
- 4 drops yellow food coloring

1. Crush the lemon meringue bars with a rolling pin or mallet, depending on what kind of day you had. Mix in 1 packet of sweetener.
2. Heat in microwave oven for 10-15 seconds.
3. Pour into the bottom of a pie plate sprayed with no-stick cooking spray, reserving small amount for topping.
4. Mix all other ingredients in blender until creamy.
5. Pour mixture over crust and sprinkle with the reserved topping crumbs.
6. Refrigerate until set, approximately 1 hour.

Nutrition Per  
Serving

Calories 240  
Fat 3.8 g  
Carbohydrates 17 g

Fiber 1 g  
Protein 33 g

## Strawberry Almond Meringue Cookies

Makes 10

- 1 package HealthWise California Strawberry Shake/Pudding
- 3 egg whites
- 1 tsp. almond extract

1. Preheat oven to 350°.
2. Prepare baking sheet by spraying with no-stick cooking spray.
3. Beat egg whites until dry and stiff.
4. Add shake mix and almond extract. Mix thoroughly without over mixing.
5. Drop by teaspoonful onto baking sheet.
6. Bake at 350° for 5 minutes.



Nutrition Per  
(Cookie) Serving

Calories 141  
Fat 0.3 g  
Carbohydrates 8 g

Fiber 0 g  
Protein 26 g

## Pina Colada Cookie

Makes 10

- |   |                        |
|---|------------------------|
| 1 package HealthWise French Vanilla Shake/Pudding | 1 large egg            |
| 1/2 cup pineapple, diced                          | 1 package Equal        |
|   | 1 tsp. coconut extract |



1. Preheat oven to 350°.
2. Coat non-stick pan with cooking spray.
3. Cook pineapple at medium heat until most of the juice evaporates.
4. Mix other ingredients together until cookie dough is formed.
5. Add the pineapple.
6. Drop by teaspoonful onto a cookie sheet that has been sprayed with no-stick cooking spray.
7. Bake in 350° oven for 8 minutes.
8. Cool and enjoy!

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Nutrition Per (Cookie) Serving	Calories 143 Fat 0.2 g Carbohydrates 18 g	Fiber 0.5 g Protein 19 g
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## Swiss Chocolate Meringue Cookies

Makes 10

- 1 package HealthWise Swiss Chocolate Shake/Pudding  
3 egg whites  
1 tsp. vanilla extract

1. Preheat oven to 350°.
2. Prepare baking sheet by spraying with no-stick cooking spray.
3. Beat egg whites until dry and stiff.
4. Add shake mix and vanilla extract. Mix thoroughly, without over mixing.
5. Drop by teaspoonful onto baking sheet.
6. Bake at 350 degrees for 5 minutes.

---

Nutrition Per (Cookie) Serving	Calories 143 Fat 0.9 g Carbohydrates 6 g	Fiber 1 g Protein 26 g
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## Swiss Chocolate Cookies

Makes 36

3 packages HealthWise Swiss Chocolate Shake/Pudding	2 tsp. vanilla extract
3 egg whites	2 tsp. butter extract
1 1/4 cups all-purpose flour	1/4 tsp. baking soda
2 tbsp. cooking oil	1/8 tsp. salt
	1 1/4 cup water

1. Preheat oven to 350°.
2. Mix water and pudding mix until smooth.
3. Add oil, vanilla and butter extract. Mix thoroughly.
4. Add egg whites and mix again thoroughly.
5. In a small bowl combine flour, salt and baking soda.
6. Add dry ingredients to liquid mixture and mix until smooth.
7. Drop by teaspoonful onto a baking sheet that has been sprayed with no-stick cooking spray or lined with parchment paper.
8. Bake at 350° for 8 minutes.
9. Remove to a cooling rack. Serve warm or cool.

Nutrition Per	Calories 42	Fiber 0 g
(Cookie) Serving	Fat 1 g	Protein 2 g
	Carbohydrates 7 g	

## Peanut Butter Cookies

Makes 4

1 package HealthWise Chocolate Chip Pancakes
1 tbsp. peanut butter
2 tsp. Splenda brown sugar

1. Preheat oven to 350°.
2. Combine all ingredients. Add butter spray and water, if needed, to achieve cookie dough consistency.
3. Drop by spoonful onto a cookie sheet, making four cookies.
4. Bake at 350° about 8 minutes, until golden brown.

Nutrition Per	Calories 105	Fiber 1 g
(Cookie) Serving	Fat 5 g	Protein 10 g
	Carbohydrates 8 g	

## Baked Apple

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 small apple
- 1/4 tsp. cinnamon
- 4 oz. water.



1. Preheat oven to 350°.
2. Prepare pudding according to directions. Set aside and chill.
3. Core apple, sprinkle with cinnamon, and wrap in foil.
4. Bake apple in shallow pan at 350° for 30 minutes.
5. Allow to cool.
6. Serve, spooning pudding over apples.

Nutrition Per  
Serving

Calories 166  
Fat 0.4 g  
Carbohydrates 29 g

Fiber 4 g  
Protein 16 g

"The longing for sweets is really a yearning for love or  
"sweetness."

— Marion Woodman

## Mock Whipped Topping

Serves 4

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 packet diet sweetener
- 3 oz. cold water



Combine all ingredients in a blender and mix on high speed until light and fluffy.

*Suggestion: Try atop one of our HealthWise delicious gelatins or puddings.*

Nutrition Per  
Serving

Calories 21  
Fat 0 g  
Carbohydrates 2 g

Fiber 0 g  
Protein 4 g

## Creamy Peach Parfait

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 3-4 oz. cold water
- 1 medium peach or  $\frac{3}{4}$  cup water-packed peaches

1. Mix water and pudding mix to desired consistency.
2. Top with sliced peaches.

*Suggestion: Garnish with a dollop of Mock Whipped Topping (recipe on preceding page).*

Nutrition Per  
Serving

Calories 139  
Fat 0.4 g  
Carbohydrates 21 g

Fiber 2 g  
Protein 16 g



## Fluffy Peach

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 cup water
- 1 tsp. cinnamon
- $\frac{1}{4}$  cup low-fat cottage cheese
- 1 peach, peeled and diced

1. Place first 4 ingredients in a blender and mix on low until well blended.
2. Place in serving dish and garnish with peach slices.

Nutrition Per  
Serving

Calories 180  
Fat 1 g  
Carbohydrates 22 g

Fiber 2 g  
Protein 23 g

## Yummy Cottage Cheese

Serves 1

1 package HealthWise French Vanilla Shake/Pudding  
1/2 slice toasted diet bread  
4 oz. fat-free cottage cheese  
Dash of cinnamon  
Dash of nutmeg  
Diet sweetener, to taste  
(approximately 2 packets)

1. Blend shake mix with cottage cheese.
2. Spread cottage cheese mixture on diet bread.
3. Sprinkle with cinnamon, nutmeg and diet sweetener.
4. Place under broiler to heat, approximately 2-3 minutes.

Nutrition Per Serving	Calories 181 Fat 0.15 g Carbohydrates 19 g	Fiber 0.6 g Protein 29 g
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Low- or non-fat **cottage cheese** makes an excellent snack, when combined with fresh produce for variety. A 4-oz. serving of fat-free cottage cheese provides about 14 grams of protein with just 80 calories and 3 grams of carbohydrates. Try it with slices of cucumber or tomatoes, or as a protein-rich addition to your salad.

## Pumpkin Pie Pudding

Serves 1

1 package HealthWise French Vanilla Shake/Pudding  
1/8 tsp. Pumpkin Pie spice  
3-4 oz. cold water

1. Stir spice into dry pudding mix.
2. Add water and mix until smooth

Nutrition Per Serving	Calories 80 Fat 0 g Carbohydrates 6 g	Fiber 0 g Protein 15 g
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## Riceless Rice Pudding

Serves 2

2 packages HealthWise French Vanilla Shake/Pudding	1 ½ cups water
4 HealthWise Almond Chip Biscotti, crushed	¼ tsp. nutmeg
2 tbsp. raisins	1 tsp. cinnamon
	2 packets diet sweetener
	2 tsp. margarine

1. Combine all ingredients.
2. Bake in microwave oven for 3-4 minutes.
3. Cool in refrigerator.

Nutrition Per Serving	Calories 193	Fiber 1 g
	Fat 4 g	Protein 18 g
	Carbohydrates 25 g	

**Biscotti** is the plural form of *biscotto*, a Latin word for twice-baked bread. Why did the Italians of Prato bake their bread twice and make it dry? So the loaves would last longer. Pliny the Elder is said to have boasted that they would be edible for centuries. Nonperishable food was especially useful for long journeys and wars. In our century you can still toss some of our low-carb options in your backpack for a trek, but feel free to also enjoy them at home or the office, with a soothing cup of tea or coffee.

## Creamy Mocha Pudding

Serves 1

1 package HealthWise Swiss Chocolate Shake/Pudding
1 tsp. instant coffee
½ cup water

1. Dissolve coffee in water.
2. Stir in pudding mix, until smooth.

Nutrition Per Serving	Calories 90	Fiber 1 g
	Fat 0.5 g	Protein 15 g
	Carbohydrates 6 g	



## Chocolate Mousse

Serves 2

2 packages HealthWise Swiss Chocolate Shake/Pudding	1/4 cup fat-free cottage cheese
1 egg	1/2 cup water
	1 tsp. vanilla extract

1. Mix all ingredients on medium speed.
2. Freeze before serving.



Nutrition Per Serving

Calories 123  
Fat 0.6 g  
Carbohydrates 7 g

Fiber 1 g  
Protein 20 g

"All you need is love. But a little chocolate now and then doesn't hurt."

— Charles M. Schulz

I'm pretty sure that eating chocolate keeps wrinkles away because I have never seen a 10 year old with a Hershey bar and crows feet."

— Amy Neftzger

## Chocolate Mint Mousse

Serves 1

1 package HealthWise Swiss Chocolate Shake/Pudding	2 packets diet sweetener
1/2 cup boiling water	Dash of cinnamon
1/2 envelope Knox unflavored gelatin	1 tsp. cocoa
	1 tsp. crème de menthe extract
	1/2 cup of water

1. Mix the 1/2 cup boiling water into gelatin. Stir vigorously with wire whisk, until dissolved.
2. Add remaining ingredients to gelatin mixture. Mix well. Pour into container with tight-fitting lid.
3. Put in freezer until set and very cold, but not frozen.
4. Mix with electric mixer on high speed until peaks form and mixture is lightly fluffy. Serve at once

Nutrition Per Serving

Calories 101  
Fat 0.7 g  
Carbohydrates 8 g

Fiber 2 g  
Protein 15 g

## Mock Rice Pudding

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 4 oz. fat-free cottage cheese
- 1/4 tsp. cinnamon
- 1 packet diet sweetener

Combine all ingredients and mix well.

Nutrition Per Serving	Calories 162 Fat 0.1 g Carbohydrates 16 g	Fiber 0.3 g Protein 26 g
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"I like rice. Rice is great if you're hungry and want 2000 of something."

— Mich Ehrenborg

## Peanut Butter Cupcakes

Makes 24

### Cupcakes

- 6 packages HealthWise Chocolate Chip Pancakes
- 6 tbsp. peanut butter
- 1/4 cup butter spray
- 1 tbsp. vanilla extract
- 3 tbsp. Splenda brown sugar

1. Preheat oven to 350°.
2. Combine all ingredients.
3. Bake at 350° until golden brown.
4. Spread frosting (below) over each cupcake once cooled.



### Frosting

- 2 packages HealthWise French Vanilla Shake/Pudding
- 2 tbsp. peanut butter
- 1/8 cup butter spray

Mix together and spread over Peanut Butter Cupcakes.

Nutrition Per (Cupcake) Serving	Calories 71 Fat 3 g Carbohydrates 5 g	Fiber 0.1 g Protein 6 g
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## Key Lime Tarts

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 tbsp. Key Lime juice
- 4 oz. water
- 2 tbsp. fat-free sour cream
- Diet sweetener to taste

1. Combine pudding mix, water and lime juice in bowl. Whisk until smooth.
2. Spoon into custard cups.
3. In a small bowl combine sour cream and sweetener. Mix until smooth. Spoon over pudding.
4. Broil until topping is slightly browned, about 2-3 minutes. Serve.

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Nutrition Per Serving	Calories 111 Fat 0.1 g Carbohydrates 13.4 g	Fiber 0 g Protein 15.3 g
-----------------------	---	-----------------------------

Yes, **key lime** pie is named after the variety of limes used. Not surprisingly, key limes have naturalized throughout the Florida Keys. If you can get past their thorns you'll find a more tart and aromatic lime than the common Persian limes carried in most American grocery stores.

## Lite Lemon Puffs

Serves 6

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 package HealthWise Lemonade Fruit Drink
- 1 egg

1. Preheat oven to 350 °.
2. Mix all ingredients to a doughy consistency.
3. Form 6 dough balls.
4. Bake at 350 ° for 10 minutes.

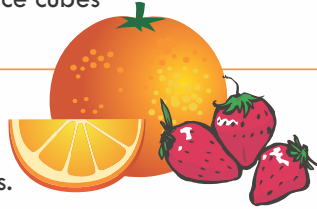
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Nutrition Per Serving	Calories 32 Fat 1 g Carbohydrates 1 g	Fiber 0 g Protein 6 g
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## Frozen Fruit Dream

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding  
 $\frac{3}{4}$  cups water  
 $\frac{1}{3}$  cup orange juice
- $\frac{1}{2}$  ripe banana  
3 frozen strawberries  
3 ice cubes



1. Combine liquids in blender.
2. Add fruit and ice cubes
3. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

Calories 190  
Fat 0.5 g  
Carbohydrates 30.4 g

Fiber 2.1 g  
Protein 16 g

## Fudgesicle

Serves 1

- 1 package HealthWise Swiss Chocolate Shake/Pudding  
4 oz. cold water

1. Combine ingredients in a small bowl, whisking until smooth.
2. Spoon into popsicle containers. Freeze until solid.

Nutrition Per  
Serving

Calories 80  
Fat 0.5 g  
Carbohydrates 5 g

Fiber 1 g  
Protein 15 g

## Raspberry Slushie

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding  
6 oz. lemon-lime flavored diet drink  
 $\frac{1}{4}$  cup frozen raspberries

Blend first two ingredients with ice cubes on medium speed until creamy.

Nutrition Per  
Serving

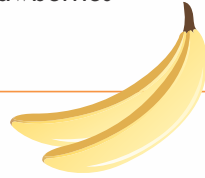
Calories 98  
Fat 0.3 g  
Carbohydrates 10.3 g

Fiber 2 g  
Protein 16 g

## Nana Split

Serves 1

- 1 package HealthWise Swiss Chocolate or French Vanilla Shake/Pudding
- 1/2 ripe banana
- 1/4 cup crushed pineapple
- 3 frozen strawberries
- 3 ice cubes



1. Mix shake according to package directions.
2. Combine with other ingredients in blender.
3. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

Calories 183  
Fat 0.3 g  
Carbohydrates 29 g

Fiber 2.4 g  
Protein 16 g

The **banana split** was invented by David Evans Strickler, a 23-year-old apprentice pharmacist at Tassel Pharmacy in Latrobe, Pennsylvania. David enjoyed inventing sundaes at the store's soda fountain, and he came up with the original banana-based triple ice cream sundae in 1904. The sundae originally cost 10 cents, twice the price of other sundaes. It caught on with students of nearby Saint Vincent College, and the word spread.

## Double Deluxe Chocolate Fudge

Serves 1

- 1 package HealthWise Swiss Chocolate Shake/Pudding
- 1 package Swiss Miss fat-free or sugar-free hot cocoa mix
- 3 ice cubes

1. Combine all ingredients in blender.
2. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

Calories 140  
Fat 0.5 g  
Carbohydrates 16 g

Fiber 1.5 g  
Protein 18 g

## Custard

Serves 1

1 package HealthWise French Vanilla Shake/Pudding  
2 eggs  
6 oz. water

---

1. Preheat oven to 350°.
  2. Combine all ingredients in blender on medium speed.
  3. Pour into baking dish and bake at 350° for 12 minutes.
- 

Nutrition Per  
Serving

Calories 114  
Fat 0.2 g  
Carbohydrates 6.4 g

Fiber 0 g  
Protein 22 g

*"Our bodies are our gardens - our wills are our gardeners."*

*—William Shakespeare*

## Notes

# Beverages



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Swiss Chocolate Lemon			
Float.....	74		

## Tomato Cocktail

Serves 2

1 package HealthWise Beef Bouillon Soup	2 cups hot water
1 package HealthWise Tomato Bouillon Soup	Pinch of garlic powder
	Pinch of savory
	Celery or green onion stalk

1. In a medium bowl combine all ingredients except celery or onion.
2. Mix well and pour into 2 cups.
3. Chill and serve in glasses with celery or onion stalks inserted.



Nutrition Per Serving (Without Celery/Onion)	Calories 75 Fat 0.5 g Carbohydrates 3 g	Fiber 0 g Protein 15 g
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"There are three possible parts to a date, of which at least two must be offered: entertainment, food, and affection. It is customary to begin a series of dates with a great deal of entertainment, a moderate amount of food, and the merest suggestion of affection. As the amount of affection increases, the entertainment can be reduced proportionately. When the affection IS the entertainment, we no longer call it dating. Under no circumstances can the food be omitted."

— Judith Martin (Miss Manners)

## Banana Blast

Serves 1

1 package HealthWise Tropical Banana Shake/Pudding	¼ tsp. cinnamon
4 oz. water	¼ tsp. nutmeg
¼ tsp. rum extract	6 oz. lemon-lime flavored diet soda
	4 ice cubes

Mix all ingredients in blender on low speed and enjoy!

Nutrition Per Serving	Calories 95 Fat 0.3 g Carbohydrates 9 g	Fiber 0 g Protein 15 g
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## Strawberry Deluxe

Serves 2

- 2 packages HealthWise California Strawberry Shake/Pudding
- 1 cup diet cola
- $\frac{3}{4}$  cup strawberries, sliced
- $\frac{1}{2}$  cup water
- 5 ice cubes

1. Mix all ingredients in a blender on high speed until smooth.
2. Pour into chilled glasses.

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Nutrition Per Serving	Calories 110 Fat 0.2 g Carbohydrates 12 g	Fiber 1.3 g Protein 15 g
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## Lemon Crystal

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- Crystal Light lemon-flavored drink
- 3 ice cubes

1. Prepare 8 oz. Crystal Light drink according to package.
2. Mix vanilla shake according to package instructions, substituting Crystal Light for the water.
3. Combine all ingredients in blender; blend at high speed for 30 seconds.

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Nutrition Per Serving	Calories 95 Fat 0 g Carbohydrates 6 g	Fiber 0 g Protein 15 g
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## Blue Moo Shake

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 8 oz. cold water
- $\frac{1}{4}$  cup blueberries
- 4 ice cubes



Mix all ingredients in blender on medium high until mixture becomes creamy.

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Nutrition Per Serving	Calories 105 Fat 0.2 g Carbohydrates 10 g	Fiber 1.9 g Protein 16 g
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## Piña Colada Shake

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 cup water
- ½ tsp. coconut extract
- 3 ice cubes

1. Combine all ingredients in blender.
2. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

Calories 90  
Fat 0 g  
Carbohydrates 6 g

Fiber 0 g  
Protein 15 g



As you may know, *piña coloda* is Spanish for strained (think *colander*) pineapple. Doesn't *piña coloda* sound so much more delectable? The alcoholic beverage with this name was created in Puerto Rico, which has adopted it as their national beverage.

## Pineapple Cooler

Serves 2

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 package HealthWise Pineapple Fruit Drink
- 2 cups cold water
- ¼ tsp. coconut extract
- 7 ice cubes

1. Mix all ingredients together in blender until smooth.
2. Pour into chilled glasses to serve.

Nutrition Per  
Serving

Calories 80  
Fat 0 g  
Carbohydrates 4 g

Fiber 0 g  
Protein 15 g

## Raspberry Tea Chiller

Serves 1

- |   |                        |
|---|------------------------|
| 1 package HealthWise French Vanilla Shake/Pudding | 1/2 tsp. rum flavoring |
| 1 package HealthWise Raspberry Tea                | 16 oz. water           |
|   | 6 ice cubes            |

1. Combine all ingredients in blender.
2. Blend at high speed for 30 seconds.

Nutrition Per Serving	Calories 155 Fat 0 g Carbohydrates 6 g	Fiber 0 g Protein 30 g
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## Raspberry Slush

Serves 1

- 1 package HealthWise Raspberry Tea  
1/2 tsp. rum flavoring  
3 ice cubes  
8 oz. water

1. Combine all ingredients in blender.
2. Blend at high speed for 30 seconds.

Nutrition Per Serving	Calories 60 Fat 0 g Carbohydrates <1 g	Fiber 0 g Protein 15 g
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## Watermelon Smoothie

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding  
1 cup watermelon, cubed  
1/2 cup water  
5 ice cubes



1. Mix all ingredients in a blender on high speed until smooth.
2. Pour into chilled glasses.

Nutrition Per Serving	Calories 136 Fat 0.2 g Carbohydrates 18 g	Fiber 0.6 g Protein 16 g
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## Dreamside Cooler

Serves 1

1 package HealthWise French Vanilla Shake/Pudding  
6-8 oz. diet orange soda  
4 ice cubes



1. Mix all ingredients in blender on low speed.
2. Drink, or freeze the mixture into freezer pops.

Nutrition Per  
Serving

Calories 90  
Fat 0 g  
Carbohydrates 6 g

Fiber 0 g  
Protein 15 g

## Tea Orange

Serves 1

1 package HealthWise Orangeade Fruit Drink  
1 cup water  
1 tsp. instant tea  
Dash of nutmeg  
Dash of cinnamon

1. Mix all ingredients in a blender on low speed until smooth.
2. Pour into a chilled glass.

Nutrition Per  
Serving

Calories 70  
Fat 0 g  
Carbohydrates 1 g

Fiber 0 g  
Protein 15 g

## Frosty Orangade

Serves 1

1 package HealthWise Orangeade Fruit Drink  
½ cup fat-free plain yogurt  
½ cup skim milk  
2 ice cubes

1. Combine fruit drink mix, yogurt, and skim milk in blender. Blend 1 minute.
2. Add ice cubes. Blend again 15 seconds.

Nutrition Per  
Serving

Calories 184  
Fat 0.2 g  
Carbohydrates 16 g

Fiber 0 g  
Protein 27 g

## Orange Juli

Serves 2

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 package HealthWise Orangeade Fruit Drink
- 2 cups water

1. Mix all ingredients in a blender on high speed until smooth.
2. Pour into chilled glasses to serve.

Nutrition Per  
Serving

Calories 80  
Fat 0 g  
Carbohydrates 4 g

Fiber 0 g  
Protein 15 g



"You are what you eat. What would YOU like to be?"

— Julie Murphy, *Nutrition Across A Lifetime*

## Orange Dream Shake

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 2 oz. no-pulp orange juice
- 1/4 tsp. Health Wise Orangeade Fruit Drink or orange sugar-free Tang
- 3 ice cubes

1. Mix vanilla shake according to package instructions, minus 2 oz. of liquid.
2. Combine with all other ingredients in blender.
3. Blend at high speed for 30 seconds.

Nutrition Per  
Serving

Calories 120  
Fat 0.1 g  
Carbohydrates 13 g

Fiber 0.1 g  
Protein 15 g

## Peach Pie Shake

Serves 1

1 package HealthWise Vanilla Shake Shake	Dash of DaVinci sugar-free peach syrup
1 cup water	3 ice cubes

1. Combine all ingredients into blender.
2. Blend at high speed for 45 seconds.

Nutrition Per Serving	Calories 90 Fat 0 g Carbohydrates 10 g	Fiber 0.5 g Protein 15 g
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## Peach Mango Cooler

Serves 1

1 package HealthWise Peach Mango Fruit Drink
6 oz. diet lemon-lime soda

1. Combine drink mix with soda and mix thoroughly.
2. Pour over ice and serve.

Nutrition Per Serving	Calories 70 Fat 0 g Carbohydrates 2 g	Fiber 0 g Protein 15 g
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## HealthWise Fuzzy Navel

Serves 2

2 packages HealthWise French Vanilla Shake/Pudding	1 can diet lemon-lime soda
1 package HealthWise Peach Mango Fruit Drink	½ cup cold water
	Ice cubes to thicken

1. Mix all ingredients together in a blender until smooth.
2. Pour into chilled glasses to serve.

Nutrition Per Serving	Calories 125 Fat 0 g Carbohydrates 8 g	Fiber 0 g Protein 23 g
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## Peachy Smoothie

Serves 1

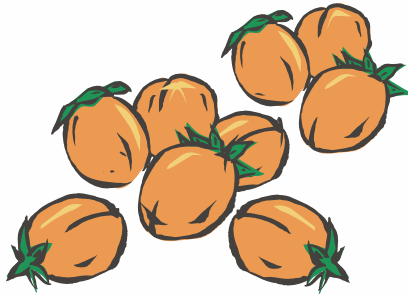
1 package HealthWise French Vanilla Shake/Pudding	1 fresh peach, peeled and cut up
2 oz. vanilla low-fat yogurt	6 oz. cold water
	4 ice cubes

Mix all ingredients in blender on medium speed.

Nutrition Per Serving

Calories 157  
Fat 1 g  
Carbohydrates 18 g

Fiber 1.2 g  
Protein 19 g



"If diet is wrong, medicine is of no use.  
If diet is correct, medicine is of no need."

— Ancient Ayurvedic proverb

## Peachy Smoothie for Two

Serves 2

2 packages HealthWise French Vanilla Shake/Pudding	1 cup diet cream soda
1 medium peach, peeled and sliced	1/2 cup water
	5 ice cubes

1. Mix all ingredients in a blender on high speed until smooth.
2. Pour into chilled glasses.

Nutrition Per Serving

Calories 109  
Fat 0.1 g  
Carbohydrates 11 g

Fiber 0.8 g  
Protein 15 g

## Black Cherry Blast

Serves 1

1 package HealthWise California Strawberry Shake/Pudding  
6 oz. black-cherry-flavored diet drink  
4 ice cubes



Mix all ingredients in blender on medium speed.

Nutrition Per  
Serving

Calories 90  
Fat 0 g  
Carbohydrates 7 g

Fiber 0 g  
Protein 15 g

## Black Forest Smoothie

Serves 1

1 package HealthWise Swiss Chocolate Shake/Pudding  
1 cup cold water  
1 tsp. cherry extract

1. Mix all ingredients in a blender on high speed until smooth.
2. Pour into a chilled glass.

Nutrition Per  
Serving

Calories 90  
Fat 0.5 g  
Carbohydrates 6 g

Fiber 1 g  
Protein 15 g

## Cherry Smoothie

Serves 2

2 packages HealthWise French Vanilla Shake/Pudding  
1 cup water  
5 ice cubes  
1 cup diet cherry cola

1. Mix all ingredients, except cherry soda, in a blender on high speed until smooth.
2. Pour into chilled glasses then pour cherry soda on top.

Nutrition Per  
Serving

Calories 90  
Fat 0 g  
Carbohydrates 6 g

Fiber 0 g  
Protein 15 g



## Fruity Punch

Serves 3

- 1 package HealthWise Tropical Banana Shake/Pudding
- 1 package HealthWise French Vanilla Shake/Pudding
- 1 package HealthWise Pineapple Fruit Drink
- 18 oz. lemon-lime flavored diet soda

Mix all ingredients in blender on low speed until desired consistency. Serve over ice.

Nutrition Per  
Serving

Calories 83  
Fat 0 g  
Carbohydrates 5 g

Fiber 0 g  
Protein 15 g

Where's the punch in this punch? Our word for party drinks often served in large bowls (with ladles and matching cutesy cups) actually comes from the Hindi word, **panch**, meaning five (not to be confused with **paunch**, which we are successfully eliminating). The drink, which was brought to England from India in the early seventeenth century, originally had five ingredients: alcohol, sugar, lemon, water, and tea or spices.



## Fruits and Nuts Smoothie

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 1/2 cup water
- 3/4 cup strawberries
- 1/2 tsp. almond extract
- 1/2 tsp. coconut extract

1. Mix all ingredients in a blender until smooth.
2. Pour into a chilled glass.

Nutrition Per  
Serving

Calories 130  
Fat 0.4 g  
Carbohydrates 16 g

Fiber 2.5 g  
Protein 16 g

## Caramel Latte

Serves 2

- 1 package HealthWise Proticcino Instant Drink
- 1 package HealthWise Chocolate Drink Shake Shake
- 2 cup water
- Dash of DaVinci sugar-free caramel syrup
- 6 ice cubes

1. Combine all ingredients in blender.
2. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

Calories 80  
Fat 0.5 g  
Carbohydrates 5.5 g

Fiber 0 g  
Protein 15 g



## Marvelous Maple Smoothie

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- $\frac{3}{4}$  cup cold water
- $\frac{1}{4}$  tsp. maple extract
- Dash of cinnamon

1. Mix first 3 ingredients in a blender until smooth.
2. Pour into a chilled glass. Top with cinnamon.

Nutrition Per  
Serving

Calories 90  
Fat 0 g  
Carbohydrates 6 g

Fiber 0 g  
Protein 15 g

## French Vanilla Root Beer Float

Serves 1

1 package HealthWise French Vanilla Shake/Pudding  
6 oz. diet root beer  
4 ice cubes

---

Combine all ingredients in blender for 30 seconds or until thoroughly mixed.

---

Nutrition Per  
Serving

Calories 90  
Fat 0 g  
Carbohydrates 6 g

Fiber 0 g  
Protein 15 g

**Root beer** originally used the root of the sassafras plant as the primary flavor. The recipes often incorporated additional plants such as sarsaparilla, birch, cherry, wintergreen, dandelion, licorice, nutmeg, clove, ginger, and cinnamon. Today, artificial flavors are used more, but that's not all bad: in 1960 sassafras root was discovered to be carcinogenic and was subsequently banned in the United States.

## French Vanilla Cola Float

Serves 1

1 package HealthWise French Vanilla Shake/Pudding  
6 oz. diet cola  
4 ice cubes

---

Combine all ingredients in blender for 30 seconds or until thoroughly mixed.

---

Nutrition Per  
Serving

Calories 90  
Fat 0 g  
Carbohydrates 6 g

Fiber 0 g  
Protein 15 g

## French Vanilla Lime Cooler

Serves 1

1 package HealthWise French Vanilla Shake/Pudding  
8 oz. water  
2 tbsp. lime juice  
4 ice cubes

Combine all ingredients in blender for 30 seconds or until thoroughly mixed.

Nutrition Per Serving	Calories 96 Fat 0.1 g Carbohydrates 8 g	Fiber 0 g Protein 15 g
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## Swiss Chocolate Lemon Float

Serves 1

1 package HealthWise Swiss Chocolate Shake/Pudding  
6 oz. lemon-lime soda  
4 ice cubes

Combine all ingredients in blender for 30 seconds or until thoroughly mixed.

Nutrition Per Serving	Calories 80 Fat 0.5 g Carbohydrates 5 g	Fiber 0.5 g Protein 15 g
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## Swiss Chocolate Cola Float

Serves 1

1 package HealthWise Swiss Chocolate Shake/Pudding  
6 oz. diet cola  
4 ice cubes

Combine all ingredients in blender for 30 seconds or until thoroughly mixed.



Nutrition Per Serving	Calories 90 Fat 0 g Carbohydrates 6 g	Fiber 1 g Protein 15 g
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## Swiss Chocolate Root Beer Float

Serves 1

1 package HealthWise Swiss Chocolate Shake/Pudding  
6 oz. diet root beer  
4 ice cubes

---

Combine all ingredients in blender for 30 seconds or until thoroughly mixed.

---

Nutrition Per  
Serving

Calories 90  
Fat 0 g  
Carbohydrates 6 g

Fiber 1 g  
Protein 15 g

**Root beer** was brewed as early as the 18th century by farmers who produced a lightly alcoholic version for family get-togethers and social events. During the 19th century some pharmacists tried to sell their version of root beer as a miracle drug. The non-alcoholic version became especially popular in the U.S. during the Prohibition era.

## Chocolate Ice Cream Soda

Serves 2

1 package HealthWise Swiss Chocolate Shake/Pudding  
8 oz. water  
6 oz. chocolate flavored diet drink  
6 ice cubes

---

Mix all ingredients in blender on medium until creamy smooth.

---

Nutrition Per  
Serving

Calories 90  
Fat 0.5 g  
Carbohydrates 6 g

Fiber 1 g  
Protein 15 g

## Chocolate-Strawberry Fizzy

Serves 2

- 1 package HealthWise California Strawberry Shake/Pudding
- 1 package HealthWise Swiss Chocolate Shake/Pudding
- 1 can diet lemon-lime soda
- 10 ice cubes

1. Mix all ingredients together in blender until smooth.
2. Pour into chilled glasses to serve.

Nutrition Per Serving	Calories 90 Fat 0.3 g Carbohydrates 4 g	Fiber 0.5 g Protein 15 g
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## Apple Pie Shake

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 cup water
- 1 tsp. vanilla extract
- 1 tsp. apple pie spice
- 3 ice cubes

1. Combine all ingredients into blender.
2. Blend at high speed for 45 seconds.

Nutrition Per Serving	Calories 90 Fat 0 g Carbohydrates 10 g	Fiber 0.5 g Protein 15 g
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## Chunky Monkey Shake

Serves 1

- 1 package HealthWise Chocolate Drink Shake Shake
- 1 cup water
- Dash of DaVinci sugar-free banana syrup
- 3 ice cubes



1. Combine all ingredients in blender.
2. Blend at high speed for 45 seconds. Don't hurt the monkey!

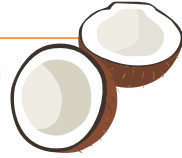
Nutrition Per Serving	Calories 90 Fat 0.5 g Carbohydrates 6 g	Fiber 1 g Protein 15 g
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## Chocolate-Coco-Nut Shake

Serves 1

- |  |                          |
|--|--------------------------|
| 1 package HealthWise Swiss Chocolate Shake/Pudding | 1/2 tsp. almond extract  |
| 1 cup cold water                                   | 1/2 tsp. coconut extract |
|  | 4 ice cubes              |

1. Mix all ingredients in blender on medium high speed until smooth.
2. Pour into chilled glass.



Nutrition Per Serving

Calories 80  
Fat 0.5 g  
Carbohydrates 5 g

Fiber 0 g  
Protein 15 g

## Chocolate Almond Drink

Serves 1

- 1 package HealthWise Chocolate Drink Shake Shake  
1 cup water  
1/4 tsp. almond extract  
3 ice cubes

1. Combine all ingredients in blender.
2. Blend at high speed for 45 seconds.

Nutrition Per Serving

Calories 80  
Fat 1 g  
Carbohydrates 3 g

Fiber 1 g  
Protein 15 g

## Almond Joyous

Serves 1

- |  |                          |
|--|--------------------------|
| 1 package HealthWise Swiss Chocolate Shake/Pudding | 8 oz. water              |
|  | 1/2 tsp. almond extract  |
|  | 1/2 tsp. coconut extract |

Mix all ingredients in blender on medium speed.

Nutrition Per Serving

Calories 90  
Fat 0 g  
Carbohydrates 6 g

Fiber 1 g  
Protein 15 g

## Fudgicious Smoothie

Serves 1

- 1 package HealthWise Swiss Chocolate Shake/Pudding
- $\frac{3}{4}$  cup diet lemon-lime soda
- 1 packet diet sweetener
- 5 ice cubes



1. Mix all ingredients together in blender until smooth.
2. Pour into chilled glass.

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Nutrition Per Serving	Calories 94 Fat 0.5 g Carbohydrates 7 g	Fiber 1 g Protein 15 g
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## Chocolate Peanut Butter Cup Shake

Serves 1

- 1 package HealthWise Swiss Chocolate Shake/Pudding
- 1 tbsp. all-natural peanut butter
- 3 ice cubes

1. Mix chocolate shake according to package instructions.
2. Combine with all other ingredients in blender.
3. Blend at high speed for 45 seconds.

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Nutrition Per Serving	Calories 184 Fat 8.6 g Carbohydrates 9 g	Fiber 2 g Protein 19 g
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## Twisted Cocoa Smoothie

Serves 1

- 1 package HealthWise Swiss Chocolate Shake/Pudding
- 1 cup diet lemon-lime soda
- 1 tsp. mint extract
- 5 ice cubes

1. Mix all ingredients together in blender on high speed.
2. Pour into chilled glass.

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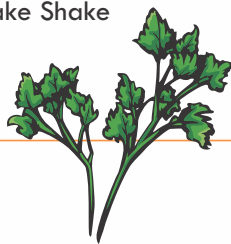
Nutrition Per Serving	Calories 90 Fat 0 g Carbohydrates 6 g	Fiber 1 g Protein 15 g
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## Chocolate Mint Drink

Serves 1

- 1 package HealthWise Chocolate Drink Shake Shake
- 1 cup water
- 1/2 tsp. peppermint extract
- 3 ice cubes



1. Combine all ingredients in blender.
2. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

Calories 80  
Fat 1 g  
Carbohydrates 3 g

Fiber <1 g  
Protein 15 g

## Grasshopper Shake

Serves 1

- 1 package HealthWise Swiss Chocolate Shake/Pudding
- 1 cup cold water
- 1/2 tsp. chocolate extract
- 1/2 tsp. peppermint extract
- 5 ice cubes

1. Mix all ingredients together in blender until smooth.
2. Pour into chilled glass.

Nutrition Per  
Serving

Calories 90  
Fat 0.5 g  
Carbohydrates 6 g

Fiber 1 g  
Protein 15 g

## Peppermint Shake

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 cup cold water
- 5 ice cubes
- 1/2 tsp. peppermint extract
- 1/4 tsp. vanilla extract
- 1 drop green food coloring

Mix combined ingredients in blender and serve.

Nutrition Per  
Serving

Calories 93  
Fat 0.1 g  
Carbohydrates 6 g

Fiber 0 g  
Protein 15 g

## Protein Cup of Joe

Serves 1

- 1 package HealthWise Proticcino Instant Drink
- 4 oz. prepared decaffeinated coffee
- 4 oz. skim milk
- 3 ice cubes

1. Mix Proticcino with prepared decaf coffee and skim milk.
2. Combine with the ice in blender.
3. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

Calories 128  
Fat 0.3 g  
Carbohydrates 11 g

Fiber 0 g  
Protein 19 g

Why is **coffee** sometimes referred to as a cup of Joe? Theories abound, and these are three of our favorites: 1) It was named without affection by Navy personnel who resorted to drinking more coffee after the Secretary of the Navy Josephus Daniels banned all U.S. Navy ships from serving alcoholic beverages in 1913. 2) It's a drink for your average Joe (guy). 3) It was once called a cup of jamoke—from Java and mocha—which was shortened to cup of Joe.

## Chocolate Mint Mocha Drink

Serves 1

- 1 package HealthWise Chocolate Drink Shake Shake
- 1 ½ tsp. instant coffee
- 4 drops of peppermint extract
- 3 ice cubes

1. Mix chocolate drink according to package instructions.
2. Combine with all other ingredients in blender.
3. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

Calories 80  
Fat 1 g  
Carbohydrates 3 g

Fiber <1 g  
Protein 15 g

## Spiced Iced Coffee

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- $\frac{3}{4}$  cup water
- 1 tsp. instant coffee
- Dash of allspice, cinnamon, and nutmeg
- 5 ice cubes

1. Mix all ingredients together in a blender until smooth.
2. Pour into a chilled glass.

---

Nutrition Per Serving	Calories 90 Fat 0 g Carbohydrates 6 g	Fiber 0 g Protein 15 g
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Just how many spices does **allspice** contain? Just one! Yes, in the 1600s the English came upon the spice during their travels and believed it contained cinnamon, nutmeg, and clovers. In reality it is the dried, unripe berry-like fruit of the *Pimenta dioca* tree. (This tree is unrelated to other allspice imposters, including the Carolina and Japanese allspice shrubs.)

## Iced Cappuccino

Serves 1

- 1 package HealthWise Cappuccino
- 8 oz. water
- 6 ice cubes, crushed
- Dash of allspice
- Dash of cinnamon
- Dash of nutmeg

1. Prepare cappuccino according to instructions.
2. Pour over crushed ice and season according to taste.

---

Nutrition Per Serving	Calories 90 Fat 1 g Carbohydrates 4 g	Fiber 0 g Protein 15 g
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## Tropical Coffee Shake

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 tsp. coconut extract
- 6 oz. cold water
- 1 tsp. instant coffee crystals
- 4 oz. ice cubes
- 1 tsp. vanilla extract



Combine all ingredients in blender for 30 seconds or until thoroughly mixed.

Nutrition Per  
Serving

Calories 104  
Fat 0.2 g  
Carbohydrates 7 g

Fiber 0 g  
Protein 15 g



Mark your calendar for  
National Coffee Day  
in the United States  
September 29

## Mocha Vanilla Shake

Serves 2

- 2 packages HealthWise French Vanilla Shake/Pudding
- 8 oz. water
- 4 oz. hot coffee
- 4 ice cubes

1. Blend vanilla shake and water on medium speed of blender.
2. Add in 4 oz. hot coffee and ice cubes.
3. Blend and serve.

Nutrition Per  
Serving

Calories 91  
Fat 0 g  
Carbohydrates 6 g

Fiber 0 g  
Protein 15 g

## Vanilla Cappuccino Smoothie

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 1 package HealthWise Vanilla Cappuccino
- 1 tsp. instant decaffeinated coffee
- 1 ½ cups hot water
- Dash of cinnamon

1. Blend first 4 ingredients until smooth.
2. Pour into mug and top with a dash of cinnamon.

Nutrition Per  
Serving

Calories 180  
Fat 1 g  
Carbohydrates 11 g

Fiber 0 g  
Protein 30 g

Cappuccino gets its name from the Capuchin friars (referring to the color of their habits). This Italian beverage is traditionally prepared with espresso, hot milk, and steamed-milk foam. Our HealthWise Vanilla Cappuccino is made differently, to save you all that fat.

In English, references to milk use the term **lacto**. In Italian, **latte** means milk. In the North America we often shorten the Italian **caffè latte** (coffee milk) to just **latte**.

## Latte

Serves 2

- 1 package HealthWise Vanilla Shake Shake
- 1 package HealthWise Proticcino Instant Drink
- 2 cups water
- 2 tbsp. instant decaf coffee
- 8 ice cubes

1. Combine all ingredients into blender
2. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

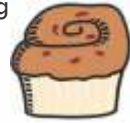
Calories 80  
Fat 0 g  
Carbohydrates 5.5 g

Fiber 0 g  
Protein 15 g

## Cinnamon Roll Supreme Shake

Serves 1

- 1 package HealthWise French Vanilla Shake/Pudding
- 1/2 tsp. ground cinnamon
- 1 tsp. fat-free Butter Buds
- 3 ice cubes



1. Mix vanilla shake according to package instructions.
2. Combine all ingredients in blender.
3. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

Calories 98  
Fat 0.1 g  
Carbohydrates 9 g

Fiber 0.6 g  
Protein 15 g

"The secret of good cooking is, first, having a love of it... If you're convinced that cooking is drudgery, you're never going to be good at it, and you might as well warm up something frozen."

— James Beard

## Campfire S'more Shake

Serves 1

- 1 package HealthWise Vanilla Shake Shake
- 1 cup water
- Dash of DaVinci sugar-free toasted marshmallow syrup
- Dash of DaVinci sugar-free German chocolate cake syrup
- 3 ice cubes

1. Combine all ingredients into blender.
2. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

Calories 90  
Fat 0 g  
Carbohydrates 10 g

Fiber 0.5 g  
Protein 15 g

## Amaretto Cookie Shake

Serves 1

1 package HealthWise Vanilla Shake Shake  
1 cup water  
Dash of DaVinci sugar-free amaretto syrup  
Dash of DaVinci sugar-free cookie dough syrup  
3 ice cubes

1. Combine all ingredients into blender.
2. Blend at high speed for 45 seconds.

Nutrition Per  
Serving

Calories 90  
Fat 0 g  
Carbohydrates 10 g

Fiber 0.5 g  
Protein 15 g

"Cooking is an art and patience a virtue... Careful shopping, fresh ingredients and an unhurried approach are nearly all you need. There is one more thing - love. Love for food and love for those you invite to your table. With a combination of these things you can be an artist - not perhaps in the representational style of a Dutch master, but rather more like Gauguin, the naive, or Van Gogh, the impressionist. Plates or pictures of sunshine taste of happiness and love."  
— Keith Floyd

## Brandy Candy Shake

Serves 1

1 package HealthWise French Vanilla Shake/Pudding  
1 tsp. brandy extract  
1 tsp. vanilla extract  
Dash of nutmeg  
1 cup cold water  
4 ice cubes

1. Mix all ingredients together in blender until smooth.
2. Pour into chilled glass.

Nutrition Per  
Serving

Calories 102  
Fat 0.1 g  
Carbohydrates 7 g

Fiber 0 g  
Protein 15 g

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