

# SHAKE IT UP: BLEND YOUR NUTRIENTS RECIPES



## ALMOND CHOCOLATE SHAKE

**RICH IN PROTEIN, ANTIOXIDANTS, HEALTHY FATS, AND FIBER**

**NUTRITIONAL INFORMATION:** Serving size: 16 oz. Calories 320; Total Fat 20g (sat fat. 1.5 g); Sodium 80 mg; Total Carbohydrate 35g; Fiber 8g; Protein 9g

## ROASTED RED PEPPER SOUP

**A GOOD SOURCE OF FIBER AND ANTIOXIDANTS**

**NUTRITIONAL INFORMATION:** Serving size: 1¼ cup: Calories 204; Fat 14g; Sat Fat 2g; Protein 3g; Sugars 11g; Carbohydrate 19g; Fiber 5g

## MANGO & GREEK YOGURT FROZEN TREAT

**A GOOD SOURCE OF FIBER AND CALCIUM**

**NUTRITIONAL INFORMATION:** Per serving: Calories 122; Fat 0g; Protein 7g; Cholesterol 2mg; Sodium 95mg; Fiber 2g; Carbohydrate 2g; Iron 6%



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## ALMOND CHOCOLATE SHAKE - SERVES 2

### INGREDIENTS:

1 cup almond milk, unsweetened  
¼ cup almond butter  
1 tablespoon unsweetened cocoa powder  
1 banana, frozen  
1 tablespoon maple syrup  
½ cup ice

### PREPARATION:

Add ingredients to blender in the order listed above. Blend on high speed until desired consistency is reached.

## ROASTED RED PEPPER SOUP - SERVES 4 - 6

### INGREDIENTS:

4 red bell peppers, seeded and quartered  
3 large vine-ripened tomatoes, quartered  
2 medium yellow onions, peeled and quartered  
6 cloves garlic, peeled  
Salt and Pepper, to taste  
4 tablespoons extra virgin olive oil  
2 teaspoons kosher salt, divided  
1 tablespoon fresh chopped rosemary, plus more for garnishing the soup  
1/8 teaspoon cayenne pepper  
½ teaspoon dried thyme  
½ teaspoon kosher salt  
2 ½ cups broth (vegetable or chicken), heated  
1 tablespoon balsamic vinegar

### PREPARATION:

Preheat the oven to 400°F. Line a baking sheet with parchment paper or non-stick foil for easy clean-up.

Place the bell peppers, tomatoes, onions and garlic on the prepared baking sheet. Toss with the olive oil and season with salt and pepper. Roast for about 40 minutes, or until the vegetables are just starting to brown. While the vegetables are roasting, heat the broth on the stovetop or microwave.

Transfer the vegetables and all the juices to a blender or food processor fitted with the blade attachment. Add the rosemary, cayenne pepper, thyme and salt and purée until almost smooth. Add the heated broth and balsamic vinegar and blend again to combine. Serve warm. Garnish with chopped rosemary.



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## MANGO AND GREEK YOGURT FROZEN TREAT – SERVES 1

### INGREDIENTS:

½ cup mango, frozen chunks (do not thaw)

½ cup low fat or fat free Greek Yogurt

Agave to taste

### PREPARATION:

In a food processor place frozen berries and process well; add yogurt and blend until smooth. This technique works well with frozen fruit of any kind. (try mixed berries!)

