Fit & Flavorful
Egg Nog
Recipe from Executive Chef Nick Weimer

Calories: 167    Protein: 10.8g    Carbohydrates: 22.5g    Total Fat: 2.5g
Saturated Fat: 1.6g    Unsaturated Fat: 0.9g    Trans Fat: 0g
Cholesterol: 12.2mg    Sodium: 145.9mg    Fiber: 0.2g

Yield: 4 servings (1 cup)
Mayo Clinic Exchange: 1 ¼ protein/dairy, ½ sweet

Ingredients

4 cups 1% milk, or soy milk
½ cup egg beaters or 2 whole eggs
½ tsp. cinnamon
½ tsp. nutmeg
2 T. real vanilla
2 T. honey

Preparation

Heat milk in a saucepan to near boiling (180-200) being careful not to scorch. Whip eggs in a bowl until pale and very frothy. Stir in ¼ cup of milk at a time to keep from scrambling eggs. Once the first cup is in, add about 1 cup at a time until completely mixed together. Add back to heat and add cinnamon, nutmeg, vanilla and honey and heat to 165 stirring constantly. Please in refrigerator and cool to 40 degrees, or drink warm if you’d prefer.
Fit & Flavorful
Fruit Juice Puree
Recipe from Executive Chef Nick Weimer

Calories: 76  Protein: 1.0g  Carbohydrates: 18.9g  Total Fat: 0.3g
Saturated Fat: 0.0g  Unsaturated Fat: 0.3g  Trans Fat: 0g
Cholesterol: 0.0mg  Sodium: 6.2mg  Fiber: 1.6g

Yield: 4 servings – 8 oz. each
Mayo Clinic Exchange: 1 fruit

Ingredients
1 cup fresh pineapple, peeled and chunked
1 cup fresh strawberries stemmed
¾ cup cantaloupe or other melon peeled and chunked
Juice of 2 oranges
1 cup water
1 Tbsp. honey

Preparation
Place all ingredients in blender. Puree until smooth, refrigerate. Yields 4, 8-9 oz. cups.
Fit & Flavorful
Fruit Smoothie
Recipe by Executive Chef Mark Beland

Calories: 115  Protein: 4g  Carbohydrates: 25g  Total Fat: 1g
Saturated Fat: 0.5g  Unsaturated Fat: 0.5g  Trans Fat: 0g
Cholesterol: 3mg  Sodium: 41mg  Fiber: 3g

Yield: 4 servings (1/2 cup)
Mayo Clinic Exchange: 1 fruit, ¼ sweet, ¼ dairy

Ingredients
1 c. fresh berries
1 banana
1 orange, peeled
Juice of one lime or lemon
1 c. low-fat vanilla yogurt

Preparation
Combine fruit, yogurt and juice above in a blender. Blend until smooth. Can also use frozen fruit, or add ice cubes for a different texture. Recommend adding ice to froth it up and increase volume without increasing calories.
Fit & Flavorful
Green Smoothie
Recipe by Executive Chef Nick Weimer

Calories: 47  Protein: 1g  Carbohydrates: 11.5g  Total Fat: 0.2g
Saturated Fat: 0g  Unsaturated Fat: 0g  Trans Fat: 0g
Cholesterol: 0mg  Sodium: 11.7mg  Fiber: 2.2g

Yield: approx 4 - 6oz serving
Mayo Clinic Pyramid Servings: 1 fruit

Ingredients

1 banana
½ cup strawberries
Juice of 1 lemon
½ cup other berry (blackberry, blueberry, etc.)
2 oz. fresh baby spinach
1 T. fresh mint (more or less to taste)
1 cup cold water or ice

Preparation

Place all ingredients in a blender or juicer and puree to desired consistency.
Enjoy!
Fit & Flavorful
Hurricane Punch
Recipe by Executive Chef Nick Weimer

Yield: 6 servings
Mayo Clinic Pyramid Servings: 1 fruit

Ingredients
1 ½ cup pineapple, chopped
2 cups citrus fruits, peeled (orange, Clementine, etc.)
Juice of 1 Lemon
8 oz. cranberry juice
1 cup ice
+extra for serving (optional)

Preparation
Place all ingredients except ice in a blender and puree until very smooth. Add ice and puree until smooth. Serve. Yields six 4 oz servings.
Yield: 8 spice bags

Ingredients

3 cinnamon sticks  
2 whole nutmeg  
4 whole cloves  
1 star anise  
6 allspice berries  
1 T. dried orange peel  
8 squares of cheesecloth 4”x4”  
8 lengths of butchers twine 4”

Preparation

Place all ingredients into a large zip lock bag and hit with the flat side of a meat tenderizer until well crushed. Divide into cheesecloth squares and tie off with butchers twine. Use to mull cider, tea, wine, etc.
Fit & Flavorful
Non Alcoholic Margarita
Recipe by Executive Chef Mark Beland

Yield: 1 servings
Mayo Clinic Pyramid Servings: 1 sweet

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**Ingredients**

- 2 c. ice
- ½ c. fresh lime juice
- 2 Tbsp. raw sugar
- 2 Tbsp. water
- Fresh fruit to garnish

**Preparation**

In sauce pan, boil water and sugar until dissolved. Remove from heat and chill. In blender add ice, juice, and simple syrup. Blend until smooth, pour in favorite glass and garnish rim with cut fruit.
Orange Dream

Recipe from The New Mayo Clinic Cookbook

Yield: 4 servings

Ingredients

1 ½ cups (12 fl oz) fresh orange juice, chilled
1 cup (8 fl oz) vanilla soy milk, chilled
1/3 cup silken or soft tofu
1 tablespoon dark honey
1 teaspoon grated orange zest
½ teaspoon vanilla extract
5 ice cubes
4 peeled orange segments

Preparation

In a blender, combine the orange juice, soy milk, tofu, honey, orange zest, vanilla, and ice cubes. Blend until smooth and frothy, about 30 seconds.

Pour into tall, chilled glasses and garnish each glass with an orange segment.
Fit & Flavorful
Pineapple Smoothie
Recipe from Executive Chef Tim Cockram

Calories: 189  Protein: 11.6g  Carbohydrates: 37.0g  Total Fat: 0.5g
Saturated Fat: 0.2g  Trans Fat: 0.0g
Cholesterol: 6.2mg  Sodium: 79.6mg  Fiber: 2.9g

Yield: Approx. 2 Smoothies
Mayo Clinic Healthy Weight Pyramid serving: 2 fruits, 1 protein/dairy

Ingredients
1 banana, sectioned (frozen, if desired)
1 c. pineapple cut into ½” pieces and divided (frozen if desired)
¼ c. pineapple juice (if a sweeter smoothie is desired)
¼ c. Kale, chopped
1 c. skim milk (or other milk of choice-almond, soy)
½ c. Greek yogurt, nonfat plain
¼ tsp. ground cardamom
½ c. ice (optional)

Preparation
Combine frozen sections of banana, ¼ cup of the pineapple pieces, pineapple
juice, kale, milk, yogurt and cardamom in a blender along with ice cubes (if
using). Blend until smooth. Pour over remaining ¼ cup pineapple pieces in a tall
glass. Enjoy!
Fit & Flavorful
Strawberry Lime Mockarita
Recipe from Executive Chef Tim Cockram

Calories: 63  Protein: 0.5g  Carbohydrates: 16.3g  Total Fat: 0.2g
Saturated Fat: 0.0g  Trans Fat: 0.0g
Cholesterol: 0.0mg  Sodium: 4.3mg  Fiber: 1.4g

Yield: Approx. 6 servings (serving size 8 oz. (one cup))
Mayo Clinic Healthy Weight Pyramid serving: 1 fruit

**Ingredients**
2 cups ice
¼ cup agave
3 cups strawberries
¼ tablespoon lime juice
1 lime wedge
1 cup seltzer

**Creative Additions**
¼ tsp. cinnamon

**Preparation**
Place all ingredients in a blender except seltzer. Put blender on crush mode and blend until smooth. Add seltzer and pulse a few times to blend (add cinnamon if desired). Serve with a lime slice for garnish.

**Technique:** Balance sweetness with seltzer water and ice and keep the calories in check too.

**Taste:** The kick of citrus helps bring out the berries ripeness.

**Try:** Try it with cinnamon as this adds character.

**Tip:** Limit added sugars. Choose added sugars that add flavor beyond just sweet.