

Wonders of Wellness

Healthy Holiday Beverages Recipes

2013

Beverages:

a. Spicy Apple Cider Punch

b. Pumpkin Pie Smoothie

Spicy Apple Cider Punch

Prep Time: 20 minutes

Cooking Time: 10 minutes

Servings: 12 (1 cup)

Ingredients:

1 large orange

3 whole cloves

3 cups fresh orange juice

2 quarts unsweetened apple juice or apple cider

¼ cup raisins

1 cinnamon stick

Directions:

- 1. Peel the skin from the oranges leaving the bitter white pith behind*
- 2. Stick the cloves into the skin*
- 3. Squeeze the juice from the orange and add to the orange juice*
- 4. Place all ingredients into a large nonreactive pan and bring to a boil over high heat*



5. Remove from heat, cover and allow to stand at least 30 minutes to allow flavors to blend

Nutritional Facts:

Calories = 119.6

Fat = 0.4 g

Cholesterol = 0.0 mg

Sodium = 6.2 mg

Total Carbs = 29.3 g

Dietary Fiber = 0.7 g

Protein = 0.8 g

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Pumpkin Pie Smoothie

Prep Time: 5 minutes

Cooking Time: 5 minutes

Servings: 4 (1 cup)

Ingredients:

*1 can (15 oz.) Libby's 100% Pure Pumpkin,
chilled*

*1 can (12 fl. Oz.) Nestle Carnation Evaporated fat free milk,
chilled*

1 cup (6 oz.) vanilla light and nonfat yogurt

¼ cup Splenda

¼ teaspoon pumpkin pie spice

4 tablespoons sugar free whipped cream

Directions:

Pour all ingredients (excluding whipped cream) into a blender (adding ice if you like) and blend for 1 to 5 minutes. Top with whipped cream and a dash of pumpkin pie spice.



Nutritional Facts:

Calories = 112.0

Fat = 0.3 g

Cholesterol = 2.1 mg

Sodium = 61.3 mg

Total Carbs = 21.4 g

Dietary Fiber = 2.9 g

Protein = 6.0 g

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