



## Beverage Recipes

(These recipes were adapted from Kraft Foods – [www.kraftfoods.com](http://www.kraftfoods.com))

**\*\*IMPORTANT** – *These beverages are not meant to be prepared with alcohol. Alcohol adds empty calories and slows or prevents weight loss, plus it makes these drinks unhealthy.*

### ***Strawberry Pink Lemonade***

(Makes 8 servings, 1 cup each)



#### **Ingredients:**

- 1 tub Pink Lemonade Flavor Low calorie Soft Drink Mix (such as *Crystal Light* brand)
- 7 cups cold water
- 1 cup frozen strawberries, divided
- Ice cubes

#### **Instructions:**

1. Place drink mix in plastic or glass pitcher. Add cold water; stir until drink mix is dissolved.
2. Pour half of the prepared drink mix and half of the strawberries into blender; cover. Blend on high speed until smooth. Pour over ice cubes in tall glasses. Repeat with remaining prepared drink mix and strawberries.
3. Serve immediately.

### ***Razzmopolitan***

(Makes 7 servings, 1 cup each)

#### **Ingredients:**

- 1 tub Sunrise Classic Orange Flavor Sugar Free Drink Mix
- 5 cups cold water
- 2 cups low calorie cranberry raspberry drink
- ¼ cup fresh lime juice



#### **Instructions:**

1. Place drink mix in plastic or glass pitcher. Add cold water; stir until drink mix is dissolved.
2. Add cranberry raspberry drink and lime juice; stir.
3. Refrigerate until ready to serve.

## ***Citrus Margarita Cooler***

(Makes 5 servings – 1 cup each)

### **Ingredients:**

- 1 tub lemonade flavor low calorie soft drink mix
- 1-1/2 cups cold water
- ½ cup cold orange juice
- 1 tablespoon fresh lime juice
- 5 cups crushed ice



### **Instructions:**

1. Place drink mix, water, orange juice and lime juice in blender container; cover.
2. Blend on high speed until drink mix is dissolved.
3. Add ice; cover. Blend on high speed until thickened and smooth. Serve immediately.

## ***Zesty Orange Coffee***

(Makes 4 servings – about ¾ cup each)

### **Ingredients:**

- 2 tablespoons decaffeinated instant coffee
- 1 teaspoon grated orange peel
- ¼ cup granulated no calorie sweetener
- 1/8 teaspoon ground ginger (optional)
- 3 cups boiling water



### **Instructions:**

1. Place coffee granules, orange peel, sweetener granules, ginger and water in large measuring cup; stir until coffee is dissolved and mixture is well blended.
2. Pour evenly into 4 mugs or coffee cups.

## ***Hot Spiced Lemonade***

(Makes 16 servings)

### **Ingredients:**

- 1 tub low calorie iced tea mix
- 1 tub low calorie lemonade mix
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves



### **Instructions:**

1. Mix all ingredients. Store in tightly covered jar at room temperature.
2. For One Quart: Measure 3 level teaspoons spiced tea mix into heatproof pitcher or bowl. Add 1 quart boiling water; stir until mix is dissolved.
3. For Single Serving: Measure ½ level teaspoon spiced tea mix into heatproof cup. Add ¾ cup boiling water; stir until mix is dissolved. Serve with lemon slices and cinnamon sticks, if desired.