



NUSSENTIALS™

*Whole food for
real people.*

Winning Recipes from Dallas Launch, June 2007

Nusentials Smoothie -- Submitted by Terry K. O'Connor-Teperman

- 2 scoops MORE! (20 grams).
- 1 scoop LESS! (30 grams).
- 1 heaping tablespoon mango/raspberry sherbert.
- 1 cup mixed berries; fresh or frozen (if frozen, no need to add ice); blueberries, raspberries, strawberries.
- ¼ cup pomegranate or pomegranate/cranberry/raspberry juice.
- ¼ cup orange juice.
- a banana or mango if desired.
- add ice to your liking.
- blend.

Nusentials Frappachino -- Submitted by Dana Poulin

- 2 scoops MORE! (20 grams).
- 1 scoop LESS! (30 grams).
- ½ cup water.
- ½ cup milk.
- 1 tablespoon instant coffee granules.
- 2 tablespoons favorite flavor of fat-free or sugar-free International Delight or Coffee Mate liquid creamer.
- ½ teaspoon vanilla extract.
- ½ teaspoon almond extract.
- add ice to your liking.
- blend.