

MORE! and LESS! Recipes

High Protein Shake

8 oz. soy milk
2 scoops MORE!
1/2 scoop LESS!
1 packet Carnation Instant Breakfast™
Blend well and drink

Fruit Juice and Milk

2 scoops MORE!
Ice to desired consistency
Add liquid to taste (ex: Milk (whole, 2%, or skim), juices (like Odwalla™))
Fruit (bananas, berries, mango, etc.)
Honey or dark chocolate syrup to taste

Nussentials Health Drink

1 cup cream of papaya juice, diluted
1 heaping scoop of LESS!
1 banana
4 cubes of ice
Blend and be nourished!

Suggestion: Try mixing the MORE! and LESS! with the gourmet sugar free syrups, such as raspberry, hazelnut, caramel and French Vanilla.

Orange JuiLESS!

Orange juice
7 ice cubes
1 scoop of LESS!
1 serving artificial sweetener

Vanilla-Raspberry 'Smoothie'

3/4 cup of fat-free milk
1/2 cup fresh or frozen raspberries in their own juice
1 capful of gourmet sugar free raspberry syrup
1 scoop LESS!
Blend all the ingredients in a blender, cover and process 2 minutes.
Try bananas or strawberries, too!

Vanilla Shake

1/2 cup fat-free, sugar free vanilla ice-cream or frozen yogurt
1/2 cup fat-free milk
1 scoop LESS!
In a blender, combine all the ingredients. Cover and process for 1-2 minutes to get it fabulously frothy. Serve immediately.



Vanilla Cappuccino Frappe

1 cup ice (about 5-7 cubes)
2/3 cup fat-free milk
1/3 cup brewed espresso or other strong coffee (cold)
1 scoop of LESS!

In a blender, combine all the ingredients. Cover and process for 1-2 minutes.
You can also add the vanilla sugar free flavor, or the caramel!!!

Vanilla Fizz

1 cup of ice (about 5 large cubes)
1/2 cup of diet soda (any flavor but the cherry or the chocolate work best)
1/4 cup fat free milk
1/4 cup thawed frozen non dairy light whipped topping
1 scoop LESS!

In blender combine all the ingredients. Cover and process 1-2 minutes. If you use the raspberry flavored soda, then add the sugar free raspberry syrup.

Egg Cream

1 scoop LESS!
7 ice cubes
1 cup fat-free milk
1 can chocolate sugar free soda
Blend and serve.

Frozen Vanilla Peanut Butter Pops

3/4 cup fat-free milk
1 scoop LESS!
2 tablespoons of peanut butter
In blender combine all the ingredients. Cover and process for 2 minutes.
Divide the mixture into 3 ice pop molds. Freeze until firm.

Coffee Mate Mix

Milk
2 scoops of MORE!
Coffee Mate coffee creamer—your favorite flavor

To pack any LESS! recipe with antioxidants & nutrition, add two scoops of MORE!

Other suggestions:

Mix MORE! in with your salad dressing mix.
Sprinkle MORE! over a salad or cereal
Add MORE! to your hot chocolate!

