



Ingredients:

Avocado, diced	1 cup
Cilantro, chopped	2 TBSP
Lime juice	¹⁄₄ cup
Garlic, minced	1 ½ tsp
Salt	½ tsp
Black Pepper	½ tsp
Canola Oil	2 tbsp
Orange Juice	½ cup

Preparation:

- 1. In a blender, combine avocado, cilantro, lime juice, garlic, salt, pepper, oil and orange juice.
- 2. Blend until smooth.

Calories	Total Fat	Sat Fat	Sodium	Protein	Carbs	Fiber	Sugar
	(g)	(g)	(mg)	(g)	(g)	(g)	(g)
40	3	0	80	0	3	0	1







Ingredients:

Tomatoes, Fresh, diced	2/3 cup
Red Wine Vinegar	⅓ cup
Dijon Mustard	½ tsp
Tomato Paste	2 ½ tsp
Crushed Red Pepper Flakes	1/8 tsp
Salt	1/4 tsp
Black pepper	1/8 tsp
Extra Virgin Olive Oil	¹⁄₄ cup
Basil, chopped	2 ½ tsp

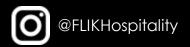
Preparation:

- 1. In a blender, combine tomatoes, red wine vinegar, Dijon mustard, tomato paste, crushed red pepper flakes, salt and pepper
- 2. While blender is running, drizzle in olive oil until emulsified.
- 3. Stir in basil.

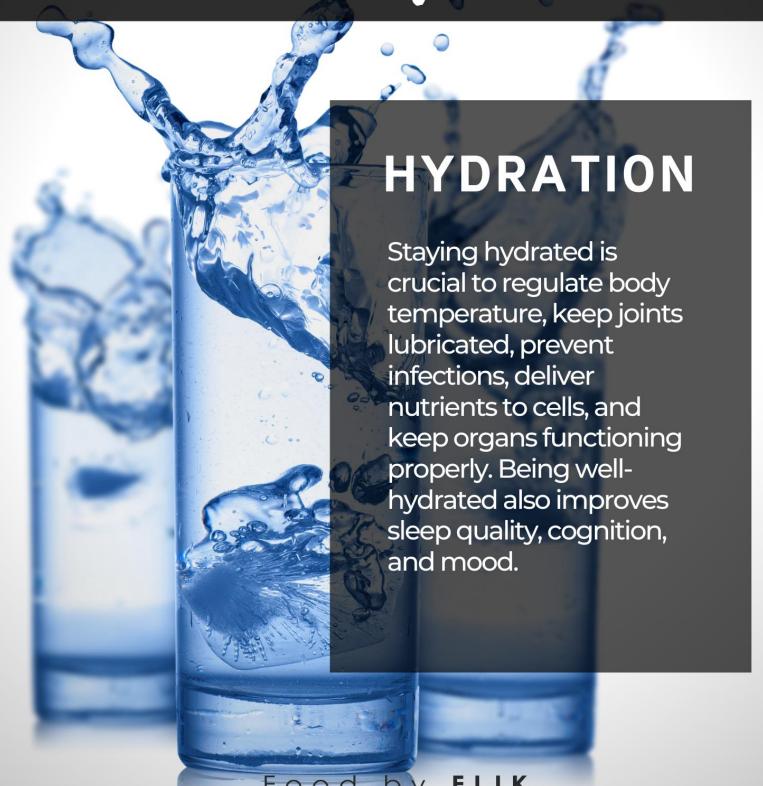
Calories T	Total Fat						_
	(g)	(g)	(mg)	(g)	(g)	(g)	(g)
70	7	1	6-	0	1	0	0







Functions of FOOD



Functions of FOOD

Non-Alcoholic Strawberry Margarita FIT

Portion Size: 1 each Yield: 5

Ingredients:

Strawberries, Fresh 1 lb

Lime Juice, Fresh 1/3 cup

Orange Juice, 100% 1/3 cup

Sugar 2 TBSP

Ice Cubes 2 ½ cups

Lime Slices 5 each

Preparation:

- 1. Trim and clean strawberries.
- 2. Blend strawberries, lime juice, orange juice, and sugar in a blender until smooth.
- 3. Fill each serving cup with 1/2 cup ice cubes, 4 fl oz strawberry beverage, and garnish with 1 lime slice.

Calories	Protein	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat	Sat Fat	Sodium
	(g)				(g)	(g)	(mg)
60	1	16	2	11	0	0	5



Functions of FOOD

Berry Iced Tea, Unsweetened FIT

Portion Size: 12 fl oz Yield: 8

Ingredients:

Boiling Water 3 ½ cups

Tea Bags, black 4 each

Strawberries, Fresh 1 ½ cups

Blueberries, Fresh 2 ½ cups

Cold Water 6 cups

Preparation:

- 1. Remove from heat, add tea bags. Let steep for 5 min.
- 2. Clean berries; hull the strawberries.
- 3. Remove tea bags. Add cold water and berries to the tea. Pour into blender and puree. Use strainer or cheese cloth to strain pulp as desired.
- 4. Chill until ready to serve.

RD Tip: Freeze in ice cube trays and add to water or plain iced tea.

Calories	Protein	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat	Sat Fat	Sodium
	(g)				(g)	(g)	(mg)
30	0.5	8	0	5	0	0	10



