This custom cookbook was created using recipes from the SNAP-Ed Connection Recipe Finder Database. Recipes included in the database have been reviewed by nutrition professionals at the SNAP-Ed Connection using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) and other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals.

For additional recipes and more information about the SNAP-Ed Connection Recipe Finder Database, please visit the Web site at http://recipefinder.nal.usda.gov/.

This material was funded by USDA’s Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 for the contact information for your local SNAP office or visit the Web site at http://www.fns.usda.gov/SNAP/.

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Cafe Mocha

Yield: 2 servings
Serving size: 1/2 of recipe

Ingredients

1/3 cup milk (nonfat, dry)
1 cup water
1 cup coffee (brewed)
4 tablespoons hot chocolate mix
whipped topping (non-fat, optional)
cinnamon (optional)

Instructions

1. Heat reconstituted non-fat dried milk in saucepan until warm; do not boil.
2. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
3. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired.

Notes

You can substitute 1 cup skim milk for the reconstituted non-fat dried milk.

Source

United States Department of Agriculture, USDA'S Collection of Nonfat Dry Milk (NDM) Recipes

Cost

Per recipe: $0.91
Per serving: $0.46
Cantaloupe Cooler

Yield: 8 servings
Serving size: 1/8 of recipe

Ingredients

| 1 | cantaloupe (ripe) |
| 2 1/2 cups | orange juice (cold) |
| 2 tablespoons | sugar (granulated) |
| ice (crushed) |

Instructions

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.

2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.

3. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.

4. Pour into glasses filled with crushed ice.

Notes

For a new twist, try other melons or strawberries in place of the cantaloupe.

Source

California Department of Health Services, Celebrate Health with a Lowfat Fiesta California Project LEAN

Cost

Per recipe: $2.10
Per serving: $0.26
Fruit and Yogurt Breakfast Shake

Yield: 2 servings  
Serving size: 1/2 of recipe

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>banana (medium, very ripe, peeled)</td>
</tr>
<tr>
<td>3/4 cups</td>
<td>pineapple juice</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>yogurt, low fat vanilla</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>strawberries (remove stems and rinse)</td>
</tr>
</tbody>
</table>

Instructions

1. Blend banana with pineapple juice, yogurt and strawberries in a blender.
2. Blend until smooth.
3. Divide shake between 2 glasses and serve immediately.

Source

University of Illinois, Extension Service, Recipes to Grow On

Cost

Per recipe: $1.10  
Per serving: $0.55
Fruit Juice Slush

Yield: 6 servings
Serving size: 1 cup

Ingredients

1 can fruit juice concentrate (12 ounce, 100%)
12 ounces water
3 cups ice

Instructions

1. In a blender, place juice concentrate, water and half of ice.
2. To prevent spillage, do not pass the top line of the blender.

Notes

Use any flavor of juice concentrate. If slush is too thick add more water.

Source

University of Hawaii at Manoa, Cooperative Extension, Lifeskills in Food Education Food Skills Cookbook
Food Stamps Nutrition Education Program

Cost

Per recipe: $0.89
Per serving: $0.15
Fruit Milk Shakes

Yield: 2 servings  
Serving size: 1/2 recipe

**Ingredients**

1 cup milk (or water)  
1 1/2 cup nonfat dry milk  
2 banana (ripe, or 1/3 cup orange juice concentrate)  
1 teaspoon vanilla  
10 large ice cubes

**Instructions**

1. Place the following foods together in a blender. Blend for 30 seconds to 1 minute.

**Source**

Cornell Cooperative Extension of Onondaga County, Cooking with What You Have

**Cost**

Per recipe: $0.75  
Per serving: $0.38

http://recipefinder.nal.usda.gov/
Fruit Slush

Yield: 4 servings
Serving size: 1/4 of recipe

Ingredients

2 2/3 cups cantaloupe or watermelon (coarsely chopped, seeded, peeled)
1 2/3 cup kiwi (coarsely chopped, optional)
2 tablespoons sugar
2 tablespoons lime juice
2 cups water
ice

Instructions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Source

Oregon State University Cooperative Extension Service, Pictoral Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Cost

Per recipe: $1.37
Per serving: $0.34
Fruit Smoothie

Yield: 2 servings
Serving size: 1/2 of recipe

Ingredients

1 banana (large)
1 cup fresh peaches or strawberries
1 carton vanilla yogurt (8 ounces)
1/2 cup fruit juice

Instructions

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

Cost

Per recipe: $1.43
Per serving: $0.71
Lemonade

Yield: 1 servings  
Serving size: 1 glass

Ingredients

1 lemon  
3/4 cups water  
2 tablespoons sugar

Instructions

1. Cut lemon in half crosswise.
2. Place lemon half on juicer. Push and twist to squeeze out the juice.
3. Pour juice into glass. Add about 3/4 cup water.
4. Add sugar, stirring to mix ingredients.

Create-a-Flavor Changes
- Squeeze one-half each lemon and lime.
- Squeeze one-half each lemon and orange.
- Add 1/4 cup apple juice concentrate and leave out the sugar.
- Use 1/4 cup seltzer water and 1/2 cup water.

Source

Cornell Cooperative Extension,  
Division of Nutritional Sciences,  
Cooking Up Fun - A Pyramid of Snacks

Cost

Per recipe: $0.25  
Per serving: $0.25

http://recipefinder.nal.usda.gov/
Mango Shake

Yield: 4 servings
Serving size: 3/4 cup

Ingredients

2 cups milk (low-fat 1%)
4 tablespoons mango juice (or 1 fresh pitted mango) (frozen)
1 banana (small)
2 ice cubes

Instructions

1. Put all ingredients into a blender. Blend until foamy. Serve immediately.

Source

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos Latinos sabrosos y saludables

Cost

Per recipe: $1.06
Per serving: $0.27
Orange Banana Frosty

Yield: 2 servings
Serving size: 1/2 cup

Ingredients

1 banana (frozen)
1/2 cup low-fat yogurt (plain)
1/2 cup orange juice (prepared)

Instructions

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Source

University of Nebraska, Recipe Collection, p.5
Staff from the University of Nebraska-Lincoln Cooperative Extension

Cost

Per recipe: $1.75
Per serving: $0.88

http://recipefinder.nal.usda.gov/
Orange Cow

Yield: 3 servings
Serving size: 8 ounces

Ingredients

- orange juice (frozen, 1 6 oz. can)
- 2 cups water (cold)
- 1/3 cup milk (nonfat, dry)
- 1 teaspoon vanilla
- 1 cup ice (more)

Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and 1/3 cup nonfat dry milk

Cost

- Per recipe: $0.79
- Per serving: $0.26

Source

Montana State University
Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

http://recipefinder.nal.usda.gov/
Orange Delight Juice

Yield: 4 servings
Serving size: 1/4 of recipe

Ingredients

1 cup orange juice
1/2 banana
1 cup apple juice
1 teaspoon honey
1/8 teaspoon cinnamon
1 cup ice (crushed)

Instructions

1. Blend at high speed in blender until frothy.

Source

USDA Food Distribution Program on Indian Reservations,
A River of Recipes
Native American Recipes Using Commodity Foods

Cost

Per recipe: $0.86
Per serving: $0.21
Peach Cooler

Yield: 2 servings
Serving size: 1 cup

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>lowfat milk</td>
</tr>
<tr>
<td>1 cup</td>
<td>canned peaches (drained, or 1 cup of sliced fresh peaches)</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>lemon juice</td>
</tr>
<tr>
<td>1 dash</td>
<td>nutmeg (of, if desired)</td>
</tr>
</tbody>
</table>

Instructions

1. Put the ingredients in a blender. Blend well.
2. Sprinkle with nutmeg if you like.
3. Serve cold.

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: $1.02
Per serving: $0.51
Peanut Butter Banana Breakfast Shake

Yield: 1 servings  
Serving size: 1 glass

Ingredients

- 1 cup milk (fat free or 1%)
- 1/2 cup banana (frozen, slices)
- 1 tablespoon peanut butter
- 1/4 teaspoon cinnamon (ground)
- 1/2 teaspoon vanilla extract
- 1 cocoa powder (as needed, sweet, optional)

Instructions

1. Combine all ingredients in a blender and blend until smooth and creamy.

2. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

Source

University of Nebraska, Cooperative Extension, Healthy Eating Recipes

Cost

Per recipe: $0.46  
Per serving: $0.46
Purple Cow

Yield: 3 servings
Serving size: 8 ounces

Ingredients

1 can grape juice (6 oz., frozen)
2 cups water (cold)
1/3 cup milk (nonfat, dry)
1 teaspoon vanilla
1 cup ice (or more)

Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and ? cup nonfat dry milk

Source

Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

Cost

Per recipe: $0.97
Per serving: $0.32
Summer Breeze Smoothies

Yield: 3 servings
Serving size: 1 Cup

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>yogurt (nonfat, plain)</td>
</tr>
<tr>
<td>6</td>
<td>strawberries (medium)</td>
</tr>
<tr>
<td>1 cup</td>
<td>pineapple (crushed, canned in juice)</td>
</tr>
<tr>
<td>1</td>
<td>banana (medium)</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>vanilla extract</td>
</tr>
<tr>
<td>4</td>
<td>ice cubes</td>
</tr>
</tbody>
</table>

Instructions

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Source

US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Heart Healthy Home
Cooking: African American Style

Cost

Per recipe: $1.81
Per serving: $0.60