



Fit & Flavorful

Egg Nog

*Recipe from Executive Chef Nick Weimer*



Calories: 167    Protein: 10.8g    Carbohydrates: 22.5g    Total Fat: 2.5g  
Saturated Fat: 1.6g    Unsaturated Fat: 0.9g    Trans Fat: 0g  
Cholesterol: 12.2mg    Sodium: 145.9mg    Fiber: 0.2g

**Yield: 4 servings (1 cup)**

Mayo Clinic Exchange: 1 ¼ protein/dairy, ½ sweet

### **Ingredients**

4 cups 1% milk, or soy milk  
½ cup egg beaters or 2 whole eggs  
½ tsp. cinnamon  
½ tsp. nutmeg  
2 T. real vanilla  
2 T. honey

### **Preparation**

Heat milk in a saucepan to near boiling (180-200) being careful not to scorch. Whip eggs in a bowl until pale and very frothy. Stir in ¼ cup of milk at a time to keep from scrambling eggs. Once the first cup is in, add about 1 cup at a time until completely mixed together. Add back to heat and add cinnamon, nutmeg, vanilla and honey and heat to 165 stirring constantly. Please in refrigerator and cool to 40 degrees, or drink warm if you'd prefer.



Fit & Flavorful  
Fruit Juice Puree



*Recipe from Executive Chef Nick Weimer*

Calories: 76    Protein: 1.0g    Carbohydrates: 18.9g    Total Fat: 0.3g  
Saturated Fat: 0.0g    Unsaturated Fat: 0.3g    Trans Fat: 0g  
Cholesterol: 0.0mg    Sodium: 6.2mg    Fiber: 1.6g

**Yield: 4 servings – 8 oz. each**

Mayo Clinic Exchange: 1 fruit

**Ingredients**

1 cup fresh pineapple, peeled and chunked  
1 cup fresh strawberries stemmed  
 $\frac{3}{4}$  cup cantaloupe or other melon peeled and chunked  
Juice of 2 oranges  
1 cup water  
1 Tbsp. honey

**Preparation**

Place all ingredients in blender. Puree until smooth, refrigerate. Yields 4, 8-9 oz. cups.



Fit & Flavorful  
Fruit Smoothie



*Recipe by Executive Chef Mark Beland*

Calories: 115    Protein: 4g    Carbohydrates: 25g    Total Fat: 1g  
Saturated Fat: 0.5g    Unsaturated Fat: 0.5 g    Trans Fat: 0g  
Cholesterol: 3mg    Sodium: 41mg    Fiber: 3g

**Yield: 4 servings (1/2 cup)**

Mayo Clinic Exchange: 1 fruit, ¼ sweet, ¼ dairy

**Ingredients**

1 c. fresh berries  
1 banana  
1 orange, peeled  
Juice of one lime or lemon  
1 c. low-fat vanilla yogurt

**Preparation**

Combine fruit, yogurt and juice above in a blender. Blend until smooth. Can also use frozen fruit, or add ice cubes for a different texture. Recommend adding ice to froth it up and increase volume without increasing calories.



Fit & Flavorful  
Green Smoothie

*Recipe by Executive Chef Nick Weimer*



Calories: 47      Protein: 1g      Carbohydrates: 11.5g      Total Fat: 0.2g  
Saturated Fat: 0g      Unsaturated Fat: 0g      Trans Fat: 0g  
Cholesterol: 0mg      Sodium: 11.7mg      Fiber: 2.2g

**Yield: approx 4 - 6oz serving**

Mayo Clinic Pyramid Servings: 1 fruit

**Ingredients**

1 banana  
½ cup strawberries  
Juice of 1 lemon  
½ cup other berry (blackberry, blueberry, etc.)  
2 oz. fresh baby spinach  
1 T. fresh mint (more or less to taste)  
1 cup cold water or ice

**Preparation**

Place all ingredients in a blender or juicer and puree to desired consistency.  
Enjoy!



## Fit & Flavorful Hurricane Punch

*Recipe by Executive Chef Nick Weimer*



Calories: 72    Protein: 0.8g    Carbohydrates: 18.3g    Total Fat: 0.2g  
Saturated Fat: 0g    Unsaturated Fat: 0g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 1.3mg    Fiber: 2.0g

### **Yield: 6 servings**

Mayo Clinic Pyramid Servings: 1 fruit

### **Ingredients**

1 ½ cup pineapple, chopped  
2 cups citrus fruits, peeled (orange,  
Clementine, etc.)  
Juice of 1 Lemon  
8 oz. cranberry juice  
1 cup ice  
+extra for serving (optional)

### **Preparation**

Place all ingredients except ice in a blender and puree until very smooth. Add ice and puree until smooth. Serve. Yields six 4 oz servings.



Fit & Flavorful  
Mulling Spices  
*Recipe from Executive Chef Nick Weimer*



**Yield: 8 spice bags**  
**Ingredients**

3 cinnamon sticks  
2 whole nutmeg  
4 whole cloves  
1 star anise  
6 allspice berries  
1 T. dried orange peel  
8 squares of cheesecloth 4"x4"  
8 lengths of butchers twine 4"

**Preparation**

Place all ingredients into a large zip lock bag and hit with the flat side of a meat tenderizer until well crushed. Divide into cheesecloth squares and tie off with butchers twine. Use to mull cider, tea, wine, etc.



Fit & Flavorful  
Non Alcoholic Margarita  
*Recipe by Executive Chef Mark Beland*



Calories: 80    Protein: 0g    Carbohydrates: 23g    Total Fat: 0g  
Saturated Fat: 0g    Unsaturated Fat: 0g    Trans Fat: 0g  
Cholesterol: 0mg    Sodium: 3mg    Fiber: 0g

**Yield: 1 servings**

Mayo Clinic Pyramid Servings: 1 sweet

**Ingredients**

2 c. ice  
½ c. fresh lime juice  
2 Tbsp. raw sugar  
2 Tbsp. water  
Fresh fruit to garnish

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**Preparation**

In sauce pan, boil water and sugar until dissolved. Remove from heat and chill. In blender add ice, juice, and simple syrup. Blend until smooth, pour in favorite glass and garnish rim with cut fruit.



Fit & Flavorful  
Orange Dream  
*Recipe from The New Mayo Clinic Cookbook*



Calories: 105    Protein: 4gm    Carbohydrates: 20gm    Total Fat: 1g  
Saturated Fat: <1gm    Unsaturated Fat: <1gm    Trans Fat: 1 gm  
Cholesterol: 0.0mg    Sodium: 56 mg    Fiber: 0g  
**Yield: 4 servings**

**Ingredients**

1 ½ cups (12 fl oz) fresh orange juice, chilled  
1 cup (8 fl oz) vanilla soy milk, chilled  
1/3 cup silken or soft tofu  
1 tablespoon dark honey  
1 teaspoon grated orange zest  
½ teaspoon vanilla extract  
5 ice cubes  
4 peeled orange segments

**Preparation**

In a blender, combine the orange juice, soy milk, tofu, honey, orange zest, vanilla, and ice cubes. Blend until smooth and frothy, about 30 seconds.

Pour into tall, chilled glasses and garnish each glass with an orange segment.





Fit & Flavorful  
Pineapple Smoothie  
*Recipe from Executive Chef Tim Cockram*



Calories: 189    Protein: 11.6g    Carbohydrates: 37.0g    Total Fat: 0.5g  
Saturated Fat: 0.2g    Trans Fat: 0.0g  
Cholesterol: 6.2mg    Sodium: 79.6mg    Fiber: 2.9g

**Yield: Approx. 2 Smoothies**

Mayo Clinic Healthy Weight Pyramid serving: 2 fruits, 1 protein/dairy

**Ingredients**

- 1 banana, sectioned (frozen, if desired)
- 1 c. pineapple cut into ½” pieces and divided (frozen if desired)
- ¼ c. pineapple juice (if a sweeter smoothie is desired)
- ¼ c. Kale, chopped
- 1 c. skim milk (or other milk of choice-almond, soy)
- ½ c. Greek yogurt, nonfat plain
- ¼ tsp. ground cardamom
- ½ c. ice (optional)

**Preparation**

Combine frozen sections of banana, ¾ cup of the pineapple pieces, pineapple juice, kale, milk, yogurt and cardamom in a blender along with ice cubes (if using). Blend until smooth. Pour over remaining ¼ cup pineapple pieces in a tall glass. Enjoy!



Fit & Flavorful  
Strawberry Lime Mockarita  
*Recipe from Executive Chef Tim Cockram*



Calories: 63    Protein: 0.5g    Carbohydrates: 16.3g    Total Fat: 0.2g  
Saturated Fat: 0.0g    Trans Fat: 0.0g  
Cholesterol: 0.0mg    Sodium: 4.3mg    Fiber: 1.4g

**Yield: Approx. 6 servings (serving size 8 oz. (one cup))**

Mayo Clinic Healthy Weight Pyramid serving: 1 fruit

**Ingredients**

2 cups ice  
¼ cup agave  
3 cups strawberries  
¼ tablespoon lime juice  
1 lime wedge  
1 cup seltzer

**Creative Additions**

¼ tsp. cinnamon

**Preparation**

Place all ingredients in a blender except seltzer. Put blender on crush mode and blend until smooth. Add seltzer and pulse a few times to blend (add cinnamon if desired). Serve with a lime slice for garnish.

**Technique:** Balance sweetness with seltzer water and ice and keep the calories in check too.

**Taste:** The kick of citrus helps bring out the berries ripeness.

**Try:** Try it with cinnamon as this adds character.

**Tip:** Limit added sugars. Choose added sugars that add flavor beyond just sweet.