

14 Best Healthy Drink Recipes



FAVEHEALTHYRECIPES   



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Cover Photo Credits

Special thanks to our blogger who contributed photos to this eCookbook's cover:

[Val from ValSoCal.blogspot.com](http://ValSoCal.blogspot.com)



Letter from the Editors

Dear Healthy Cooking Enthusiast:

Let's be honest with ourselves here – we all could stand to eat better-for-you foods. It is often too easy to cheat on our healthy eating habits because of the abundance of tasty unhealthy food items that constantly surround us throughout the year. If you feel too overwhelmed with all the unhealthy foods that come around, then know that help is on the way!

This fantastic eCookbook from FaveHealthyRecipes.com, *14 Best Healthy Drink Recipes*, provides you with the quick and easy recipes you will need to keep your weight-loss goals a reality this year. Thanks to this definitive collection of delicious and healthy drink recipes, maintaining your diet has never been easier.

The free eCookbook contains only top-notch healthy weight-loss recipes, including recipes for smoothies, low-calorie cocktails, and everyday beverages like coffees and teas. Regardless of your reason for wanting healthy recipes, know that this list has recipes that are better for your overall health and wellness.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are inspired by our fan favorites. Make one or make several, and discover the delights that can be found cooking with your family!

For additional healthy recipes, be sure to visit [FaveHealthyRecipes.com](http://www.FaveHealthyRecipes.com). While you're there, [subscribe to our free healthy recipes newsletter](#), to get free recipes delivered to your inbox every week.

Enjoy all of these easy drink recipes!

Sincerely,

The Editors of FaveHealthyRecipes

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Best Healthy Smoothies

Berry-nana Whole Grain Smoothie

By Roman Meal



Perhaps the best part about this strawberry banana smoothie recipe from Roman Meal is that its whole grains content keeps you full all morning. This Berry-nana Whole Grain Smoothie recipe is just what you need to get going in the morning. Filling healthy breakfast recipes have never been so refreshing!

Ingredients

- 1/4 cup Roman Meal Original with Oats
- 2 cups fresh strawberries, sliced
- 1 banana, sliced
- 1 cup calcium fortified orange juice
- 1/2 cup ice cubes
- Honey (optional)

Instructions

- 1) Place cereal, strawberries, banana and orange juice in blender; cover. Blend for 1 minute or until smooth.
- 2) Add ice; cover. Blend for 15 seconds; serve immediately.



Best Healthy Smoothies

Detox Smoothie

By Petra from [Zoom Yummy](#)



For an ingenious way to get more vegetables into your diet, try this Detox Smoothie recipe from Petra from Zoom Yummy. With spinach and fresh ginger, this drink is one of the best detox drink recipes for your health.

Ingredients

- 1 1/4 cups pineapple juice
- Juice from 1/4 of a lemon
- Handful of fresh spinach leaves
- 1/4 teaspoon ginger, freshly grated

Instructions

1. Pour the pineapple juice into the blender.
2. Add the lemon juice, minus the seeds.
3. Grab a handful of fresh spinach leaves and place in the blender. They have rather mild flavor so they won't affect the final taste of your drink substantially.
4. Peel the fresh ginger and grate it finely. Into the blender it goes as well.
5. Blend until liquefied and green.



Best Healthy Smoothies

Detox Green Ginger Smoothie

By Dorothy Delaney from [Raw Food Blog](#)



For a sweet sip that will only do your body good, reach for all-natural healthy smoothie recipes. This Detox Green Ginger Smoothie recipe from Dorothy Delaney is particularly outstanding since it is loaded with only quality and heart healthy ingredients. Antioxidant-rich berries add sweetness to this detox diet dish, and fresh ginger and greens contribute nutrition and flavor. With only four ingredients total, this is one of those detox drink recipes that you just cannot afford to pass up.

Ingredients

- 1 cup berries (any kinds, I used goji and blackberries today)
- 2 cups fresh greens (lettuce, spinach, sprouts, kale, parsley, etc.)
- 2 cups water, or apple/pear juice
- 1/4 inch piece of ginger root, or to taste

Instructions

- Blend all ingredients in blender until combined.
- ...
- That's it! 😊

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Best Healthy Smoothies

Kid Approved Green Smoothie

Laura from [Gluten Free Pantry](#)

Finding healthy recipes for kids that they will actually enjoy is a challenge many parents face. Healthy smoothies, such as this Kid Approved Green Smoothie from Laura of the blog Gluten Free Pantry, are a perfect vessel for getting kids to eat their fruits and veggies.

Ingredients

3 kiwis

1 pear

1 cup spinach

1 1/2 cups water

1 tablespoon raw honey (or coconut sugar if child is under 1 year of age)

Chia seeds (optional)

Kale (optional)



Instructions

1. To a Vitamix or blender add the kiwis, pear, spinach, water and sweetener.
2. Blend on high for several minutes. Pour into glasses, sip cups and the like...and enjoy!



Best Healthy Smoothies

Triple Berry Smoothie

This delectable, low-fat smoothie makes a great breakfast, but it's also a lovely after-dinner sweet treat as well. It will fill you up and give you tons of nutrients. Its fresh, fruity taste is perfect for this hot summer season. Instead of ice cream, cool off with this scrumptious fruit smoothie. Smoothies are a great breakfast, snack, or dessert. They will keep you on track with your diet, so replace your daily sugary treats with this healthy Triple Berry Smoothie.

Ingredients

2 cups strawberries, frozen, unsweetened
1 1/4 cups skim milk
1/3 cup raspberry jam
1/4 cup blueberries, frozen, unsweetened
2 ounces low-fat Neufchatel cheese, cut up

Instructions

1. Place the strawberries, milk, jam, blueberries, and Neufchatel cheese in blender container; cover and blend until smooth.
2. If necessary, add more milk to make mixture the desired consistency.
3. Pour into 4 glasses.
4. Garnish with fresh strawberries, raspberries, and blueberries. Serve immediately.



Best Healthy Smoothies

Orange Creamsicle Smoothie

The creamsicle popsicle taste that you know and love can now be made into smoothie form with this quick and easy smoothie recipe. With cantaloupe, orange juice, vanilla and honey, this smoothie is sure to refresh the creamsicle lover in you.

Ingredients

2 cantaloupe pieces
1 cup orange juice
1 tablespoon honey
1 teaspoon vanilla
Ice cubes (optional, to thicken)

Instructions

Blend all ingredients in blender until smooth.



Best Party Drinks

Light Party Punch

For a lighter spin on a common party punch, try this quick and easy recipe. It's so easy and delicious, you won't want to wait for a special occasion to drink it.

Ingredients

- 1 12-ounce can frozen light orange juice concentrate, thawed
- 1 46-ounce can pineapple juice
- 1 2-liter bottle clear diet soda, such as club soda, ginger ale, or lemon-lime

Instructions

1. Reconstitute the orange juice with water in a punch bowl.
2. Add the pineapple juice and soda, stirring gently.
3. Add an ice ring and serve.
4. Makes about five quarts.

Tip: A large ring mold, such as a Bundt pan, molds an ice ring that will last several hours before it melts. Fill the pan with water and freeze overnight the night before for best results.



Best Party Drinks

Blueberry Mojitos

By Val from [Val So Cal](#)

Mojitos are back ... and cuter than ever. This mason jar recipe for Blueberry Mojitos is to-die-for. Plus, it's not only refreshing, it has ingredients that make it a low-calorie party drink.



Ingredients

1 small container of blueberries, save some for garnish.
A bunch of mint leaves
2 tablespoons agave nectar
3 ounces rum
1/4 cup of lime juice
1/2 cup club soda
Lots of ice

Instructions

1. In a shaker, smash blueberries and mint together. Pour in, agave, rum, lime juice, and club soda....shake.
2. Add ice to cups and pour your mojito in and serve. Garnish with extra, limes, blueberries and mint.

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Best Party Drinks

5-Ingredient Frozen Strawberry Margaritas

By Val from [Val So Cal](#)



Question: What can be better than a frozen margarita? Answer: A frozen margarita that only has 5 ingredients. Yes, this 5-Ingredient Frozen Strawberry Margaritas recipe has it all and will soon be the drink of choice at your barbecue parties this summer. This is an easy cocktail recipe that can be made to serve large groups of people or garnish with fresh strawberries, salt and lime for a romantic (and tropical) evening for two. If you have kids that want to share in the joy of these tasty treats, simply omit the alcohol and replace with a lemon-lime soda of your choice. Everyone wins!

Ingredients

6 ounces of tequila (Cabo or Patron)
1 quart of fresh strawberries
2 ounces Grand Marnier
3 limes, juiced
3/4 cup water
2 tablespoons agave nectar
3 to 4 cups of ice

Instructions

In a blender. Mix all 5 ingredients until desired consistency. Pour into salt rimmed glasses and enjoy!



Best Anytime Drinks

Lavender Pink Lemonade

Ingredients

5 cups bottled water
6 large strawberries, hulled OR 1/4 cup pink hibiscus flowers, dried
1/4 cup lavender leaves, chopped OR 1 tablespoon dried lavender flowers
2 1/4 cups lemon juice

This recipe for fresh lemonade is much healthier than most other recipes. Instead of a traditional lemonade recipe, mix up the ingredients for lemonade with a few new additions. This is one of the best lemonade recipes out there.

Instructions

In medium saucepan, combine 2 1/2 cups bottled water, 1 1/2 cups sugar and hibiscus flowers (or hulled strawberries).

Bring to a boil, stirring to dissolve sugar substitute.

Reduce heat. Simmer 5 minutes to extract pink from flowers. Remove from heat.

Stir in lavender leaves. Cover and cool. Strain cooled herb liquid into large pitcher or jar (if using strawberries, gently press juice from berries.)

Add remaining 2 1/2 cups water and lemon juice. Stir well. Add 1/2 cup more sugar substitute, if desired.

Just before serving, add ice cubes. Pour into chilled glasses. Garnish with lavender flowers.



Best Anytime Drinks

Southern Style Sweet Tea

Looking for the perfect way to enjoy organic tea? Try making Southern-Style Sweet Tea. One glass of this southern sweet tea recipe will dissolve your cares away.

Ingredients

6 cups water, plus enough extra water to make 2 quarts

4 teabags, green or black

3/4 cup sugar substitute

Ice cubes

Instructions

Boil 6 cups water.

Remove water from heat, then place four regular size teabags in the water. Let this sit until water cools or overnight.

Pour tea in a 2 quart pitcher and fill to top with more water. Add sugar and stir until dissolved.

Fill glass with ice cubes and pour tea over.



Best Anytime Drinks

Easy Chai Tea

Sweet and flavorful, this easy chai tea recipe is the perfect beverage for breakfast, after dinner, whenever! Use organic tea to up the flavor in this decadent chai tea recipe.

Ingredients

6 cups water
7 teaspoons loose tea leaves
6 cups skim milk
15 teaspoons sugar substitute, to taste

Instructions

Heat together water and tea leaves in a 3 to 4 quart saucepan. Boil 10 minutes.
Add milk and heat to near boiling.
Strain leaves. Add sugar substitute to taste.



Best Anytime Drinks

Orange Café Cappuccino



Orange Cafe Cappuccino is a healthy alternative to a dense, calorie-rich cappuccino. Get the coffee flavor you love while saving calories and money! It will save you trips to Starbucks and you will still get that great coffee flavor.

Ingredients

- 1/2 cup instant coffee
- 3/4 cup sugar
- 1 cup nonfat dry milk solids
- 1/2 teaspoon dried orange peel mashed in a mortar and pestle

Instructions

1. Stir ingredients together.
2. Process in a blender until powdered.



Best Anytime Drinks

Low-Cal Starbucks-Style Frappuccino

Need your morning caffeine fix, but are worried about your sugar and calorie intake? Then reach for this Low-Cal Starbucks-Style Frappuccino, the healthiest Starbucks Frappuccino copycat recipe around.

Ingredients

- 1/2 cup espresso
- 2 1/2 cups skim milk
- 1/4 cup sugar substitute, blended until fine
- 1 tablespoon dry pectin

Instructions

1. Combine espresso, sugar substitute and pectin in a container and cover.
2. Shake container until sugar substitute and pectin are completely dissolved.
3. Serve in a mug or chilled glass.



Thank You

The Following Bloggers Made This eCookbook Possible:

ValSoCal
Food·Life·Photography



[Val from Val So Cal](#)



[Petra from Zoom Yummy](#)



[Dorothy Delaney from Raw Food Blog](#)

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