

HEALTH ONE RECIPES

SHAKES

CHOCOLATE BANANA

8 oz. water
½ banana
1 packet chocolate HEALTH ONE
1 Tbsp. vanilla extract
Blend well. Add ice and blend until desired thickness is reached.

Calories: MR = 160, Extras = 60, Total = 220 cals per MR Serving

RISE AND SHINE

1 packet vanilla HEALTH ONE
1 6 oz. banana
3 medium strawberries (fresh or frozen)
4 ice cubes
6-8oz water
Blend well.

Calories: MR = 160, Extras = 101, Total = 261cals per MR Serving

ALMOND JOY

1 packet chocolate HEALTH ONE
¼ tsp Coconut extract
1/8 tsp. Almond extract
6 oz. water
Blend well. Add ice and blend.

Calories: MR = 160, Extras = 0, Total = 160 cals per MR Serving

GET UP AND GO

1 packet chocolate Health One
6 oz. coffee or espresso shot
Ice
Water
Blend well.

Calories: MR = 160, Extras = 0, Total = 160 cals per MR Serving

LEMON-LIME SODA

1 packet strawberry HEALTH ONE
7 oz. diet lemon-lime soda
2-3 ice cubes
Blend 30-45 seconds.

Calories: MR = 160, Extras = 0, Total = 160 cals per MR Serving

BERRY BLENDER

1 packet vanilla or strawberry HEALTH ONE
3 medium strawberries
¼ cup blueberries
¼ cup raspberries
6-8oz water
Blend well. All berries can be fresh or frozen.

Calories: MR = 160, Extras = 49, Total = 209 cals per MR Serving

STRAWBERRY FRAPPE

1 packet strawberry HEALTH ONE
Water and crushed ice to a total of 8 oz.
Blend at high speed 30-45 seconds

Calories: MR = 160, Extras = 0, Total = 160 cals per MR Serving

CHOCO-PEANUT BUTTER

1 packet chocolate HEALTH ONE
7 oz. ice cold water
1 Tbsp. PB2 peanut powder
Blend 30-45 seconds

Calories: MR = 160, Extras = 23, Total = 183 cals per MR Serving

DREAMSICLE SHAKE

1 c. diet orange soda
2 Tbsp. vanilla extract
1 packet vanilla HEALTH ONE
Blend ingredients. Add 1-3 cups ice and blend 30-45 seconds.

Calories: MR = 160, Extras = 0, Total = 160 cals per MR Serving

KEY LIME SHAKE

1 packet vanilla HEALTH ONE
2 Tbsp. lime juice
Add water or ice for desired consistency.

*Calories: MR = 160, Extras = 0, Total = 160 cal
per MR Serving*

ANY FLAVOR SODA

1 packet HEALTH ONE (any flavor)
6-8 oz. desired diet soda
2 cups ice cubes
1-5 drops desired flavor extract
Blend until desired consistency

*Calories: MR = 160, Extras = 0, Total = 160 cal
per MR Serving*

1 Tbsp. Bac~Os® (optional)

Heat on medium and sauté minced onion and garlic with two tablespoons of water for a minute. Then add rest of water, bring water to boil for 3 minutes. Add sour cream, Mrs. Dash®, Bac~Os® and potato soup HEALTH ONE. Stir with wire whisk, cook until desired consistency on medium heat.

*Calories: MR = 160, Extras = 40, Total = 200 cal
per MR Serving*

CREAMY ITALIAN ONION SOUP

1 packet potato soup
1/3 Tbsp. dry onion flakes
½ tsp each dried garlic powder, basil and oregano
8 oz. water
Sprinkle with parmesan. Warm gently.

*Calories: MR = 160, Extras = 22, Total = 182 cal
per MR Serving*

WARM DRINKS & HOT SOUPS

HOT CHOCOLATE ALMOND

1 packet chocolate HEALTH ONE
1-3 drops almond extract
Hot water
Blend in total of 8 oz.

*Calories: MR = 160, Extras = 0, Total = 160 cal
per MR Serving*

COFFEE BREAK

1 packet vanilla HEALTH ONE
1 tsp. Instant coffee
Hot water
Blend in a total volume of 8 oz.

*Calories: MR = 160, Extras = 0, Total = 160 cal
per MR Serving*

CREAMY POTATO SOUP

2 packets creamy potato soup HEALTH ONE
1 Tbsp. minced onion
2 tsp minced garlic
1-2 c. water
2 tsp Italian seasoning
3 Tbsp. light sour cream

TACO SOUP

1 packet creamy potato soup HEALTH ONE
8 oz. reduced sodium beef broth
1 Tbsp. taco seasoning
Gently warm and stir- it will thicken.

*Calories: MR = 160, Extras = 0, Total = 160 cal
per MR Serving*

CHICKEN SOUP WITH DUMPLINGS

1 packet creamy potato soup HEALTH ONE
1 egg white
2 cups reduced sodium chicken broth
2 teaspoons fresh herbs finely chopped (thyme, rosemary, oregano) can substitute dried, but reduce to 1 tsp.
Warm the chicken broth in a medium saucepan. Mix MR, egg white and herbs together in a bowl and add water to get to a thick batter. Once the chicken broth is simmering, drop batter in spoon-size drops. Let cook 2-3 minutes and remove from heat. Dumplings will puff up.

*Calories: MR = 160, Extras = 15, Total = 175 cal
per MR Serving*

"FAUX" CHILI

1 potato soup HEALTH ONE
2 tsp. dried onions
1/2 cup canned tomatoes and chilies with juice
1 t. southwest chipotle seasoning
1/2 t. chili powder
1/2 t. cumin
1 cup water

Boil onions in the water a few minutes along with the spices. Add tomatoes and Health One pack and heat through.

Calories: MR = 160, Extras = 32, Total = 192 cals per MR Serving

COOL TREATS

CHOCO-PUDDING

1 packet chocolate HEALTH ONE
6 oz. cold water
1 tsp gelatin
Flavor with extract and non-caloric sweetener to taste. Blend, place in container in refrigerator for 30 minutes.

Calories: MR = 160, Extras = 0, Total = 160 cals per MR Serving

JELL-O® FLUFF

2 packets vanilla HEALTH ONE
1 package sugar-free Gelatin
1 c. cold water
1 c. boiling water
In boiling water, dissolve the entire package of Gelatin. In a blender, mix HEALTH ONE with cold water. After Gelatin is dissolved in hot water, put the mixture in blender and mix with HEALTH ONE. Hold the lid on the blender. After mixing, pour into bowl and place in refrigerator for several hours.

Calories: MR = 160, Extras = 20, Total = 180 cals per MR Serving

ICE CREAM

(This recipe requires a food processor)
In Food Processor shave 6-7 ice cubes with appropriate blade. Put in metal blade. Add 1-3 ounces of water and any desired flavors. Turn on

Food Processor. Gradually add two packets of desired variety of HEALTH ONE. Let the mixture rise to desired consistency. More water makes for a more chiffon-style ice cream.

Calories: MR = 160, Extras = 0, Total = 160 cals per MR Serving

BAKED

APPLE CINNAMON COOKIES

2 packets vanilla HEALTH ONE
1 packet Alpine Spiced Cider mix (sugar-free)
1 Tbsp. sugar free vanilla pudding
½ tsp cinnamon
1½ tsp vanilla
3 Tbsp. water
½ tsp sugar substitute
Mix all ingredients together. Drop by teaspoons on cookie sheet. Bake at 325° for 12 minutes. Yield approximately 12 cookies.

Calories: MR = 160, Extras = 15, Total = 175 cals per MR Serving

HINT OF MINT COOKIES

2 packets chocolate HEALTH ONE
2 Tbsp. sugar-free chocolate pudding
¼ c. water
¼ tsp peppermint extract
Mix ingredients well, add peppermint extract after mixed. Spray cookie sheet with cooking spray. Drop by the teaspoonful on a cookie sheet. Bake at 325 degrees for 12 minutes. Makes 1 dozen cookies.

Calories: MR = 160, Extras = 15, Total = 175 cals per MR Serving

LEMON POPPY SEED COOKIES

1 packet vanilla HEALTH ONE
1 Tbsp. light cheesecake mix
1 Tbsp. sugar-free vanilla pudding
Add enough water to make stiff dough. Add 1 teaspoon lemon drink crystals and one shake of poppy seeds. Spray plate with cooking spray and drop by teaspoon onto plate. Microwave 1 minute and 30 seconds.

Calories: MR = 160, Extras = 15, Total = 175 cals per MR Serving

CHEESECAKE BARS

2 packets vanilla HEALTH ONE
1 ½ Tbsp. Reduced Fat Cheesecake Mix
1 Tbsp. sugar-free vanilla pudding
2 Tbsp. flour
¼ tsp baking powder
¼ tsp baking soda
½ tsp sugar substitute
¾ cup water (or enough to make a smooth batter)
Mix all ingredients together. Spray a shallow cake pan with cooking spray. Bake at 325° for 15-20 minutes. Spread Fifty50® fruit spread on top and cut into bars.

*Calories: MR = 160, Extras = 40, Total = 200 cal
per MR Serving*

CRISS-CROSS PEANUT BUTTER COOKIES

2 packets of Vanilla HEALTH ONE
2 Tbsp. PB2 peanut butter powder
¼ cup water + 2 Tbsp.
2 Tbsp. of flour
½ teaspoon baking powder
1 tsp vanilla extract
Mix ingredients together. Drop by teaspoon cookie balls on cookie sheet. Use a fork dipped in Stevia to crisscross the top of the cookie. Bake at 350 degrees for 10-12 minutes.

*Calories: MR = 160, Extras = 48, Total = 208 cal
per MR Serving*

MANDARIN ORANGE CUPCAKES

2 packets vanilla HEALTH ONE
½ Tbsp. light sour cream
1/8 tsp. baking soda
1/8 tsp. baking powder
½ cup drained mandarin orange sections
1 tsp. vanilla extract
Put all ingredients in a medium bowl and mix with fork, mashing oranges. Divide batter into 4 sprayed muffin cups. Bake for 20 minutes at 325 degrees.

*Calories: MR = 160, Extras = 35, Total = 195 cal
per MR Serving*

FUDGE BROWNIES

4 packets chocolate HEALTH ONE
2 Tbsp. sugar-free chocolate pudding
¾ c. water

1 Tbsp. vanilla extract
3 Tbsp. light sour cream
Stir thoroughly and pour into sprayed pie plate and bake for 20 minutes at 325°. Makes 4 servings.

*Calories: MR = 160, Extras = 45, Total = 205 cal
per MR Serving*

BROWNIE SWIRL

Mix:

3 packets of chocolate HEALTH ONE
1 tsp sugar substitute
1 – 1 ½ tsp cinnamon
2 Tbsp. chocolate sugar-free pudding
3/8 tsp baking powder
3/8 tsp baking soda
3 Tbsp. Flour
1 c. water

Mix in separate bowl:

1 packet of vanilla HEALTH ONE
1 Tbsp. flour
1 Tbsp. white chocolate sugar-free pudding
1/8 tsp baking powder
1/8 tsp baking soda
1 Tbsp. vanilla extract
¼ c. water

Spread chocolate batter in pan sprayed with cooking spray. Drop spoon-fulls of the vanilla mixture around the chocolate batter. Use a spatula or knife to swirl the vanilla mixture throughout the chocolate. Bake at 325° for 20-25 minutes.

*Calories: MR = 160, Extras = 36, Total = 196 cal
per MR Serving*

DUTCH CHOCOLATE WALNUT MUFFIN

2 packets chocolate HEALTH ONE
1/3 cup water
1 tsp baking powder
1 tsp Dutch cocoa powder
1 tsp almond extract
1 Tbsp. chopped walnuts
2 Tbsp. extra water
Mix well and place in sprayed muffin tin. Bake at 400 degrees for 10 minutes.

*Calories: MR = 160, Extras = 26, Total = 186 cal
per MR Serving*

RASPBERRY CHOCOLATE CAKE

4 packets chocolate HEALTH ONE
4 Tbsp. sugar-free chocolate pudding
2 packets sugar substitute
½ c. water
1 Tbsp. vanilla extract
1 Tbsp. butter extract
2 egg whites, beaten stiff
½ c. light sour cream
Blend first six ingredients; fold in beaten egg whites,
Fold in sour cream. Bake at 350° for approximately
25 minutes in an eight-inch sprayed cake pan.
Spread with Fifty50® brand raspberry fruit spread.
Makes eight servings.

*Calories: MR = 160, Extras = 62, Total = 222 cal
per MR Serving*

BLUEBERRY MUFFINS

1 packet of vanilla HEALTH ONE
1/8 tsp. baking powder
½ tsp. vanilla extract
1Tbsp non-fat vanilla or plain yogurt
¼ cup fresh or frozen blueberries
Mix together and add enough water to pancake-like
batter. Spray mini-muffin tin with cooking spray.
Makes 5-6 mini-muffins. Bake at 350° for 15
minutes. If blueberries are frozen, may take longer.

*Calories: MR = 160, Extras = 29, Total = 189 cal
per MR Serving*

STRAWBERRY POUND CAKE

4 packets strawberry HEALTH ONE
1 cup fresh strawberries, finely chopped
2 Tbsp. Flour
½ tsp baking powder
½ tsp baking soda
2 Tbsp. sugar free vanilla pudding mix
1 Tbsp. vanilla extract
½ Tbsp. butter extract
½ cup water
Mix well and pour into a sprayed baking dish. Bake
at 325 degrees for 15-20 minutes.

*Calories: MR = 160, Extras = 33, Total = 193 cal
per MR Serving*

PINEAPPLE COCONUT MUFFINS

4 packets vanilla HEALTH ONE
½ tsp baking powder
8 oz. can crushed pineapple in its own juice
2 tsp coconut extract
Add enough water to make brownie-like batter
Spray muffin tins with non-stick cooking spray. Bake at
350 degrees for 12-15 minutes for mini muffins
(longer for regular sized muffin tins).
Yield= 24 mini muffins or 12 regular muffins

*Calories: MR = 160, Extras = 33, Total = 193 cal
per MR Serving*

LEMON CAKE

3 packets vanilla HEALTH ONE
½ Tbsp. lemon drink crystals
1 packet sugar substitute
1/3 c. water
2 Tbsp. vanilla extract
½ tsp butter extract
3 Tbsp. light sour cream
Mix well into batter and pour into well sprayed cake
pan. Bake at 350° for 20 minutes. Makes three
servings.

*Calories: MR = 160, Extras = 20, Total = 180 cal
per MR Serving*

COFFEE CAKE

Dry ingredients:

3/8 c. Self-Rising Corn Meal
4 packets vanilla HEALTH ONE
1 tsp baking soda
1 tsp baking powder
2-3 tsp cinnamon

Liquid ingredients:

10 oz. diet lemon-lime soda
2 Tbsp. butter extract
1 tsp almond extract
1 tsp vanilla extract

Preheat oven to 350°. Mix ingredients in separate
bowls. Combine liquid and dry ingredients and mix
well with spatula. Spray a 7"X11" glass baking glass
baking dish generously with cooking spray and then
put batter in dish. Spray top of batter with butter
flavored cooking spray and then sprinkle with
cinnamon. Bake for 30-32 minutes. Cool and then
cut into 8 servings.

*Calories: MR = 160, Extras = 53, Total = 213 cal
per MR Serving*

CINNAMON TOAST

2 packets vanilla HEALTH ONE
1 ½ tsp sugar-free vanilla pudding
¼ c. + 1 Tbsp. water
1 ½ tsp vanilla extract
1 ½ Tbsp. no-fat cream cheese
½ tsp butter extract
Mix all ingredients together. Pour into 7" square pan sprayed with butter cooking spray. Sprinkle top generously with cinnamon and sugar substitute as desired. Bake at 350° for 12 minutes.

*Calories: MR = 160, Extras = 24, Total = 184 cal
per MR Serving*

PUMPKIN MUFFINS

6 packets vanilla HEALTH ONE
4 tsp cinnamon
1 Tbsp. vanilla
1 tsp pumpkin pie spice
8 oz. water
Mix all ingredients together. Spoon into muffin tins. Should make 12 muffins. Bake at 350° for 20 minutes.

*Calories: MR = 160, Extras = 0, Total = 160 cal
per MR Serving*

ZUCCHINI BREAD

4 packets vanilla HEALTH ONE
1 cup shredded zucchini
½ cup crushed pineapple with juice
½ tsp. nutmeg
1 tsp. cinnamon
1 tsp. vanilla extract
2 Tbsp. All-purpose flour
Enough water to bake batter consistency
Mix all ingredients together and place in a sprayed loaf pan. Bake at 350 degrees for 40-45 minutes.

*Calories: MR = 160, Extras = 39, Total = 199 cal
per MR Serving*

VANILLA CORNBREAD

1 packet vanilla HEALTH ONE
1/8 tsp baking powder
1/8 tsp baking soda
1 ½ Tbsp. self-rising white cornmeal
1 tsp powdered butter seasoning
Add just enough water to make a pancake-like batter. Bake at 325° until top is brown, in sprayed glass pie pan.

*Calories: MR = 160, Extras = 52, Total = 212 cal
per MR Serving*

BAKED SAVORY

BAKED POTATOES

2 packets creamy potato soup HEALTH ONE
½ c. water
¼ c. potato flakes
½ Tbsp. dried onion
1Tbsp. imitation bacon bits
1 tsp butter extract
Spread into circle on pan sprayed well with non-stick cooking spray. Mixture should be about 3/4 inch thick. Bake at 350° for 15-20 minutes. Split into two servings. Top with one teaspoon Ragu® Double Cheddar pasta sauce and ½ tablespoon light sour cream.

*Calories: MR = 160, Extras = 61, Total = 221 cal
per MR Serving*

JALAPENO CHEESE BALLS

3 packets creamy potato soup HEALTH ONE
1/8 c. fat-free ricotta cheese
2 Tbsp. chopped jalapenos
1/3 c. fat-free sour cream
1/8 c. water
Stir all ingredients together. Drop on a cookie sheet. Cook at 325° for 15-17 minutes. Recipe makes approximately 20 cheese balls.

*Calories: MR = 160, Extras = 40, Total = 200 cal
per MR Serving*

SAUSAGE BISCUITS AND GRAVY

Biscuits:

Use the pizza dough recipe for the biscuits.

Add 1 Tbsp. Corn Bread Mix

Add enough water to clump into a ball for biscuit shape.

Gravy:

Use 2 packets creamy potato soup HEALTH ONE

Add about 2 pinches of sausage seasoning

Add 2 Tbsp. light sour cream

Bake at 350° until done. Two packets = 3 biscuits.

Calories: MR = 160, Extras = 36, Total = 196 cals per MR Serving

Note: This recipe uses 1 MR for the Pizza dough and 2 MRs for the Gravy

PIZZA

1 packet creamy potato soup HEALTH ONE

1 tsp. Herb and garlic seasoning

2 Tbsp. water

Mix into dough and press out onto pan sprayed with nonstick cooking spray. Bake at 350° for 10 minutes.

Cover with 2 tablespoons of spaghetti sauce and 1 teaspoon of parmesan cheese. Bake 5 to 7 minutes more.

For an alternate type of dough add 1 tablespoon of corn meal and use 3 tablespoons of water.

Calories: MR = 160, Extras = 21, Total = 181 cals per MR Serving

RONCHEROS

2 packets of creamy potato soup HEALTH ONE

1 tsp chicken taco seasoning

2 tsp self-rising corn meal

½ c. water

Toppings:

Fat-free sour cream

Salsa

Fat-free cheddar cheese

Mix all ingredients together (except toppings). Place foil over a cookie sheet. Spray foil with nonstick cooking spray. Spread batter thin and evenly across the foil. Bake at 350° for 15-20 minutes (or until golden and crisp). Cut cooked product into squares.

Spread squares lightly with fat-free shredded cheddar cheese. Broil for 2-3 minutes or until cheese melts. Remove from oven and top with favorite salsa.

Calories: MR = 160, Extras = 33, Total = 193 cals per MR Serving

POTATO SOUP SOUFFLE ITALIANO

½ c. pasta sauce

3-4 oz. water

1 egg white

2 packets creamy potato soup HEALTH ONE

Baco's (optional)

1 tsp minced dried onion (optional)

Preheat oven to 450°. Mix pasta sauce and water.

Beat pasta sauce/water mixture with egg white until well mixed.

Add the potato soup HEALTH ONE

and beat well. Spray a small pan with non-stick cooking spray.

Pour mixture into the pan and bake for 15 minutes.

Calories: MR = 160, Extras = 55, Total = 215 cals per MR Serving

GARLIC CHEESE BISCUITS

2 packets creamy potato soup HEALTH ONE

1 ½ Tbsp. powdered cheese seasoning

1 ½ tsp garlic minced

2 tsp dried onion (minced)

3 Tbsp. low-fat sour cream

½ c. water

½ tsp garlic powder

1-2 tsp corn meal

Stir all ingredients together. Pour in muffin tins and bake at 350° for 15-20 minutes or until golden.

(Option: Try dipping cheese biscuits in Healthy Choice spaghetti sauce.)

Variation: Try making in a frying pan sprayed with non-stick cooking spray on medium heat. Pour biscuit batter into pan, spread thin like a pancake. Cook for several minutes on each side.

Calories: MR = 160, Extras = 40, Total = 200 cals per MR Serving

CORN DOG BITES

1 potato soup HEALTH ONE
½ tsp. onion powder
½ tsp. garlic powder
1 packet sugar substitute
1 Tbsp. self-rising corn meal
Water to batter consistency
1 low-calorie turkey or fat-free hot dog (all-white turkey, best)
Mix together all ingredients except hot dog. Using a teaspoon, divide the batter into 10 mini-muffin tins. Cut the hot dog into 10 pieces and push into the center of each mini muffin. Bake at 325° for 8-10 minutes. Top with mustard or ketchup.

*Calories: MR = 160, Extras = 75, Total = 235 cal
per MR Serving*

CHIPS

CHIPS

1 packet creamy potato soup HEALTH ONE
1 tsp taco seasoning
2 Tbsp. self-rising corn meal mix

*Calories: MR = 160, Extras = 70, Total = 230 cal
per MR Serving*

RANCH CHIPS

1 packet creamy potato soup HEALTH ONE
1 ½ tsp Ranch Dip dry mix
1 tsp onion powder
1 Tbsp. cornmeal
Garlic cooking spray

*Calories: MR = 160, Extras = 50, Total = 210 cal
per MR Serving.*

SANTA FE POTATO CHIPS

1 packet creamy potato soup HEALTH ONE
1 tsp BBQ spice
1 tsp sesame seeds
1 Tbsp. lime juice
1 tsp powdered butter seasoning

*Calories: MR = 160, Extras = 17, Total = 177 cal
per MR Serving*

CHOCO-MINT CHIPS

1 packet chocolate HEALTH ONE
1 Tbsp. sugar free white chocolate pudding
1/8 tsp peppermint extract
½ Tbsp. powdered butter seasoning
1 packet sugar substitute

*Calories: MR = 160, Extras = 15, Total = 175 cal
per MR Serving*

Preparing Chips:

Option 1: Add 2-3 Tbsp. water. Mix all ingredients together in a small bowl. Mix well. Mixture should be thick. Pour mixture on baking stone or cookie sheet sprayed with non-stick cooking spray. Cover with parchment paper that has been sprayed with non-stick cooking spray. Using rolling pin or hands, roll/spread mixture out into a very thin layer. Leaving parchment paper in place, bake at 350° for about 8-10 minutes. Pull off parchment paper. If chips are not golden and crispy, turn off oven and put chips back in until crispy.

Option 2: Add 1/3 c. water. Mix all ingredients together in a bowl. Pour into skillet, turn skillet to allow dough to cover bottom of pan. Lightly brown both sides then cut into eight pieces and place apart on a cookie sheet sprayed with non-stick cooking spray. Bake at 350° for about 10 minutes.

Option 3: Add 4 tbsp. water. Mix all ingredients together in a bowl. Spray baking sheet with nonstick cooking spray – be generous! Spoon mixture by the teaspoon onto cookie sheet. Spread VERY thin. Bake at 350° for 12 minutes. Broil for an additional minute to get extra crispy chips.

Option 4: For a cracker-like chip, mix desired ingredients. You want a little wetter mix than for the other chips (it should be a consistency that self-spreads) Use a regular muffin tin. Spray the bottoms with non-stick spray and put a teaspoon-full of batter into the bottom of each muffin cup. It should make 12 cracker-chips. Bake on 350 for 15-20 minutes until the edges are golden brown.

WAFFLES AND PANCAKES

BANANA WAFFLES

2 packets vanilla HEALTH ONE
2 Tbsp. sugar-free banana pudding
1 tsp apple pie spice
¼ c. water
Mix all ingredients together. It should have a batter consistency. Spray waffle iron with non-stick cooking spray.

*Calories: MR = 160, Extras = 15, Total = 175 cal
per MR Serving*

CHOCOLATE MINT WAFFLES

2 packets chocolate HEALTH ONE
¼ tsp peppermint extract
¼ c. water
In bowl mix all ingredients well, should have a batter consistency. Spray waffle iron with non-stick cooking spray.

*Calories: MR = 160, Extras = 0, Total = 160 cal
per MR Serving*

PISTACHIO WAFFLES

2 packets vanilla HEALTH ONE
2 Tbsp. sugar-free pistachio pudding
1 tsp black walnut extract
¼ c water
Mix all ingredients together. Spray waffle iron with butter flavored non-stick cooking spray. Put batter into waffle iron and press down hard to distribute batter. Cook until edges are firm.

*Calories: MR = 160, Extras = 15, Total = 175 cal
per MR Serving*

DILL WAFFLES

2 packets creamy potato soup HEALTH ONE
2 tsp dill seed
2 tsp garlic powder
2 tsp onion powder
¼ c. water
In bowl mix all ingredients well, should have a batter consistency. Spray waffle iron with garlic flavored non-stick cooking spray.

*Calories: MR = 160, Extras = 0, Total = 160 cal
per MR Serving*

TACO SURPRISE

1 packet creamy potato soup HEALTH ONE
1 tsp taco seasoning
3 Tbsp. water
Mix until consistency of waffle batter. Bake in waffle maker. Can add garlic powder, onion powder, and more taco seasoning. Dip in taco sauce.

*Calories: MR = 160, Extras = 0, Total = 160 cal
per MR Serving*

PANCAKES

2 egg whites
2 packets vanilla HEALTH ONE
1 Tbsp. sugar-free vanilla pudding
1 tsp maple extract
1 tsp vanilla extract
¾ tsp imitation butter extract
1 tsp cinnamon
4 oz. water
Mix all ingredients together. Bake at 350° for 20-25 minutes or use on a griddle.

*Calories: MR = 160, Extras = 22, Total = 182 cal
per MR Serving*

GARLIC-HERB POTATO PANCAKES

2 packets creamy potato soup HEALTH ONE
1/2 c. water
½ tsp garlic-herb powder
Mix very well with spoon. Pour mixture into Sandwich Maker sprayed with nonstick cooking spray. Cook 3-4 minutes.

*Calories: MR = 160, Extras = 0, Total = 160 cal
per MR Serving*

BEEFY POTATO PATTIES

1 packet creamy potato soup HEALTH ONE
1 tsp brown gravy mix
1 tsp chopped dried onion
¼ c. water

Mix into pancake-like batter; pour into preheated pan sprayed with nonstick cooking spray. Lightly brown each side. Can be topped with various items, such as 1 Tbsp. light sour cream and 1 teaspoon imitation bacon bits or 2 Tbsp. salsa.

Calories: MR = 160, Extras = 0, Total = 160 cals per MR Serving

POTATO CORN PANCAKES

1 packet creamy potato soup HEALTH ONE
¼ onion finely chopped
1 clove garlic
¼ cup fresh or frozen corn kernels
1 Tbsp. finely chopped cilantro

Warm a small saucepan with a coating of non-stick spray. Sauté onion for a few minutes, then add garlic and corn, sauté a few more minutes. Mix the potato soup packet in a bowl with cilantro and then add the onion, corn mixture from the saucepan. Stir and add water to the mix if needed to form a batter. Turn pan back on and spray with non-stick spray. Add the batter and fry on both sides until golden brown. Serve with salsa and sour cream.

Calories: MR = 160, Extras = 33, Total = 193 cals per MR Serving

Adding More Flavor to HEALTH ONE Products

Try adding the following items to your shakes and soup. Remember to record the calories.

Bac~Os®	1 ½ Tbsp. = 30 calories
Sugar-Free Pudding	1 Tbsp. = 15 calories
Sugar-Free Gelatin	1 tsp. = 7 calories
Egg White	1 egg white = 15 calories
Salsa	2 Tbsp. = 25 calories
Sugar Free Syrups	¼ cup = 30 calories
Sour Cream, light	1 Tbsp. = 20 calories
Cream Cheese, light	1 Tbsp. = 23 calories
Parmesan cheese	1 Tbsp. = 22 calories
Flour	1 Tbsp. = 25 calories
Dijon Mustard	1 tsp. = 5 calories
Cornmeal	1 Tbsp. = 35 calories
Baking soda/powder	Worry free
Low-calorie Fruit Spread	1 Tbsp. = 10 calories
Extracts	Worry free
Low-Sodium Bouillon	1 tsp. = 10 calories
Unsweetened Cocoa Powder	1 Tbsp. = 12 calories
Spices (cinnamon, nutmeg, Ginger, cardamom, etc.)	Worry free
Herbs (oregano, basil, thyme, Mint, chives, etc.)	Worry Free
Peanut Butter Powder	1 Tbsp. = 23 calories

Calorie Values in Recipes

At the end of each recipe, calorie values are listed **per Meal Replacement serving** (MR of HEALTH ONE), including the calories in the MR and with the extra additives.

Example

Chocolate Peanut Butter Shake

1 packet Chocolate HEALTH ONE
2 Tbsp. Peanut Butter Powder (45 cals)
6 oz. Water
Ice Cubes

Calories: MR =160, Extras =45, Total =205 per MR serving

PLEASE NOTE: Some recipes contain more than 1 MR. The calories listed reflect the caloric value for 1 MR serving. If the recipe uses 4 MRs, then the calories in the total recipe have been divided by 4 to indicate the calories per serving.

Example

Hint of Mint Cookies

2 packets Chocolate HEALTH ONE
2 Tbsp. sugar-free chocolate pudding (30 cals)
¼ cup water
¼ tsp mint extract

Calories for 1 MR serving will be 175 calories (160 for the MR and 15 for the extras).