

ARGINAID EXTRA® ORANGE FRUIT TWIST

Ingredients

½ cup Arginaid Extra® Drink
¾ cups sliced fruit (peaches, mandarin oranges, apricots, or strawberries)
¼ cup low fat yogurt, peach or strawberry flavor

Preparation

Place all ingredients in a blender and mix until smooth.

Makes 1 – 12 fl oz serving

NUTRITION INFORMATION

Serving Size: 12 fl oz

Calories: 210, Total Fat: 1 g, Saturated Fat: .5 g, Cholesterol: 5 mg, Potassium: 229 mg, Sodium: 75 mg, Total Carb: 44 g, Dietary Fiber: 2 g, Sugars: 16 g, Protein: 9 g

Nutrient content may vary with ingredients used.

ARGINAID EXTRA® ORANGE CREAMSICLE

Ingredients

½ cup Arginaid Extra® Drink
½ cup vanilla ice cream

Preparation

Place all ingredients in a blender and mix until smooth.
Pour mixture into popsicle molds and freeze.

Makes 1 – 8 fl oz serving

NUTRITION INFORMATION

Serving Size: 8 fl oz

Calories: 260, Total Fat: 7 g, Saturated Fat: 4.5 g, Cholesterol: 30 mg, Potassium: 140 mg, Sodium: 90 mg, Total Carb: 42 g, Dietary Fiber: 0 g, Sugars: 14 g, Protein: 8 g



ARGINAID® Extra Recipes

ARGINAID EXTRA® SLUSH

Ingredients

1 - 8 fl oz carton Arginaid Extra® Drink
½ cup lemon lime soda

Preparation

Pour Arginaid Extra® into a freezer safe container or styrofoam cup; freeze until firm.
Thaw until the sides begin to soften; add lemon lime soda.

Break up the frozen Arginaid Extra® with a spoon and stir to create a slush. Serve immediately.

Makes 1 – 12 fl oz serving

NUTRITION INFORMATION

Serving Size: 12 fl oz

**Calories: 300, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Potassium: 19 mg, Sodium: 90 mg,
Total Carb: 65 g, Dietary Fiber: 0 g, Sugars: 13 g, Protein: 11 g**