

## BOOST GLUCOSE CONTROL® RECIPES

### BOOST GLUCOSE CONTROL® BANANA BERRYSMOOTHIE

#### **Ingredients**

1 - 8 fl oz bottle BOOST Glucose Control®, Vanilla or Strawberry Drink  
½ cup unsweetened fresh or frozen sliced strawberries  
¼ tsp banana flavoring

1.5 Carb Choices per Serving

#### **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:** 220 g, **Total Fat:** 7 g, **Saturated Fat:** 1 g, **Cholesterol:** 10 mg, **Potassium:** 175 mg, **Sodium:** 180 mg,  
**Total Carb:** 23 g, **Dietary Fiber:** 5 g, **Sugars:** 7 g, **Protein:** 16 g

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### BOOST GLUCOSE CONTROL® BANANA NUT SHAKE

#### **Ingredients**

4 fl oz (½ bottle) BOOST Glucose Control®, Vanilla Drink  
1 Tbsp finely chopped walnuts  
¼ cup fat-free cottage cheese  
½ banana  
3-4 drops banana flavoring, *optional*

1.5 Carb Choices per Serving

#### **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:** 240 g, **Total Fat:** 8 g, **Saturated Fat:** 1 g, **Cholesterol:** 10 mg, **Potassium:** 325 mg, **Sodium:** 310 mg,  
**Total Carb:** 26 g, **Dietary Fiber:** 4 g, **Sugars:** 12 g, **Protein:** 16 g

## BOOST GLUCOSE CONTROL® BANANAS FOSTER SHAKE

### **Ingredients**

4 fl oz (½ bottle) BOOST Glucose Control®, Vanilla Drink  
½ banana  
¼ cup fat-free cottage cheese  
1 Tbsp half & half  
1 tsp sugar-free caramel flavored syrup

1.5 Carb Choices per Serving

### **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:** 200 g, **Total Fat:** 4 g, **Saturated Fat:** 1 g, **Cholesterol:** 10 mg, **Potassium:** 300 mg, **Sodium:** 320 mg,  
**Total Carb:** 26 g, **Dietary Fiber:** 3 g, **Sugars:** 13 g, **Protein:** 16 g

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## BOOST GLUCOSE CONTROL® COFFEE IRISH CREAM

### **Ingredients**

1 - 8 fl oz bottle BOOST Glucose Control®, Vanilla or Chocolate Drink  
2 tsp Nescafé® Taster's Choice® instant coffee granules  
1 Tbsp hot water  
1½ Tbsp sugar-free Irish cream flavoring syrup  
1 Tbsp sugar-free whipped topping, *for garnish*

1.5 Carb Choices per Serving

### **Preparation**

1. Pour BOOST Glucose Control® into a large coffee cup.
2. Dissolve instant coffee in hot water and add to BOOST Glucose Control®. Add Irish cream flavor; stir well.
3. Heat in microwave for 1 minute or until warm. **DO NOT BOIL.**
4. Garnish with sugar free whipped topping.

Makes 1 – 8 fl oz serving

### **NUTRITION INFORMATION**

Serving Size: 8 fl oz

**Calories:** 210 g, **Total Fat:** 8 g, **Saturated Fat:** 2 g, **Cholesterol:** 10 mg, **Potassium:** 140 mg, **Sodium:** 190 mg,  
**Total Carb:** 18 g, **Dietary Fiber:** 3 g, **Sugars:** 5 g, **Protein:** 16 g

## BOOST GLUCOSE CONTROL® CHOCOLATE COFFEE COOLER

### **Ingredients**

- 1 - 8 fl oz bottle BOOST Glucose Control®, Chocolate Drink
- 2 tsp instant coffee granules
- 1 Tbsp hot water
- 1-1 ½ cups crushed ice
- 1 Tbsp sugar-free whipped topping, *for garnish*

1 Carb Choice per Serving

### **Preparation**

1. Pour BOOST Glucose Control® into blender.
2. Dissolve instant coffee in hot water and add to BOOST Glucose Control®. Add crushed ice and blend until smooth.
3. Pour into a glass and garnish with sugar free whipped topping.

### **Recipe Variation**

Try adding your favorite flavors of extracts, sugar-free flavoring syrups, or non-dairy creamers to this base recipe.

Makes 1 – 8 fl oz serving

### **NUTRITION INFORMATION**

*Serving Size: 8 fl oz*

**Calories:** 190 g, **Total Fat:** 7g, **Saturated Fat:** 1 g, **Cholesterol:** 10 mg, **Potassium:** 135 mg, **Sodium:** 180 mg, **Total Carb:** 17 g, **Dietary Fiber:** 3 g, **Sugars:** 4 g, **Protein:** 16 g

## BOOST GLUCOSE CONTROL® CHOCOLATE COVERED STRAWBERRY SHAKE

### **Ingredients**

1 - 8 fl oz bottle BOOST Glucose Control®, Chocolate Drink  
½ cup unsweetened fresh or frozen strawberries, sliced  
⅛ tsp strawberry flavoring *or* 1-2 Tbsp. sugar-free strawberry syrup, *optional*

1.5 Carb Choices per Serving

### **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: 220 g, Total Fat: 7g, Saturated Fat: 1 g, Cholesterol: 10 mg, Potassium: 191 mg, Sodium: 180 mg, Total Carb: 22 g, Dietary Fiber: 5 g, Sugars: 8 g, Protein: 17 g**

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## BOOST GLUCOSE CONTROL® CHOCOLATE MACAROON SHAKE

### **Ingredients**

1 - 8 fl oz bottle BOOST Glucose Control®, Chocolate Drink  
⅛ tsp coconut extract  
2-3 drops almond extract

1.5 Carb Choices per Serving

### **Preparation**

Combine all ingredients in a large glass; stir well.

Makes 1 – 8 fl oz serving

### **NUTRITION INFORMATION**

*Serving Size: 8 fl oz*

**Calories: 220 g, Total Fat: 7g, Saturated Fat: 1 g, Cholesterol: 10 mg, Potassium: 191 mg, Sodium: 180 mg, Total Carb: 22 g, Dietary Fiber: 5 g, Sugars: 8 g, Protein: 17 g**

## BOOST GLUCOSE CONTROL® CHOCOLATE MALT

### **Ingredients**

1 - 8 fl oz bottle BOOST Glucose Control®, Chocolate Drink  
2 Tbsp malt powder  
1 Tbsp hot water

1.5 Carb Choices per Serving

### **Preparation**

Pour BOOST Glucose Control® into a large glass. Dissolve malt powder in hot water; add to BOOST Glucose Control® and stir well.

Makes 1 – 8 fl oz serving

### **NUTRITION INFORMATION**

*Serving Size: 8 fl oz*

**Calories: 250 g, Total Fat: 8 g, Saturated Fat: 2 g, Cholesterol: 15 mg, Potassium: 150 mg, Sodium: 250 mg, Total Carb: 26 g, Dietary Fiber: 3 g, Sugars: 11 g, Protein: 17 g**

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## BOOST GLUCOSE CONTROL® MAPLE CREAM SHAKE

### **Ingredients**

1 - 8 fl oz bottle BOOST Glucose Control®, Vanilla Drink  
2 Tbsp sugar-free maple flavored syrup  
2 tsp fat-free half & half

1.5 Carb Choices per Serving

### **Preparation**

Combine all ingredients in a large glass; stir well.

Makes 1 – 8 fl oz serving

### **NUTRITION INFORMATION**

*Serving Size: 8 fl oz*

**Calories: 220 g, Total Fat: 8 g, Saturated Fat: 2 g, Cholesterol: 15 mg, Potassium: 80 mg, Sodium: 240 mg, Total Carb: 20 g, Dietary Fiber: 3 g, Sugars: 4 g, Protein: 16 g**

## BOOST GLUCOSE CONTROL® MAPLE NUT SHAKE

### **Ingredients**

1 - 8 fl oz bottle BOOST Glucose Control®, Vanilla Drink  
2 Tbsp sugar-free maple flavored syrup  
2 tsp almond *or* black walnut flavored extract

1.5 Carb Choices per Serving

### **Preparation**

Combine all ingredients in a large glass; stir well.

Makes 1 – 8 fl oz serving

### **NUTRITION INFORMATION**

*Serving Size: 8 fl oz*

**Calories: 220 g, Total Fat: 7 g, Saturated Fat: 1 g, Cholesterol: 10 mg, Potassium: 65 mg, Sodium: 240 mg, Total Carb: 20 g, Dietary Fiber: 3 g, Sugars: 4 g, Protein: 16 g**

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## BOOST GLUCOSE CONTROL® PEANUT BUTTER BANANA SMOOTHIE

### **Ingredients**

1 - 8 fl oz bottle BOOST Glucose Control®, Vanilla Drink  
3 Tbsp reduced-fat creamy peanut butter  
 $\frac{2}{3}$  cup fat-free cottage cheese  
1 ripe banana

2.5 Carb Choices per Serving

### **Preparation**

Place all ingredients in a blender and mix until smooth.

Makes 2 – 8 fl oz servings

### **NUTRITION INFORMATION**

*Serving Size: 8 fl oz*

**Calories: 340 g, Total Fat: 13 g, Saturated Fat: 2 g, Cholesterol: 10 mg, Potassium: 490 mg, Sodium: 520 mg, Total Carb: 36 g, Dietary Fiber: 4 g, Sugars: 15 g, Protein: 24 g**

## BOOST GLUCOSE CONTROL® PEANUT BUTTER CUP SHAKE

### **Ingredients**

1 - 8 fl oz bottle BOOST Glucose Control®, Chocolate Drink  
1 Tbsp reduced-fat creamy peanut butter  
¼ cup no sugar added, fat-free vanilla frozen yogurt

2 Carb Choices per Serving

### **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:** 320 g, **Total Fat:** 13 g, **Saturated Fat:** 2 g, **Cholesterol:** 10 mg, **Potassium:** 265 mg, **Sodium:** 310 mg,  
**Total Carb:** 31 g, **Dietary Fiber:** 6 g, **Sugars:** 8 g, **Protein:** 23 g

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## BOOST GLUCOSE CONTROL® TROPICAL TWIST SMOOTHIE

### **Ingredients**

1 - 8 fl oz bottle BOOST Glucose Control®, Vanilla Drink  
¼ cup crushed pineapple, drained  
¼ cup mandarin oranges, drained  
¼ cup fat-free cottage cheese  
2 Tbsp flake coconut

1 Carb Choice per Serving

### **Preparation**

Place all ingredients in a blender and mix until smooth.

Makes 2 – 12 fl oz serving

### **NUTRITION INFORMATION**

Serving Size: 12 fl oz

**Calories:** 160 g, **Total Fat:** 5 g, **Saturated Fat:** 2 g, **Cholesterol:** 5 mg, **Potassium:** 140 mg, **Sodium:** 210 mg,  
**Total Carb:** 19 g, **Dietary Fiber:** 3 g, **Sugars:** 11 g, **Protein:** 12 g