



**SUPER
CHARGE**
your
morning!

SWEETPEA

Chickpeas are the secret hero ingredient that makes this peanut butter and banana sensation extra creamy!

Prep time: 5 minutes plus
2 hours freezing

Serves: 2

Ingredients

- ▲ 2 small bananas, sliced and frozen
- ▲ ½ cup reduced-fat milk, frozen into cubes
- ▲ ½ cup reduced-fat milk
- ▲ ½ cup tinned chickpeas, drained and rinsed
- ▲ 1 tbs no-added-sugar-or-salt peanut butter
- ▲ 1 date
- ▲ ½ cup water
- ▲ 2 tsp cocoa

Method

1. Add all ingredients to a blender or jug that can be used with a stick blender.
2. Blitz until desired texture is reached.

Variations

- Swap cow's milk for a calcium-fortified plant-based milk.
- To make layered milkshakes, follow the recipe but leave out the cocoa. Divide the mixture into two, add half the cocoa to one portion and blitz. Divide the chocolatey mixture between two glasses, and then gently pour the pale mixture down the side of the glasses.

Tip: If your mixer is not very powerful, blitz everything together without any frozen ingredients, then add the frozen things a little at a time, blitzing as you go.

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visit www.livellighter.com.au

Partner:



Government of Western Australia
Department of Health



**NO ADDED
SUGAR**



CHOC CHERRY BOMB

This decadent drink is so thick and creamy you'll need a spoon to get through it!

Prep time: 5 minutes plus
2 hours freezing

Serves: 2

Ingredients

- ▲ 1 small banana, sliced and frozen
- ▲ ½ cup reduced-fat milk, frozen into cubes
- ▲ ½ cup reduced-fat milk
- ▲ 12 frozen cherries
- ▲ 1 tbs cocoa
- ▲ ½ cup water
- ▲ 1 tsp vanilla essence

Method

1. Add all ingredients to a blender or jug that can be used with a stick blender.
2. Blitz until desired texture is reached.

Variation

- Swap cow's milk for a calcium-fortified plant-based milk.

Tip: To make milk ice cubes, pour milk into an ice cube tray and freeze until hard (at least 2 hours).

To freeze bananas, peel and chop and place in a ziplock bag. 1 cm slices will freeze in about 2 hours.

Frozen, pitted cherries are available at many supermarkets and are usually much cheaper than fresh. To freeze fresh cherries, cut in half and take out the seed. Freeze in a ziplock bag for at least 2 hours.

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POOLSIDE PERCY

A refreshing summer sensation that has just the right amount of sweet, sour and bite.

Prep time: 5 minutes

Serves: 2

Ingredients

- ▲ 6 fresh or frozen strawberries
- ▲ ½ orange, peeled and roughly chopped
- ▲ ⅔ cup coconut water
- ▲ 1 ⅓ cup no-added-sugar grapefruit flavoured sparkling water
- ▲ 2 sprigs of mint, to serve (optional)
- ▲ 2 slices of cucumber, to serve (optional)

Method

1. Add strawberries, orange and coconut water to a blender or jug that can be used with a stick blender. Blitz until smooth.
2. Just before serving, divide into 2 glasses (strain if desired) and top with ⅔ cup of sparkling water per glass.
3. Garnish with mint and cucumber slices if desired (*see tip*).

Tip: Slap the mint leaves between your palms to get a stronger flavour out of them.



Low on
sugar
**BIG ON
TASTE**

PINEAPPLE SPARKLER

This drink combines the fiery heat of ginger with the bright sweetness of pineapple.

Prep time: 5 minutes

Serves: 2

Ingredients

- ▲ 2 pieces glaze ginger or 1 piece crystallised ginger
- ▲ $\frac{2}{3}$ cup canned pineapple pieces (canned in juice), drained
- ▲ 1 tsp lemon juice or apple cider vinegar
- ▲ $1\frac{1}{2}$ cups soda water

Method

1. Add ginger, pineapple and lemon juice/vinegar to a blender or jug that can be used with a stick blender. Blitz until smooth. Add a little water if needed to get the mixer going.
2. Just before serving, divide into 2 glasses (strain if desired) and top with $\frac{3}{4}$ cup of soda water per glass.

Variation

- For more ginger kick, add freshly grated ginger with the pineapple.

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Partner:



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Department of Health





Low
sugar
FULL
FLAVOUR



SKI SLOPES

This fruity and spicy hug-in-a-mug will warm up your hands and put a rosy glow in your cheeks.

Prep time: 5 minutes

Cook time: 10 minutes

Serves: 4

Ingredients

- ▲ 4 cups water
- ▲ 1 cup unsweetened apple juice
- ▲ 2 sticks cinnamon
- ▲ 6 cloves
- ▲ 3 slices fresh ginger
- ▲ 1 star anise
- ▲ 8 frozen blackberries
- ▲ 4 dried apple rings
- ▲ 4 slices orange

Method

1. Combine all ingredients except orange slices in a saucepan.
2. Bring to the boil. Simmer for 5 minutes with the lid on and then simmer for 5 minutes with the lid partly off.
3. Turn off the heat and add orange slices.
4. Serve immediately, or leave to infuse for longer for a spicier drink.

Variations

- Can also be served chilled.
- The blackberries bring a pretty colour, but can be left out or swapped for another frozen berry.

Tip: While it's tempting to add the orange slices while cooking, we recommend not doing this as it will leave you with a bitter brew!

Partner:



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Department of Health



RUBY ZINGER

Zingy, earthy and sweet; we love the uniqueness of this drink.

Prep time: 5 minutes

Serves: 2

Ingredients

- ▲ ¼ cup canned beetroot pieces, drained
- ▲ 1 slice fresh ginger (about the size of a 5 cent coin)
- ▲ ½ cup unsweetened apple juice
- ▲ 1½ cups soda water

Method

1. Add beetroot, ginger and apple juice to a blender or jug that can be used with a stick blender. Blitz until smooth.
2. Just before serving, divide into glasses (strain if desired) and top with ¾ cup of soda water per glass.

Variations

- For an earthier flavour, use more beetroot.
- To up the 'zing' use more ginger.

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Partner:



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ICED COFFEE

Make the sugary drink switch with this quick and easy iced coffee.

Prep time: 5 minutes

Serves: 2

Ingredients

- ▲ 2 tsp instant coffee
- ▲ 1½ cups reduced-fat milk
- ▲ 1 tsp vanilla essence
- ▲ 1 handful ice cubes

Method

1. Mix all ingredients (except ice) together in a jug and taste. If sweet enough go to step 2. Otherwise, add ½ tsp of sugar at a time (up to a max of 2 tsp) until the desired sweetness is reached.
2. Pour into 2 tall glasses, add ice and serve immediately.

Variations

- Make a blizzard version by freezing ½ cup of reduced-fat milk in an ice cube tray (it will take about 2 hours for milk ice cubes to freeze). Blitz the milk ice cubes together with other ingredients for a frothy drink that beats any fast food thick shake by a country mile.
- Use a shot of espresso or plunger coffee in place of instant coffee.
- Swap cow's milk for a calcium-fortified plant-based milk.

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STRAWBERRY AND MINT SPARKLING WATER

A refreshing drink to help cool you down on a hot summer day.

Prep time: 5 minutes

Serves: 4

Ingredients

- ▲ ½ small punnet strawberries, washed, top removed, halved
- ▲ Small bunch of mint leaves, washed
- ▲ 1 L still or sparkling water
- ▲ 1 tray ice cubes

Method

1. Pull mint leaves from stem (*see tip*).
2. Place ice cubes, strawberries and mint leaves in the bottom of a clear jug.
3. Fill with still or sparkling water.

Variations

- Try other fruit and herb combinations like lemon slices and thyme, frozen blackberries and basil, blueberries and sage, or peach and rosemary.
- Add cut up fruit like kiwifruit, lime, pineapple or strawberries to an ice cube tray, fill with tap water, and freeze for at least two hours. Fruity ice cubes can be added to still or sparkling water.

Tip: Slap the mint leaves between your palms for a stronger taste.

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