

Hints and Tips

Mixing BENECALORIE® Calorie and Protein Food Enhancer with Foods and Beverages

- BENECALORIE® can be added to most soft foods and thick beverages
- Foods or beverages to which BENECALORIE® is added should not be reheated to excessive temperatures (> 180°F) or protein in BENECALORIE® may begin to coagulate.

Recommended BEVERAGES

- **Thick and Creamy Beverages** (i.e. milkshakes, smoothies, blended yogurt drinks)
- **Oral Nutritional Supplements**
 - An ideal way to serve Benecalorie® while achieving extreme caloric density
 - Do not allow supplements to sit for more than ½ hour before service or they may over thicken.

Beverages Not Recommended

- **Thin Beverages** (i.e. water, milk, juice, coffee, tea, hot cocoa, and carbonated soda)
- **Thickened Beverages**
 - Benecalorie® may change the consistency of the beverage thus making it unsafe for the consumer/patient

Recommended FOODS

- **Yogurt** – One of the best applications
- **Mashed Potatoes** – Oil separation may occur if allowed to sit for long periods of time before consuming.
- **Creamy Soups and Gravies**– Oil separation may occur if allowed to sit for long periods of time before consuming.
- **Hot Cereal** – Add cinnamon, fruit or sweetener to enhance flavor. Cereal texture may become slightly gummy and oil separation may occur if allowed to sit for long periods of time before consuming.
- **Applesauce** –Add cinnamon or sweetener to enhance flavor. Texture may become slightly chalky due to protein in Benecalorie®.
- **Ice Cream** – Softened ice cream works best. Mixture may be made in advance and refrozen.
- **Pureed Meats and Vegetables** – Great option for consumers on pureed diets.
- **Bread Stuffing** – Oil separation may occur; serve immediately after mixing.
- **Baking Mixes** – Can be added to muffin, pancake, cookie and cake mixes with some recipe modification. (See Benecalorie® Recipes for reference)
- **Creamy Frostings and Spreads** (See Benecalorie® Recipes)
- **Condiments & Thick/Creamy Sauces** – i.e. sour cream, ranch dressing, Alfredo sauce (See Benecalorie® Recipes)

Foods Not Recommended

- **Macaroni & cheese** – Oil separation causes unappealing lumps.
- **Cheese Sauce** - Oil separation causes unappealing texture and appearance.
- **Pudding** –Stringy, oily texture.
- **Cold Cereal and Milk** – Oil separates and floats on surface.
- **Meat Loaf** – Oil separation causes unappealing texture and appearance.

BENECALORIE® APPLE UPSIDE-DOWN CAKE**Ingredients**Topping

- ½ cup brown sugar
- 1 Tbsp dark corn syrup
- 1 Tbsp butter or margarine
- ¼ cup chopped walnuts or pecans
- 2 cups peeled, cored, and sliced apples (approximately 2 large apples)

Dry Ingredients

- ½ cup flaxseed meal
- 2 tsp baking soda
- 1 tsp baking powder
- 1 tsp cinnamon
- ⅓ cup Beneprotein® Protein Powder
- 1 cup whole wheat flour

Wet Ingredients

- ½ cup 1% milk
- ⅓ cup honey
- 1 egg, beaten
- 1 tsp vanilla
- 1 cup unsweetened applesauce
- 2 -1.5 fl oz containers Benecalorie®

Preparation

1. Preheat oven to 350°F.
2. Place corn syrup and butter in the bottom of an 8 inch square or round cake pan. Place in preheated oven for 3-5 minutes or until butter is melted.
3. Sprinkle with brown sugar and nuts. Arrange apple slices evenly over brown sugar mixture.
4. In a large bowl, stir together dry ingredients. Set aside
5. In a separate bowl, stir together the wet ingredients.
6. Add the wet ingredients to the dry ingredients and stir until well blended.
7. Pour batter over apples in pan.
8. Bake for 35-40 minutes or until toothpick inserted in center comes out clean.
9. Cool on wire rack for 10 minutes. Loosen sides; invert onto a large serving platter. Cut into nine squares.
10. Serve warm or cool completely, cover and store in refrigerator for up to three days. Freeze leftover cake servings for up to one week.

Recipe Variations

Try using sliced pears or peaches in place of apples.

Makes 9 servings (3" x 3" squares)

NUTRITION INFORMATION

Serving Size: 1 - 3 x 3 inch square

Calories: 320, Total Fat: 14 g, Saturated Fat: 2 g, Cholesterol: 30 mg, Potassium: 225 mg, Sodium: 370 mg, Total Carb: 43 g, Dietary Fiber: 4 g, Sugars: 29 g, Protein: 9 g

BENECALORIE® AWESOME ALFREDO**Ingredients**

½ cup prepared Alfredo sauce
1 – 1.5 fl oz container Benecalorie®

Preparation

1. Combine Alfredo sauce and Benecalorie® in a microwave safe bowl or small saucepan and stir well.
2. Heat the Alfredo mixture until warm but do not boil. Use as desired.

Serving Suggestions

- Combine ¼-cup sauce mixture with one serving cooked pasta and 2 oz. diced, cooked chicken. Sprinkle with parmesan cheese.
- Serve sauce over cooked vegetables or chicken breasts.

Makes 2 – ¼ cups servings

NUTRITION INFORMATION

Serving Size: approximately ¼ cup

Calories: 280, Total Fat: 27 g, Saturated Fat: 6 g, Cholesterol: 30 mg, Potassium: 370 mg, Sodium: 370 mg, Total Carb: 2 g, Dietary Fiber: 0 g, Sugars: 1 g, Protein: 5 g

BENECALORIE® BACON AND CHEDDAR CHEESE QUICHE**Ingredients**

1- 9 inch frozen, deep dish pie crust
4 eggs
1½ cups whole milk or cream
1 Tbsp dried minced onion
2 – 1.5 fl oz containers Benecalorie®
6 oz (1½ cup) shredded cheddar cheese
8 slices bacon, cooked and crumbled

Preparation

1. Preheat oven to 325°F.
2. Prepare pie crust according to package directions for a one-crust pie.
3. In a bowl, combine the eggs, milk, onion, and Benecalorie®. Mix well with a wire whip or fork.
4. Add the cheese and bacon. Stir to combine ingredients.
5. Pour mixture into prepared pie crust.
6. Bake at 325°F for 35-40 minutes.
7. Allow the quiche to cool several minutes before cutting.
8. Cut into six slices.

Makes 6 servings

NUTRITION INFORMATION

Serving Size: 1 slice (1/6 of quiche)

Calories: 540, Total Fat: 41 g, Saturated Fat: 14 g, Cholesterol: 190 mg, Potassium: 260 mg, Sodium: 640 mg, Total Carb: 22 g, Dietary Fiber: 1 g, Sugars: 5 g, Protein: 22 g

BENECALORIE® BANANA PUDDING**Ingredients**

- 1 – 3.5 oz box instant banana pudding mix
- 2 cups milk
- 2 – 1.5 fl oz containers Benecalorie®
- 2 bananas, sliced
- ½ cup frozen non-dairy whipped topping, thawed
- 16 vanilla wafer cookies
- 4 individual dessert dishes or bowls

Preparation

1. Combine pudding mix and milk in a mixing bowl.
2. Blend for 2 minutes with a wire whip or with an electric mixer on low speed.
3. Add Benecalorie® and stir to combine ingredients.
4. Cover and refrigerate until set, approximately 10 minutes.
5. To serve, crumble 2 vanilla wafer cookies into each dessert dish or bowl. Top with ½ of the sliced bananas and ½-cup pudding mixture. Repeat layers of crumbled wafers and banana slices and garnish with 2 Tbsp whipped topping.
6. Refrigerate until ready to serve.

Makes 4 – ¾ cup servings

NUTRITION INFORMATION

Serving Size: 1 pudding cup (approximately ¾ cup)

Calories: 450, Total Fat: 23 g, Saturated Fat: 5 g, Cholesterol: 10 mg, Potassium: 400 mg Sodium: 290 mg, Total Carb: 53 g, Dietary Fiber: 2 g, Sugars: 38 g, Protein: 10 g

BENECALORIE® SCRAMBLED EGGS**Ingredients**

- 2 eggs
- 1 Tbsp milk
- 1 - 1.5 fl. oz. container Benecalorie®

Preparation

1. Combine eggs, milk and Benecalorie® in a microwave safe container and stir well.
2. Heat in microwave for 1-2 minutes or until eggs are cooked. Serve immediately.

Makes 1 serving

Recipe Variation: Sprinkle 1 oz. shredded cheddar cheese on top of cooked eggs. This will add 114 calories, 9 grams fat, and 7 grams protein.

NUTRITION INFORMATION

Serving Size: 2 scrambled eggs

Calories: 480, Total Fat: 43 g, Saturated Fat: 5 g, Cholesterol: 425 mg, Potassium: 160 mg Sodium: 170 mg, Total Carb: 2 g, Dietary Fiber: 0 g, Sugars: 2 g, Protein: 20 g

BENECALORIE® SOUP**Ingredients**

- 1 cup creamy style soup*
- 1 - 1.5 fl oz container Benecalorie®

Preparation

1. Combine soup and Benecalorie® in a microwave safe bowl or small saucepan and stir well.
2. Heat the soup until warm but do not boil. Serve immediately.

*Creamy style soups and soups with smoked ingredients work best for this recipe.

Makes 1 – 1 cup serving

NUTRITION INFORMATION

Serving Size: 1 cup

Calories: 510, Total Fat: 35 g, Saturated Fat: 3 g, Cholesterol: 10 mg, Potassium: 425 mg Sodium: 800 mg, Total Carb: 30 g, Dietary Fiber: 8 g, Sugars: 5 g, Protein: 18 g
(Nutrition information based on using Chunky Ham and Bean Soup)

BENECALORIE® BREAKFAST BURRITO**Ingredients**

- 2 eggs
- 1 Tbsp milk
- 1- 1.5 fl oz container Benecalorie®
- 2 tsp olive oil
- ¼ cup diced vegetables, such as onion, bell pepper, or mushrooms
- 2 oz cooked, diced meat, such as ham, sausage, turkey, or bacon
- 1 oz shredded cheese, such as cheddar, Monterrey jack or American
- 2- Fajita sized flour tortillas

Preparation

1. Mix eggs, milk and Benecalorie® in a small bowl.
2. Heat olive oil in skillet over medium heat. Add diced vegetables and sauté for 3 minutes or until tender.
3. Add egg mixture and diced meat to the pan.
4. Cook until eggs begin to set and are cooked through, stirring occasionally.
5. Fill each tortilla with half the egg mixture and ½ oz shredded cheese. Serve hot.
6. Cover and refrigerate any leftover cooked eggs for up to 3 days.

Recipe Variations

This recipe can also be served with toast instead of the tortilla.

Makes 2 servings

NUTRITION INFORMATION

Serving Size: 1 burrito

Calories: 520, Total Fat: 35 g, Saturated Fat: 8 g, Cholesterol: 255 mg, Potassium: 280 mg Sodium: 510 mg, Total Carb: 23 g, Dietary Fiber: 2 g, Sugars: 2 g, Protein: 26 g

BENECALORIE® CHICKEN PASTA ALFREDO

Ingredients

¼ cup prepared Alfredo sauce
1 - 1.5 fl oz container Benecalorie®
½ cup cooked whole-wheat spaghetti or fettuccine
2 oz cooked chicken breast, diced
2 Tbsp grated parmesan cheese
salt and pepper to taste

Preparation

1. Combine Alfredo sauce and Benecalorie® in a microwave safe bowl or small saucepan. Heat until warm.
2. Toss warm Alfredo sauce with chicken and pasta in a small bowl; reheat if needed. Refrigerate leftovers for up to 3 days or frozen for up to 1 week.

Recipe Variation

Alfredo sauce mixture can also be used as a topping for cooked vegetables or chicken breasts.

Makes 1 – 1 cup serving

NUTRITION INFORMATION

Serving Size: approximately 1 cup

Calories: 660, Total Fat: 47 g, Saturated Fat: 7 g, Cholesterol: 80 mg, Potassium: 210 mg Sodium: 470 mg, Total Carb: 25 g, Dietary Fiber: 1 g, Sugars: 1 g, Protein: 32 g

BENECALORIE® CREAM CHEESE SPREAD

Ingredients

4 oz cream cheese or cream cheese spread, softened
1- 1.5 fl oz container Benecalorie®

Preparation

1. Combine cream cheese and Benecalorie® in a bowl and stir well.
2. Use as desired.

Serving Suggestions:

- Use as a spread for crackers or bagel chips.
- Create a tortilla roll up! - Spread cream cheese evenly onto a tortilla. Layer with deli meat or cheese and roll up tightly. Cover with plastic wrap and refrigerate for 1-2 hours. Slice roll up into bite size pieces.
- Use just like regular cream cheese for dips, salads, and toppings.

Makes 4 –1 Tbsp (1 oz) servings

NUTRITION INFORMATION

Serving Size: 1 Tbsp (1 oz)

Calories: 180, Total Fat: 18 g, Saturated Fat: 7 g, Cholesterol: 30 mg, Potassium: 25 mg Sodium: 95 mg, Total Carb: 1 g, Dietary Fiber: 0 g, Sugars: 1 g, Protein: 4 g

BENECALORIE® DILLY RANCH POTATO SALAD**Ingredients**

- ½ cup prepared ranch dressing
- 1 - 1.5 fl oz container Benecalorie®
- 1 ¼ lbs Yukon Gold or Red potatoes cut into small wedges
- ⅓ cup diced celery
- 2 Tbsp chopped green onions
- 1½ tsp dried dill
- ⅓ tsp salt
- ¼ tsp pepper

Preparation

1. Cook potato wedges in water until tender. Drain, rinse with cold water and set aside.
2. Combine salad dressing and Benecalorie® in a small bowl. Stir in celery, green onions, dill, salt and pepper.
3. In a larger mixing bowl, toss potatoes with dressing until evenly coated.
4. Cover and refrigerate until ready to serve.
5. Keep salad refrigerated for up to 3 days.

Makes 4 – ¾ cup servings

NUTRITION INFORMATION

Serving Size: approximately ¾ cup

Calories: 340, Total Fat: 24 g, Saturated Fat: 3 g, Cholesterol: 10 mg, Potassium: 650 mg Sodium: 490 mg, Total Carb: 27 g, Dietary Fiber: 2 g, Sugars: 2 g, Protein: 5 g

BENECALORIE® DIRT PUDDING**Ingredients**

- 1 – 3.5 oz box instant chocolate pudding mix
- 2 cups milk
- 2 – 1.5 fl oz containers Benecalorie®
- ½ cup non-dairy whipped topping
- 1 cup chocolate cookie crumbs
- 4 individual dessert dishes or bowls

Preparation

1. Combine pudding mix and milk in a mixing bowl.
2. Blend for 2 minutes with a wire whip or with an electric mixer on low speed.
3. Add Benecalorie® and stir to combine ingredients.
4. Cover and refrigerate until set, approximately 10 minutes.
5. Fold whipped topping and ½ cup chocolate cookie crumbs into pudding.
6. Place 1 tablespoon of the cookie crumbs into each serving dish. Fill cups with about ½ cup of the pudding mixture and top with remaining 1-tablespoon cookie crumbs.
7. Refrigerate until ready to serve.
8. Garnish as desired.

Makes 4 – ½ cup servings

Recipe Variation

For Sand Pudding Cups: Use vanilla pudding mix and vanilla wafer cookie crumbs or graham cracker crumbs.

NUTRITION INFORMATION

Serving Size: approximately ½ cup

Calories: 470, Total Fat: 24 g, Saturated Fat: 5 g, Cholesterol: 10 mg, Potassium: 270 mg Sodium: 590 mg, Total Carb: 51 g, Dietary Fiber: 2 g, Sugars: 33 g, Protein: 11 g

BENECALORIE® ENERGY SMOOTHIE

Ingredients

- ¼ cup low fat yogurt, any flavor
- 1- 1.5 fl oz container Benecalorie®
- ½ cup milk, soy milk or fruit juice
- 2 Tbsp wheat germ or ground flax seed
- 2 Tbsp Beneprotein® Protein Powder
- ¼ tsp vanilla extract
- ¾ cup sliced fruit (suggestions: peaches, strawberries, bananas, or blueberries)
- 1 Tbsp honey

Preparation

1. Combine yogurt and Benecalorie® in a small bowl and stir well.
2. Place yogurt mixture and remaining ingredients in a blender. Mix for 5-10 seconds or until ingredients are well blended.
3. Serve immediately or cover and refrigerate up to 24 hours.

(Note: Smoothie will become thick over time when held in the refrigerator. Thin with additional milk or juice until desired consistency is achieved.)

Makes 1 – 14 fl oz serving

NUTRITION INFORMATION

Serving Size: approximately 14 fl oz

Calories: 650, Total Fat: 37 g, Saturated Fat: 3 g, Cholesterol: 5 mg, Potassium: 690 mg Sodium: 140 mg, Total Carb: 57 g, Dietary Fiber: 4 g, Sugars: 38 g, Protein: 25 g

BENECALORIE® FANTASTIC FROSTING

Ingredients

- ½ cup prepared frosting
- 1 - 1.5 fl oz container Benecalorie®

Preparation

Combine Benecalorie® and frosting in a mixing bowl and stir well.

The Benecalorie® frosting can be used similar to regular frosting for spreading on cakes, cookies, graham crackers, or as a topping for desserts.

The possibilities are endless!

Makes 4 – 2 Tbsp servings

NUTRITION INFORMATION

Serving Size: 2 Tbsp

Calories: 220, Total Fat: 13 g, Saturated Fat: 2 g, Cholesterol: 0 mg, Potassium: 10 mg Sodium: 75 mg, Total Carb: 23 g, Dietary Fiber: 0 g, Sugars: 20 g, Protein: 2 g

BENECALORIE® GET UP AND GO GRAVY**Ingredients**

½ cup prepared gravy
1 - 1.5 fl oz container Benecalorie®

Preparation

1. Combine gravy and Benecalorie® in a microwave safe bowl or small saucepan and stir well.
2. Heat the gravy until warm but do not boil. Use as desired.

Makes 2 – ¼ cup servings

NUTRITION INFORMATION

Serving Size: ¼ cup

Calories: 210, Total Fat: 17 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Potassium: 65 mg Sodium: 360 mg, Total Carb: 4 g, Dietary Fiber: 1 g, Sugars: 0 g, Protein: 5 g

BENECALORIE® INDIVIDUAL CARAMEL APPLE PIES**Ingredients**

21 oz can apple and cinnamon spice pie filling
2 – 1.5 fl oz containers Benecalorie®
6 miniature graham cracker pie crusts
¼ cup caramel ice cream topping

Preparation

1. Preheat oven to 350°F.
2. Combine the pie filling and Benecalorie® in a medium bowl and stir well.
3. Place miniature pie crusts on a cookie sheet. Fill each crust with approximately 1/3 cup pie filling mixture.
4. Bake at 350°F for 20-25 minutes or until pies are bubbly. Cool for 5 minutes.
5. Drizzle 2 tsp caramel topping over each pie. Serve warm.

Serving Suggestion

Serve warm pies topped with vanilla ice cream. Ice cream will provide an additional 145 calories, 8 grams fat, 17 grams carbohydrates and 3 grams protein.

Recipe Variation

Replace the apple pie filling with your favorite flavor prepared pie filling. Omit caramel sauce and garnish as desired.

Makes 6 servings

NUTRITION INFORMATION

Serving Size: 1 pie

Calories: 350, Total Fat: 16 g, Saturated Fat: 2 g, Cholesterol: 0 mg, Potassium: 85 mg Sodium: 230 mg, Total Carb: 50 g, Dietary Fiber: 2 g, Sugars: 14 g, Protein: 4 g

BENECALORIE® LAYERED BEAN DIP

Ingredients

- 1 cup refried beans
- 2 - 1.5 fl oz containers Benecalorie®
- ½ cup sour cream
- 2 tsp taco seasoning mix
- ½ cup shredded cheddar cheese

Preparation

1. Preheat oven to 350°F.
2. Combine beans and one container of Benecalorie® in a bowl and stir well.
3. Spread bean mixture evenly into the bottom of an 8-inch baking dish or pie plate.
4. Combine sour cream, taco seasoning and additional container of Benecalorie® in a bowl and stir well. Spread over bean layer in pan.
5. Sprinkle with shredded cheddar cheese.
6. Bake at 350°F for 12-15 minutes or until bubbly.
7. Cool for 5 minutes before serving.
8. Serve with tortilla chips or crackers.

Makes 4 – ½ cup servings

NUTRITION INFORMATION

Serving Size: approximately ½ cup

Calories: 360, Total Fat: 27 g, Saturated Fat: 8 g, Cholesterol: 25 mg, Potassium: 230 mg Sodium: 410 mg, Total Carb: 11 g, Dietary Fiber: 3 g, Sugars: 2 g, Protein: 10 g

BENECALORIE® MOCHA COFFEE COOLER

Ingredients

- ½ cup cold coffee
- ½ cup chocolate ice cream
- 1 - 1.5 fl oz container Benecalorie®

Preparation

Combine all ingredients in a blender and mix on medium speed for 5-10 seconds. Serve immediately.

Makes 1 – 12 fl oz serving

NUTRITION INFORMATION

Serving Size: 12 fl oz

Calories: 480, Total Fat: 41 g, Saturated Fat: 7 g, Cholesterol: 20 mg, Potassium: 165 mg Sodium: 55 mg, Total Carb: 17 g, Dietary Fiber: 1 g, Sugars: 16 g, Protein: 10 g

BENECALORIE® OATMEAL**Ingredients**

- ½ cup quick cooking oats
- ⅔ cup milk or soy milk
- 1- 1.5 fl oz container Benecalorie®
- 2 Tbsp brown sugar

Preparation

1. Combine oats, milk and Benecalorie® in a microwavable container and stir well.
2. Heat in microwave for 1-2 minutes, stirring every 30 seconds.
3. Cool for 1-2 minutes at room temperature; stir in brown sugar.
4. Serve immediately or cover and refrigerate for up to 24 hours.

Makes 1 – 1 cup serving

NUTRITION INFORMATION

Serving Size: 1 cup

Calories: 650, Total Fat: 37 g, Saturated Fat: 3 g, Cholesterol: 10 mg, Potassium: 420 mg Sodium: 100 mg, Total Carb: 63 g, Dietary Fiber: 4 g, Sugars: 35 g, Protein: 18 g

BENECALORIE® PANCAKES WITH A PUNCH**Ingredients**

- 1 cup complete buttermilk pancake & waffle mix*
- ¾ cup water
- 2 – 1.5 fl oz containers Benecalorie®

Preparation

1. Heat skillet or griddle over medium high heat or electric skillet to 325°F.
2. Combine pancake mix and water in medium bowl; stir until blended. Add Benecalorie® and stir to combine ingredients.
3. Spray skillet with non-stick cooking spray or grease with shortening.
4. Pour batter onto hot skillet using approximately ¼ cup per pancake.
5. Cook until bottom of pancake is set and bubbles appear on the surface. Turn with spatula and cook until brown. Serve warm.

Makes 3 servings

NUTRITION INFORMATION*

Serving Size: approximately 2½ pancakes

Calories: 370, Total Fat: 24 g, Saturated Fat: 2 g, Cholesterol: 5 mg, Potassium: 200 mg Sodium: 470 mg, Total Carb: 31 g, Dietary Fiber: 1 g, Sugars: 7 g, Protein: 9 g.

**Hungry Jack® Complete Buttermilk Pancake and Waffle Mix was used to calculate nutrition information. Hungry Jack is a registered trademark of The J.M. Smucker Company.*

BENECALORIE® PB & J MILKSHAKE

Ingredients

- 1/3 cup milk
- 1/2 cup vanilla ice cream
- 3 Tbsp creamy peanut butter
- 3 Tbsp grape jelly
- 1 – 1.5 fl oz container Benecalorie®

Preparation

1. Place all ingredients in a blender.
2. Mix for 10 seconds or until ingredients are well blended. Serve immediately.
(Shake may thicken slightly after mixing)

Makes 1 - 1 cup (8 fl oz) serving

NUTRITION INFORMATION

Serving Size: 1 cup (8 fl oz)

Calories: 950, Total Fat: 67 g, Saturated Fat: 12 g, Cholesterol: 35 mg, Potassium: 550 mg Sodium: 330 mg, Total Carb: 69 g, Dietary Fiber: 3 g, Sugars: 58 g, Protein: 24 g

BENECALORIE® PEANUT BUTTER BANANA MUFFINS

Ingredients

- 1 – 8 oz package Banana Nut muffin mix
- 1/2 cup milk
- 1/4 cup creamy peanut butter
- 2 – 1.5 fl oz containers Benecalorie®

Preparation

1. Preheat oven to 425°F.
2. Combine muffin mix and milk in a bowl and stir until moist.
3. Add Benecalorie® and stir well.
4. Divide batter evenly between 6 muffin cups lined with paper baking cups.
5. Bake at 425°F for 12-15 minutes or until toothpick inserted in center comes out clean.
6. Cool for 5 minutes before serving.
7. Store left over muffins in an airtight container or storage bag. Muffins may be frozen.

Makes 6 muffins

NUTRITION INFORMATION

Serving Size: 1 muffin

Calories: 330, Total Fat: 22 g, Saturated Fat: 2 g, Cholesterol: 5 mg, Potassium: 100 mg Sodium: 280 mg, Total Carb: 28 g, Dietary Fiber: 1 g, Sugars: 14 g, Protein: 8 g

BENECALORIE® PEANUT BUTTER TOPPING**Ingredients**

½ cup creamy peanut butter
1 – 1.5 fl oz container Benecalorie®

Preparation

Mix peanut butter and Benecalorie® in small bowl until blended.
Use as desired.

Serving Suggestions:

- Use as a topping for ice cream, cakes, cheesecake, pies, pancakes and waffles.
- Add to whipped cream for a fluffy dessert treat.
- Add chili sauce, soy sauce, and coconut milk to make a Thai peanut sauce for pasta.

Makes 2 – ¼ cup servings

NUTRITION INFORMATION

Serving Size: approximately ¼ cup

Calories: 540, Total Fat: 48 g, Saturated Fat: 7 g, Cholesterol: 0 mg, Potassium: 415 mg Sodium: 300 mg, Total Carb: 14 g, Dietary Fiber: 4 g, Sugars: 6 g, Protein: 20 g

BENECALORIE® PUDDING**Ingredients**

1- (3.4-3.9 oz) box instant pudding mix, any flavor
2 cups milk
2- 1.5 fl oz containers Benecalorie®

Preparation

1. Combine milk and Benecalorie® in a mixing bowl.
2. Add pudding mix and beat with wire whisk for 1-2 minutes. Pour into individual serving dishes. Cover and refrigerate for at least 30 minutes. Pudding will be firm set within 2 hours.
3. Pudding can be stored in the refrigerator for up to 3 days.

Makes 4 – ½ cup servings

NUTRITION INFORMATION

Serving Size: approximately ½ cup

Calories: 310, Total Fat: 18 g, Saturated Fat: 2 g, Cholesterol: 5 mg, Potassium: 240 mg Sodium: 420 mg, Total Carb: 28 g, Dietary Fiber: 1 g, Sugars: 23 g, Protein: 9 g

Nutrient content may vary with ingredients used

BENECALORIE® PUMPKIN WHIP**Ingredients**

1 cup canned pumpkin
2 tsp sugar or 1 packet artificial sweetener
½ tsp cinnamon or pumpkin pie spice
1 – 1.5 fl oz container Benecalorie®
½ cup whipped topping

Preparation

1. Combine all ingredients in a mixing bowl and stir until well blended.
2. Cover and refrigerate for 30 minutes.

Makes 2 – ¾ cup servings

NUTRITION INFORMATION

Serving Size: approximately ¾ cup

Calories: 270, Total Fat: 11 g, Saturated Fat: 5 g, Cholesterol: 0 mg, Potassium: 255 mg Sodium: 20 mg, Total Carb: 17 g, Dietary Fiber: 4 g, Sugars: 11 g, Protein: 5 g

BENECALORIE® QUICK CHERRY CHEESECAKE**Ingredients**

1 – 1.5 fl oz container Benecalorie®
½ cup Philadelphia brand* ready-to-eat cheesecake filling
1 miniature graham cracker pie crusts
2 Tbsp cherry pie filling

Preparation

1. Mix the cheesecake filling and Benecalorie® in a medium bowl until well blended.
2. Fill miniature crust with cheesecake mixture.
3. Top with cherry pie filling
4. Serve immediately or chill until ready to serve.

Recipe Variations

Try using Chocolate flavored ready-to-eat filling instead of plain.
Other flavors of pie filling may be used in place of cherry.

Makes 1 serving

NUTRITION INFORMATION

Serving Size: 1 individual pie

Calories: 750, Total Fat: 59 g, Saturated Fat: 15 g, Cholesterol: 80 mg, Potassium: 65 mg Sodium: 440 mg, Total Carb: 42 g, Dietary Fiber: 1 g, Sugars: 17 g, Protein: 12 g

* Philadelphia brand is a registered trademark of Kraft Foods.

BENECALORIE® RANCH DRESSING**Ingredients**

½ cup prepared ranch dressing
1 - 1.5 fl oz container Benecalorie®

Preparation

Combine Benecalorie® and ranch dressing in a mixing bowl and stir until well blended.

The Benecalorie® ranch dressing can be used as a dip, sauce, topping, or simply as a dressing for salads. The possibilities are endless!

Makes 4 – 2 Tbsp servings

NUTRITION INFORMATION

Serving Size: 2 Tbsp

Calories: 230, Total Fat: 24 g, Saturated Fat: 3 g, Cholesterol: 10 mg, Potassium: 15 mg Sodium: 290 mg, Total Carb: 1 g, Dietary Fiber: 0 g, Sugars: 1 g, Protein: 2 g

BENECALORIE® REFRESHING BERRY YOGURT POPS**Ingredients**

1 - 6 oz container berry flavored low fat yogurt
2- 1.5 fl oz containers Benecalorie®
½ cup frozen strawberries in syrup, thawed

Preparation

1. Combine yogurt and Benecalorie® in a small bowl.
2. Place yogurt mixture and thawed strawberries in a blender.
3. Blend for 5-10 seconds or until ingredients are thoroughly mixed.
4. Divide mixture evenly in an ice cube tray. Place a toothpick or popsicle stick into each cube.
5. Cover and freeze for at least 2 hours or until solid.

Makes 5 servings (2 cubes per serving)

NUTRITION INFORMATION

Serving Size: 2 cubes

Calories: 180, Total Fat: 14 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Potassium: 85 mg Sodium: 20 mg, Total Carb: 12 g, Dietary Fiber: 0 g, Sugars: 10 g, Protein: 4 g

BENECALORIE® SASSY SOUR CREAM

Ingredients

½ cup sour cream or sour cream dip, any flavor
1- 1.5 fl oz container Benecalorie®

Preparation

Mix sour cream and Benecalorie® in a medium bowl until well blended.
Can be used just like regular sour cream for dips, salads, and toppings.

Makes 4 –2 Tbsp (2 oz) servings

NUTRITION INFORMATION

Serving Size: 2 Tbsp (2 oz)

Calories: 140, Total Fat: 14 g, Saturated Fat: 4 g, Cholesterol: 10 mg, Potassium: 35 mg Sodium: 15 mg, Total Carb: 2 g, Dietary Fiber: 0 g, Sugars: 1 g, Protein: 3 g

BENECALORIE® SEASONED RICE

Ingredients

1 cup seasoned rice, prepared
1 – 1.5 fl oz container Benecalorie®

Preparation

Stir Benecalorie® into prepared rice.
Reheat to serving temperature and serve immediately.

Note: Oil separation may occur over time. Stir to blend.

Makes 2 – ½ cup servings

NUTRITION INFORMATION

Serving Size: approximately ½ cup

Calories: 280, Total Fat: 18 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Potassium: 5 mg Sodium: 510 mg, Total Carb: 21 g, Dietary Fiber: 1 g, Sugars: 1 g, Protein: 6 g

BENECALORIE® SPECTACULAR SHEPHERD'S PIE**Ingredients**

8 oz ground beef
2 cloves garlic, minced
1/3 cup onion, chopped
1 Tbsp Worcestershire sauce
1 cup mixed vegetables, cooked
1/2 cup prepared gravy (from jar, can or prepared mix)
1 – 1.5 fl oz container Benecalorie®
1 cup prepared mashed potatoes
2 – 1.5 fl oz containers Benecalorie®

Preparation

1. Preheat oven to 350°F.
2. Cook ground beef in a skillet on medium heat until brown. Drain off excess fat. Transfer mixture to a bowl and set aside.
3. Sauté onions and garlic until tender. Add to cooked ground beef.
4. Mix first container of Benecalorie® with the gravy. Pour over meat mixture in bowl.
5. Add Worcestershire sauce and cooked vegetables. Stir to combine ingredients.
6. Pour into a 1-quart baking dish.
7. Mix the mashed potatoes and last two containers of Benecalorie® in a medium bowl until well blended.
8. Spread mashed potatoes evenly over beef mixture.
9. Bake until hot and bubbly, approximately 25 minutes. Let stand for 5 minutes before serving.

Makes 3 – 1 cup servings

NUTRITION INFORMATION

Serving Size: approximately 1 cup

Calories: 610, Total Fat: 45 g, Saturated Fat: 9 g, Cholesterol: 60 mg, Potassium: 550 mg Sodium: 480 mg, Total Carb: 21 g, Dietary Fiber: 4 g, Sugars: 5 g, Protein: 26 g

BENECALORIE® SUPER BURRITO**Ingredients**

- 1 cup refried beans
- 1 - 1.5 fl oz container Benecalorie®
- ½ cup sour cream
- 2 tsp low sodium taco seasoning mix
- 1- 1.5 fl oz container Benecalorie®
- ½ cup shredded cheddar cheese
- 4 small whole-wheat tortillas

Preparation

1. Mix beans and first container of Benecalorie® in a bowl until well blended.
2. Mix sour cream, taco seasoning and second container of Benecalorie® in a bowl until well blended.
3. Arrange the following into the center of each tortilla: ¼-cup bean mixture, 2 Tbsp. sour cream mixture and 2 Tbsp. shredded cheddar cheese.
4. Fold tortillas and place, seam side down, on a microwave safe plate.
5. Cover with a paper towel and heat on high for 1-1½ minutes.
6. Allow to cool slightly, as burrito may be hot.

Note: This recipe can be prepared in advance and refrigerated for up to 3 days or frozen for up to 1 week.

Makes 4 servings

NUTRITION INFORMATION

Serving Size: 1 prepared burrito

Calories: 470, Total Fat: 30 g, Saturated Fat: 7 g, Cholesterol: 25 mg, Potassium: 250 mg Sodium: 600 mg, Total Carb: 33 g, Dietary Fiber: 5 g, Sugars: 2 g, Protein: 15 g

BENECALORIE® SUPER TUNA SALAD**Ingredients**

1- 5 oz can chunk light tuna in water, drained
¼ cup salad dressing or mayonnaise
1 - 1.5 fl oz container Benecalorie®
½ tsp salt free seasoning blend

Preparation

Combine ingredients in a mixing bowl and stir well.
Use as a sandwich filling or serve as a salad.

Makes 2 – ½ cup servings

Recipe Variations

- Use canned chicken, ham or salmon in place of tuna.
- Stir 2 scoops Beneprotein® Protein Powder into tuna salad to add 25 calories and 6 grams protein per ½ cup serving.

NUTRITION INFORMATION

Serving Size: approximately ½ cup

Calories: 430, Total Fat: 40 g, Saturated Fat: 5 g, Cholesterol: 40 mg, Potassium: 125 mg Sodium: 390 mg, Total Carb: 1 g, Dietary Fiber: 0g, Sugars: 0 g, Protein: 18 g

BENECALORIE® TANGY MOCK BLOODY MARY**Ingredients**

1 cup vegetable or tomato juice
1 -1.5 fl oz container Benecalorie®
¼ tsp Worcestershire sauce
¼ tsp lemon juice
Dash of black pepper or salt free seasoning blend
Dash of hot pepper sauce

Preparation

1. Combine Benecalorie® and juice in a large drinking glass and mix until well blended.
2. Add Worcestershire sauce, lemon juice, and seasonings. Stir to combine ingredients. Serve immediately.

Makes 1 – 12 fl oz serving

NUTRITION INFORMATION

Serving Size: approximately 12 fl oz

Calories: 380, Total Fat: 33 g, Saturated Fat: 2 g, Cholesterol: 30 mg, Potassium: 530 mg Sodium: 660 mg, Total Carb: 10 g, Dietary Fiber: 2 g, Sugars: 7 g, Protein: 9 g

Nutrient content may vary with ingredients used

BENECALORIE® THAI PEANUT CHICKEN PASTA**Ingredients**

1 - 1.5 fl oz container Benecalorie®
2 Tbsp peanut butter
2 Tbsp low sodium soy sauce
¼ tsp sugar
½ tsp vinegar
dash of red pepper flakes (optional)
2 oz cooked chicken breast, diced
¾ cup cooked whole-wheat spaghetti

Preparation

1. Mix together Benecalorie® and peanut butter in a small bowl until well blended. Add soy sauce, sugar, vinegar, and red pepper flakes (if desired) to peanut butter mixture and stir well.
2. Add peanut butter sauce to cooked chicken and pasta in a small bowl. Toss to coat.
3. Pour mixture onto a microwave safe plate. Heat in microwave for 1-1½ minutes or until hot.
4. Sprinkle with chopped peanuts, if desired.
5. Refrigerate any leftovers for up to 3 days.

Recipe Variations

- Once prepared, this recipe can be frozen for up to 1 week and reheated in the microwave as needed. Fat separation may occur during reheating.
- This recipe can also be served as a cold salad. Prepare as directed through Step 2, cover and chill until ready to serve.

Makes 1 serving

NUTRITION INFORMATION

Serving Size: approximately 1 cup

Calories: 790, Total Fat: 52 g, Saturated Fat: 7 g, Cholesterol: 50 mg, Potassium: 230 mg Sodium: 600 mg, Total Carb: 41 g, Dietary Fiber: 4 g, Sugars: 5 g, Protein: 40 g

BENECALORIE® VEGETABLE PASTA SALAD**Ingredients**

½ cup prepared ranch dressing
2 – 1.5 fl oz containers Benecalorie®
1½ cups cooked whole-wheat pasta
½ cup diced carrots
½ cup diced celery
½ cup chopped red onion
¼ tsp salt
¼ tsp pepper

Preparation

1. Mix together salad dressing and Benecalorie® in a small bowl. Stir in salt and pepper.
2. In a larger mixing bowl, toss together dressing, cooked pasta, and diced vegetables until evenly coated.
3. Cover and refrigerate until ready to serve.
4. Keep salad refrigerated for up to 3 days.

Makes 4 – ½ cup servings

NUTRITION INFORMATION

Serving Size: approximately ½ cup

Calories: 410, Total Fat: 33 g, Saturated Fat: 4 g, Cholesterol: 10 mg, Potassium: 130 mg Sodium: 460 mg, Total Carb: 21 g, Dietary Fiber: 2 g, Sugars: 3 g, Protein: 7 g