Concessions - Beverages

Some Healthy Options

1. 100% apple juice – hot cider
2. Water – encourage refill stations and water bottles
3. Low fat/fat-free milk – white or chocolate
4. 100% fruit or vegetable juice
5. Carbonated water – i.e. La Croix
6. Carbonated juice drinks – i.e. Izzy drinks
7. SoBe Lifewater – variety of flavors – uses natural sweeteners
8. Vitamin Water – variety of flavors – uses natural sweeteners
9. Smoothies – see recipe below

Hints:

Choose single serving sizes of sports drinks with <100 calories/serving.

**Fruit and Yogurt Smoothies**

Ingredients:

2 cups frozen fruit of your choice(unsweetened)

2 cups greek or regular vanilla yogurt

2 cups skim milk (add more to your thickness and liking)

Directions:

Add all ingredients to blender. Blend until smooth and add additional milk to your liking. For extra nutrition, add 1 tbsp chia seed and 1 tbsp ground flax to the blend. Enjoy!! Makes 2-4 servings.