

hCG diet

Recipe of the Week

Beverages with Stevia

Orange Julius

- 3/4 cup crushed ice
- 1 orange
- 5 drops Valencia Orange flavored stevia
- 5 drops Vanilla Creme flavored stevia

Mix in blender until smooth. Pour into glass and serve.

Servings: 1 fruit

Lemonade

- 1 cup water
- 1 T. fresh lemon juice
- 5 drops Clear stevia
- 15 drops Lemon stevia

Sir in glass and add ice to serve or freeze in ice cube tray to melt in your mouth later.

Servings: 0 fruit (take your lemon juice from your daily allowance)