

## BARS, DIPS & TOPPINGS

Pair your favorite Control Crisps with 2 Tbsp of these delicious dips!

**Low Fat Veggie Dip** (150-160 calories)

**Hummus** (145-155 calories)

**Salsa** (129-139 calories)

**Guacamole Dip** (170-180 calories)

**Top with Tuna, Chicken Salad, or Cheese**

### Control Crisp Toppers:

Top your favorite salads with a touch of flavor! Simply use Control Crisps instead of croutons for a healthier choice.

Top your favorite fat-free ice cream with cinnamon Control Crisps.

### Control Bar: *Do not cook bars!*

Satisfy your sweet tooth with these tasty snacks.

**Warm Chewy Control Bar** (remove from wrapper)

Microwave any flavor Control Bar for 8 seconds.

### Control Bar Breakfast Topper

Break Control Bar into small pieces and top a bowl of hot or cold cereal; Add Control Bar to Low Glycemic fruit bowl.

### Control Bar Dessert Sprinkles

Break Control Bar into small pieces and add on top of your favorite bowl of sugar free ice cream.

## SWEET TREATS

### Control Drizzles Parfait:

**Directions:** Follow directions for “Instant Pudding with Control Shake”. Once pudding is ready, place Caramel or Chocolate Drizzles on bottom of parfait glass. Add pudding then Drizzles. Continue to layer Drizzles and pudding. Then top it off with sugar free Cool Whip!

### Control Drizzles Sandwich:

Put the following fillings between 2 chocolate or caramel drizzles to make a delightful treat! (Kind of like a sandwich cookie)

- Peanut Butter
- Slice of Banana
- Nutella
- Almond Butter
- Honey Butter with Cinnamon
- Sunrise Spread (using a Control Shake mix)

### Instant Pudding with Control Shake:

**Directions:** Follow the directions on a small box of your favorite sugar-free instant pudding mix Mix in a packet of your favorite Control Shake before refrigerating.

Top with sugar-free whipped topping or enjoy as is. (145 calories)

### Sunrise Spread with Control Shake:

**Directions:** Blend light cream cheese with a Control Shake packet, strawberry or flavor of your choice. Use this spread as a topping on a whole wheat bagel or a Control Crisp. (170 calories)



**Try these tasty recipes to add variety to the way you eat Control snacks.**

Have fun with our suggestions or create your own and share it with us at [info@controlsnaacks.com](mailto:info@controlsnaacks.com)

## SHAKES

For endless variety, add a drop of your favorite extract or flavoring to any Control Shake. You can also top them with sugar-free whipped topping or pour over ice for a refreshing chilled drink.

**Orange Dream Shake** = 110 calories

1 can chilled Diet Orange Soda (or sugar free Crystal Light orange)  
1 Control Vanilla Shake packet

**Iced Coffee** = 110 calories

1 cup of chilled black coffee  
1 Control Vanilla Shake packet  
Pinch of Splenda to taste

**Cherry Vanilla Shake** = 110 calories

1 Control Vanilla Shake packet  
1 Diet Black Cherry soda

**Root Beer Float** = 110 calories

1 can chilled Diet Root Beer Soda  
1 Control Vanilla Shake packet

**Mocha Shake** = 110 calories

$\frac{3}{4}$  cup of chilled black coffee  
Pinch of Splenda to taste  
1 Control Chocolate Shake packet

**Pumpkin Pie Shake** = 190 calories

$\frac{1}{2}$  tsp pumpkin pie spice  
1 Control Vanilla Shake packet  
8 oz of skim milk

**Vanilla Almond Shake** = 190 calories

$\frac{1}{2}$  tsp almond extract  
1 Control Vanilla Shake mixed with skim milk

## SLUSHES

(Blend with 8-10 ice cubes until slush consistency)

**Lemon Lime Splash** = 110 calories

1 can chilled Diet Lemon Lime soda  
1 Control Vanilla Shake packet

**Orange Splash** = 110 calories

1 can chilled Diet Orange Soda (or sugar free Crystal Light orange)  
1 Control Vanilla Shake packet

**Maple Leaf Splash** = 110 calories

1 can chilled Diet Dr. Pepper  
 $\frac{1}{4}$  tsp maple extract  
Pinch of cinnamon  
1 Control Vanilla Shake packet

**Cream Soda Splash** = 110 calories

1 can chilled Cream soda  
1 Control Vanilla Shake packet

**Strawberry Splash** = 110 calories

1 can chilled Diet Strawberry soda (or Crystal Light strawberry)  
 $\frac{1}{2}$  tsp of strawberry extract  
1 Control Vanilla Shake packet

**Cherry Cola Splash** = 110 calories

1 can chilled Diet Cherry Cola  
1 Control Vanilla Shake packet

**Piña Colada Splash** = 110 calories

1 can chilled Diet Orange soda  
 $\frac{1}{8}$  -  $\frac{1}{4}$  tsp coconut extract  
 $\frac{1}{8}$  -  $\frac{1}{4}$  tsp pineapple extract  
1 Control Vanilla Shake packet

## SMOOTHIES

Combine your favorite fruits, 8 oz. fat-free milk (or sugar-free/low-carb ice cream), a Control Shake packet, and blend with 8-10 ice cubes until smooth.

**Strawberry/Banana Surprise** = 200 calories

$\frac{1}{4}$  cup mashed banana  
 $\frac{1}{4}$  cup fresh strawberries  
8 oz. fat free milk  
1 Control Strawberry Shake packet  
Pinch of Splenda to taste

**Very Berry Smoothie** = 200 calories

$\frac{1}{4}$  cup blueberries  
 $\frac{1}{4}$  cup raspberries or strawberries  
8 oz. fat free milk  
1 Control Strawberry Shake packet  
Pinch of Splenda to taste

**Chocolate Chimp Smoothie** = 260 calories

$\frac{1}{4}$  cup mashed banana  
1 tsp reduced fat peanut butter  
8 oz. fat free milk  
1 Control Chocolate Shake packet

**Just Peachy Smoothie** = 200 calories

$\frac{1}{2}$  cup sliced peaches  
 $\frac{1}{2}$  cup low-fat, sugar-free peach yogurt  
1 Control Vanilla Shake packet  
Pinch of Splenda to taste

