



A quick start
guide and
recipes just
for **YOU!**



5 Delicious Health One Flavors!
Vanilla, Chocolate, Strawberry,
Potato and our NEW Pancake.

Give it a go.

Health One is a low-calorie, high quality meal replacement. Simply put, it is designed to replace a higher calorie meal while providing balanced nutrition. What sets Health One apart is that it isn't just a shake; it's also designed to be cooked with. Using the Health One meal replacement as a base, you can add low-calorie ingredients like herbs, spices, fruits and vegetables to make a fresh and tasty meal just for you — though your family might want a bite!

For more info visit www.HNTHealth.com Or call us at 831.624.3904



Muffins:

Pumpkin Muffins

Satisfying breakfast or snack anytime.

Ingredients:

2 packets vanilla HEALTH ONE

¼ tsp. baking powder

⅓ cup canned pumpkin

½ tsp. pumpkin pie spice

1 tsp. vanilla extract

Total Calories: 340 or
170 per meal

Directions:

Mix thoroughly and add enough water (start with ¼ cup) to a medium-wet cake batter consistency. Spray a mini-muffin tin with non-stick spray. Makes about 10-12 mini-muffins. Bake on 350° for 15 minutes. If you leave in too long, the muffins will be dry, so best err on the slightly undercooked side since they will continue cooking in the pan. Can use regular muffin tin and will make about 3 regular muffins.



Pizza Margherita:

Pizza Margherita

Ingredients:

1 packet potato HEALTH ONE
1 Tbsp. dry Jiffy Pizza Mix
1 tsp. Land O' Lakes Parmesan and Herb
3 Tbsp. hot water

Directions:

Mix dry ingredients. Slowly stir in hot water (you may need a little more or a little less). Cover dough and let set for 5 minutes – this allows the yeast in the mix to activate. Sprinkle flour onto a cutting board or other smooth surface. Knead the dough a few times in the flour. The gluten in the flour helps the dough to become more elastic. Spread the dough to about 1/4 inch thick on the cutting board. Make certain to have flour underneath so that it doesn't stick. Spray Pam olive oil spray onto a baking sheet. I use parchment paper for easier clean up. Slide the dough onto the baking sheet. Spray the top of the dough with Pam olive oil spray. Place basil leaves and tomatoes on top of crust. Bake at 350 degrees for 15-20 minutes.

Total Calories: 240

Sliced Roma tomatoes
2-3 fresh basil leaves
1 Tbsp. mozzarella
Pam Olive oil spray
1 Tbsp. flour (to keep dough from sticking.)



Basic Pancake:

Pancakes

This is a satisfying breakfast or use your imagination and make crepes filled with delicious vegies or fruit.

Ingredients:

1 packet pancake HEALTH ONE
¼ cup plus 1 tsp.* water

Directions:

Preheat lightly oiled griddle or non-stick pan to medium heat. Into a mixing bowl, combine 1 packet pancake mix and ¼ cup plus 1 teaspoon of water*. Mix together until just incorporated. Ladle batter onto medium heat pan and cook for 2 – 3 minutes, flip and cook until done.

*Note: Try different amounts of water to make thinner crepes or thicker pancakes. Batter will thicken as it sits. This product can be made into biscuits, waffles, scones and many other tasty foods!

Total Calories: 160
per meal

For topping:

Your favorite syrup or spices
to taste.

1



open.

2



add water
& mix.

3



heat til
golden.

4



enjoy!