



## SHAKE RECIPES

### Love & Peas Mixed Berry Shake

2 scoops Love & Peas powder  
10 oz. water  
8 oz. mixed berries  
6 oz. ice

**Nutritional information for an 8-ounce serving: Calories 150, Total Fat 2 g, Total Carbohydrates 22 g, Total Fiber 6 g, Sugars 13 g, Protein 10 g.**

### Orange Shake

2 scoops SmartMeal Vanilla powder  
8 fl. oz. orange juice  
4 fl. oz. mango puree

**Nutritional information for an 8-ounce serving: Calories 360, Total Fat 4 g, Total Carbohydrates 68 g, Total Fiber 6 g, Sugars 56 g, Protein 18 g.**

### Passionfruit Shake

2 scoops SmartMeal Vanilla powder  
8 fl. oz. non-fat milk  
4 fl. oz. passionfruit puree

**Nutritional information for an 8-ounce serving: Calories 345, Total Fat 4 g, Total Carbohydrates 54 g, Total Fiber 4 g, Sugars 30 g, Protein 25 g.**

### Cappuccino Chai Shake

2 scoops SmartMeal Chai powder  
6 fl. oz. coffee  
2 fl. oz. milk

**Nutritional information for an 8-ounce serving: Calories 155, Total Fat 4 g, Total Carbohydrates 15 g, Total Fiber 4 g, Sugars 9 g, Protein 17 g.**

### Mango Chai Shake

2 scoops SmartMeal Chai  
6 fl. oz. water  
4 oz. mango chunks  
2 oz. ice

**Nutritional information for an 8-ounce serving: Calories 205, Total Fat 4 g, Total Carbohydrates 31 g, Total Fiber 6 g, Sugars 23 g, Protein 15 g.**

### Prickly Pear Shake

2 scoops SmartMeal Vanilla powder  
1 whole banana  
4 fl. oz. prickly pear juice  
2 oz. plain yogurt  
2 fl. oz. milk

**Nutritional information for an 8-ounce serving: Calories 340, Total Fat 5 g, Total Carbohydrates 57 g, Total Fiber 11 g, Sugars 28 g, Protein 23 g.**

### Chocolate, Peanut Butter & Banana Shake

2 scoops Nutri-Burn Chocolate powder  
8 fl. oz. almond milk  
6 oz. ice  
1 1/2 Tbsp peanut butter  
1 half banana

**Nutritional information for an 8-ounce serving: Calories 265, Total Fat 11 g, Total Carbohydrates 23 g, Total Fiber 6 g, Sugars 13 g, Protein 18 g.**

### Strawberry Banana Shake

2 scoops SmartMeal Vanilla powder  
8 fl. oz. non-fat milk  
1 whole banana  
4 oz. strawberry Greek yogurt  
4 oz. ice  
2 oz. strawberries, frozen

**Nutritional information for an 8-ounce serving: Calories 220, Total Fat 2 g, Total Carbohydrates 35 g, Total Fiber 4 g, Sugars 24 g, Protein 17 g.**

### Pineapple Banana Shake

2 scoops Nature's Harvest powder  
8 fl. oz. pineapple juice  
8 oz. ice  
1 whole banana

**Nutritional information for an 8-ounce serving: Calories 174, Total Fat 2 g, Total Carbohydrates 35 g, Total Fiber 3 g, Sugars 21 g, Protein 8 g.**

### Pumpkin Pie Shake

1 scoop SmartMeal Vanilla powder  
1 scoop SmartMeal Chai powder  
8 fl. oz. almond milk  
2 2/3 oz. pumpkin puree  
2/3 oz. stevia  
1/4 tsp cinnamon

**Nutritional information for an 8-ounce serving: Calories 280, Total Fat 6 g, Total Carbohydrates 60 g, Total Fiber 31 g, Sugars 13 g, Protein 17 g.**

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