



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.

NATURE'S SUNSHINE®