



Protein Shake Recipes



There is an art to making shakes – **BASIC RECIPE:** in a high quality blender add 8-10oz of your non-dairy liquid (almond, coconut, rice, oat, hemp or flax milk and/or water) first, then add 2 scoops of Arbonne protein powder, 1 scoop of fiber boost, your frozen organic berries and a handful of veggies (spinach, kale, power greens, etc.) I promise you won't taste the veggies!!! Feel free to add a healthy fat as well like almonds, almond butter, avocado, coconut oil, etc. Generally makes a 16 ounce shake, for a meal replacement or a recovery shake after a hard workout. Play around to find your favorite combinations, flavors, consistency, etc. For added nutrition blend in flax seeds or chia seeds. Can also mix with just water or 1/2 of your non-dairy milk and 1/2 water. I like mine mixed with coconut water! Have fun!!!

Note: If using extracts look for alcohol-free. Whole Foods and Lassen's has them. I am sure Sprouts probably does too.

Note: Rescue Shakes or after workout shakes can have additional higher glycemic fruits like bananas, and mangos, but these should be reserved for after an intense hour long workout.

If you're not sure, please ASK. It's better for us to be asked questions than for you to go a few days adding something you should avoid.

Here are some recipes that others enjoy!!!

Strawberry, Mint & Cucumber Shake

- 1 cup fresh (or frozen) organic strawberries, chopped
- 1/2 cup organic Persian cucumber
- 2 leaves fresh organic mint
- 2 scoops vanilla protein powder
- 1 scoop fiber boost
- 4oz water
- 1 c coconut milk
- ice cubes

The Strawberry Shortcake

2 scoops of Arbonne Vanilla Protein Shake Mix
1 scoop of fiber boost
1 cup of Unsweetened Almond Milk
1 cup of Fresh (or frozen) organic Strawberries
5-7 large ice cubes
Blend until smooth

Berry Blast

8 oz. almond milk
2 scoops chocolate or vanilla Arbonne protein powder
1 scoop of fiber boost
1/4 c. each -Frozen organic raspberries, blueberries, blackberries or strawberries
handful of spinach
Blend until smooth.

Chocolate Almond Delight

12 oz. unsweetened almond milk
15 raw almonds (or almond butter)
1/2 tsp coconut extract
1 TBSP cacao nibs
2 scoops chocolate protein powder
1 scoop of Fiber Boost
6 ice cubes
Blend until smooth

Sweet Potato Pie Shake

Power Greens
Almond Milk
1/2 cup cooked Sweet Potato
3 Brazil nuts
Pumpkin Pie Spice
2 scoops of Vanilla Protein Powder
1 scoop of fiber boost
lots of ice
blend

Cookies & Cream

Almond Milk
1 tsp. Maca Powder
2 scoops Vanilla Protein Powder
1 scoop fiber boost
1-2 tbsp. cacao nibs
lots of ice

SUGAR & SPICE & EVERYTHING NICE

2 Scoops Arbonne Essentials Vanilla Protein
8 oz. Coconut Milk + Ice
One shake of Nutmeg
Couple of shakes of Pumpkin Pie Spice
Dash of Pure Vanilla Extract
1 Tsp Cinnamon or more

PUMPKIN PIE

2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
1/4 Cup Canned Pumpkin
8 oz. Unsweetened Almond Milk or Coconut Milk + Ice
Pumpkin Pie spice & Stevia to taste
1 Tbsp Pecans or Almonds

THE MINT COOKIE

2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
8 oz. Unsweetened Almond Milk or Water + Ice
Handful of power greens or spinach
1/4 Tsp Natural Mint Extract

CHOCOLATE VANILLA CHAI SHAKE

1 Scoop Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Essentials Chocolate Protein Powder
1 Scoop Arbonne Daily Fiber Boost
8 oz. Unsweetened, Vanilla or Chocolate Almond Milk + Ice
Pumpkin Pie Spice

THE CHOCOLATE MACAROON

2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
8 oz. Unsweetened Almond or Coconut Milk
1/4 Cup of Unsweetened, Shredded Coconut in the blender with Ice

DOUBLE CHOCOLATE FIX

2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
8 oz. Unsweetened Chocolate Almond or Coconut Milk + Ice
3/4 Tsp Flax Oil
Pinch of Unsweetened Cocoa Nibs
1 Tsp Unsweetened Cocoa Powder

VEGGIE MAX

2 Scoops of Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost
Lightly Steamed Veggies: 1/2 Carrot, 2 Broccoli Florets, Handful Fresh Spinach
1/2 Apple, Slice
8 oz. Water + Ice

THE GRINCH

2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 scoop Arbonne Daily Fiber Boost
1/2 Cup or more of Chopped Spinach
1 Packet or serving of Wheat Grass Powder
8 oz. of Almond Vanilla Milk
1 Green Apple, chopped in small pieces