**Shaklee Smoothie Recipes**

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|  | **Life Shake Protein** | **Fruit and/or Veggies** | **Extras** | **Liquid**  \*add at time of blending |
| **Chocolate PB Cup** | 2 scoops chocolate |  | 1-2 T. natural or powdered Peanut Butter | 2 c. chocolate almond milk |
| **Chocolate Covered Strawberry** | 2 scoops chocolate | ½ cup strawberries |  | 2 c. chocolate almond milk |
| **Chocolate Covered Cherry** | 2 scoops chocolate | ½ cup pitted cherries |  | 2 c. chocolate almond milk |
| **Chocolate Covered Banana** | 2 scoops chocolate | ½ banana |  | 2 c. chocolate almond milk |
| **Chocolate PB Banana** | 2 scoops chocolate | ½ banana | 1 T. natural or powdered Peanut Butter | 2 c. chocolate almond milk |
| **Mint Chocolate Chip** | 2 scoops chocolate |  | ½ tsp mint extract  (or a pinch of fresh mint) | 2 c. chocolate almond milk |
| **Peaches & Cream** | 2 scoops vanilla | ½ cup diced peaches (fresh or canned) | Dash of vanilla extract | 2 c. vanilla almond milk |
| **Pumpkin Spice** | 2 scoops vanilla | ½ cup canned pumpkin | ¼ tsp pumpkin spice | 2 c. vanilla almond milk |
| **Honey Maple** | 2 scoops vanilla |  | 1 tsp honey  Maple extract to taste | 2 c. vanilla almond milk |
| **Apple Cinnamon** | 2 scoops vanilla |  | ½ cup applesauce  Cinnamon to taste | 2 c. vanilla almond milk |
| **Triple Berry Blend** | 2 scoops vanilla | ¼ cup blueberries  ¼ cup blackberries  ¼ cup raspberries |  | 2 c. vanilla almond milk |
| **Raspberry Lime Cooler** | 2 scoops vanilla | 1 cup raspberries  2 T. lime juice |  | 2 c. vanilla almond milk |
| **Piña Colada** | 2 scoops vanilla | ½ cup pineapple  2 tsp coconut extract |  | 2 c. vanilla almond milk |
| **Banana Blueberry** | 2 scoops vanilla | ½ banana  ½ cup blueberries |  | 2 c. vanilla almond milk |
| **Daily Greens** | 2 scoops vanilla | 1 cup fresh spinach (more if you’d like)  1 medium apple--diced | Ginger to taste | 2 c. cold water |
| **Strawberry Banana** | 2 scoops strawberry *or* 2 scoops vanilla | ½ banana  ½ cup strawberries |  | 2 c. vanilla almond milk |
| **Tropical** | 2 scoops strawberry | ¼ cup mango  ¼ cup pineapple  2 small carrots |  | 2 c. vanilla almond milk  2 T. orange juice |
| **Strawberry Peach** | 2 scoops strawberry | ½ cup peaches |  | 2 c. vanilla almond milk |
| **Strawberry Cheesecake** | 2 scoops strawberry | ½ cup strawberries | ½ tsp cinnamon  ½ tsp vanilla extract | 2 c. vanilla almond milk |
| **Cappuccino** | 2 scoops café latte |  | 2 T. instant coffee  (or ½ tsp coffee extract) | 2 c. vanilla almond milk |
| **Mocha** | 2 scoops café latte |  | 2 T. dark chocolate chips | 2 c. chocolate almond milk |

*Note: Life Shake calls for 1 cup (8 oz.) of milk, but I recommend 2 cups (16 oz.) for better consistence & taste.*

*Spinach, zucchini, chia seeds, and oats can be added to any smoothie without changing the intended flavor!*

*If using fresh produce, add ice to get desired texture.*