

Smoothie Recipes

In a blender or food processor combine the following ingredients to make a delicious, energizing protein shake! Add more liquid and crushed ice if desired.

<p>Berry Green Delight 1 cup Berries (Blueberries, Strawberries or Raspberries, fresh or frozen) 1 cup packed Spinach 1 cup Unsweetened Plant Milk or Water 1 scoop Select Whey Powder (Vanilla or Unflavored)</p>	<p>Choco-Cherry 10 large Cherries, fresh or frozen 1 tablespoon Flaxseed Oil 1 tablespoon Chia seeds 1 cup of unsweetened Plant Milk or Water 1 scoop Select Whey Powder (Chocolate)</p>
<p>Peachy Cleanse ½ small Avocado 1 medium Peach, fresh or frozen 1 handful Raspberries, fresh or frozen 1 cup Unsweetened Coconut Milk or Almond Milk 1 scoop Select Whey Powder (Vanilla or Unflavored)</p>	<p>Ginger Greens 2 handfuls Spinach 1 tsp grated peeled fresh Ginger 2 cups sliced Peaches, fresh or frozen Stevia to taste (if needed) 1 scoop Select Whey Powder (Vanilla or Unflavored) Water to thin</p>
<p>Divine Chocolate ½ Banana 1 cup Unsweetened Coconut Milk 2 Tbsp Unsweetened Dried Coconut Flakes 1.5 Tbsp Unsweetened Organic Cacao Powder 1 scoop Select Whey Powder (Chocolate) Stevia to taste (if needed)</p>	<p>Creamy Vanilla Spice ½ Banana 2 Tbsp Sunflower Seed Butter 1 cup of unsweetened Plant Milk or Water ½ tsp Cinnamon, ¼ tsp Cloves, ¼ tsp Nutmeg ¼ tsp natural Vanilla Extract 1 scoop Select Whey Powder (Vanilla or Unflavored)</p>
<p>Island Mangolicious 1 cup diced Mango, fresh or frozen 1 cup Coconut Water 2 Tbsp Unsweetened Dried Coconut Flakes Juice of 1 Lime 1 scoop Select Whey Powder (Vanilla or Unflavored)</p>	<p>Tropical Paradise ½ Banana ½ cup diced Pineapple ½ cup diced Mango ½ cup diced Papaya 1 scoop Select Whey Powder (Vanilla or Unflavored) Water to thin</p>
<p>Bonkers for Berries ½ cup Blueberries, fresh or frozen ½ cup Raspberries, fresh or frozen ½ cup Strawberries, fresh or frozen 1 scoop Select Whey Powder (Vanilla or Unflavored) Water to thin</p>	<p>Refreshing Mango Peach 1 Peach, medium to large 1 cup diced Mango, fresh or frozen 1 cup Unsweetened Coconut Milk 1 scoop Select Whey Powder (Vanilla or Unflavored)</p>
<p>Chocolate Almond 1 ripe banana 1 cup Unsweetened Plant Milk or Water ¼ cup Almond Butter 1 scoop Select Whey (Chocolate) 2 - 3 Ice cubes if frosty shake desired!</p>	<p>And a very special treat... Chocolate-Covered Strawberries 1 cup of strawberries 1 cup of unsweetened Plant Milk or Water 2 scoops Select Whey (Chocolate) 2 - 3 Ice cubes if frosty shake desired!</p>