



FAVORITE SHAKE RECIPES

Remember, your liquid source can be any non-dairy milk alternative OR water! I add flax seed for added fiber and Omega 3 for healthy fats.

CINNA-BUN

2 Scoops Vanilla Protein Powder
8oz Unsweetened Almond Milk
1 scoop of GF oats (use protein scooper)
1 tsp. cinnamon
4-5oz water
Ice Cubes

STRAWBERRY SHORTCAKE

2 Scoops Vanilla Protein Powder
8oz Unsweetened Almond Milk
5-6 Unsweetened, Frozen Strawberries
1 scoop of GF oats (use protein scooper)
1 TBS Almond Butter
4-5oz water
Ice Cubes

GREEN MACHINE

2 Scoops Vanilla Protein Powder
8oz Unsweetened Almond
1 handful baby spinach
1 Pear
4-5oz water
Ice Cubes

NUTTY APPLE CINNAMON

2 Scoops Vanilla Protein Powder
8oz Unsweetened Almond
1 Granny Smith Apple
1 TBS raw pecans or almonds
DASH Ground Cinnamon
4-5oz water
Ice Cubes

CHOCOLATE MINT

2 Scoops Vanilla Protein Powder
8oz unsweetened Almond Milk
3-4 pure Peppermint Extract
8 raw Almonds
4-5oz water
Ice Cubes

BLUEBERRY TWIST

2 Scoops Vanilla Protein Powder
8oz Unsweetened Almond Milk
10-12 Frozen Blueberries
Zest & Juice from ½ lemon
4-5oz water
Ice Cubes

CHOCOLATE PB BANANA

2 Scoops Vanilla Protein Powder
8oz Unsweetened Almond
½ banana (I like to freeze mine)
1 TBS Almond Butter
4-5oz water
Ice Cubes

PUMPKIN SPICE

2 Scoops Vanilla Protein Powder
8oz Unsweetened Almond
¼ Pumpkin Puree
1 TBS pecans
DASH Pumpkin Pie Spice
4-5oz water
Ice Cubes

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