



## PROTEIN SHAKE RECIPES

Lemon Drop	Blueberry Superseed	Chocolate Banana Coconut
<p>1 cup or more coconut water or water <i>SP Complete Vanilla or Dairy Free</i> small handful romaine lettuce 1 fresh squeezed lemon ¼ avocado 1 tsp coconut oil 6 organic seedless grapes stevia to taste</p>	<p>1 cup or more almond milk, coconut milk or blend <i>SP Complete Vanilla or Dairy Free</i> ½-1c frozen blueberries 2 tbsp mulberries 1 tbsp hemp seeds 1 tbsp chia seeds 1 tbsp flax Seeds 1 tbsp cacao nibs</p>	<p>1 cup or more coconut water or coconut milk <i>Veg-E Complete Pro Chocolate</i> small handful of spinach ¼ avocado 1 tsp sunflower, almond butter or tahini 1 banana 2 tbsp unsweetened organic coconut flakes</p>
Pumpkin Pie	Sweet Apple	Peach Cream Cobbler
<p>1 cup or more almond milk, coconut milk or blend <i>Veg-E Complete Pro Vanilla or SP Complete Vanilla Whey</i> small handful of spinach 1 tbsp almond butter or tahini 1 tbsp ground flax seed 1 tbsp of pumpkin puree (unsweetened, plain) cinnamon, nutmeg, stevia to taste (optional) 1-2 pitted dates (must blend well)</p>	<p>1 cup coconut water <i>SP Complete Dairy Free Protein</i> ½ apple 6-8 grapes handful of romaine lettuce, kale, or spinach 1/4 Avocado 1 tsp coconut oil</p>	<p>1 cup or more almond milk, coconut milk or blend <i>SP Complete Vanilla or Dairy Free</i> 2 tbsp full fat organic coconut cream (in a can) 1 handful spinach 1 cup frozen peaches 2 tbsp mulberries 1 tbsp flax seed cinnamon to taste</p>
Caramel Nut	Chocolate Raspberry	Superfood Shake
<p>1 cup or more water, almond milk, coconut milk or blend <i>Veg-E Complete Pro Vanilla</i> 1 yellow apple, pear, or banana ¼ avocado small handful spinach 1 tbsp maca powder 2 tbsp mulberries and/or 2 dates 6 pecans or 1tbs pecan nut butter</p>	<p>1 cup or more almond milk, coconut milk or blend <i>Veg-E Complete Pro Chocolate</i> ¼ avocado small handful of spinach 1 cup raspberries 5 organic coffee beans 1-2 pitted dates (blend well)</p>	<p>1 cup or more coconut water <i>SP Complete Dairy Free Protein</i> 1 tbsp goji berries 1 tbsp mulberries 1 tbsp cacao powder 1 tbsp coconut flakes 1 tbsp hemp seeds 1 tbsp chia seeds powder 1 tbsp raw pecan nut butter or almond butter ¼ avocado cinnamon (optional)</p>