Immune Shake

RECIPE BOOK





Super Strawberry Shake

INGREDIENTS

2 scoops Strawberry Soy Protein Life Shake™

1 scoop Organic Greens Booster

½ banana

1 Tbsp chia seeds

4 medium strawberries

1 cup water

4-6 ice cubes

DIRECTIONS

1. Put all ingredients in a blender and blend until smooth.

Orange-Mango Shake

INGREDIENTS

2 scoops French Vanilla Life Shake™

2 mandarin oranges (peeled)

½ cup frozen mango

10 oz cold water

4-6 ice cubes

Fresh ginger (optional)

DIRECTIONS

1. Put all ingredients in a blender and blend until smooth.

Chocolate Spiced Shake

INGREDIENTS

2 scoops Café Latte Life Shake™

½ tsp vanilla extract

Dash (⅛ tsp) cayenne

Dash (⅛ tsp) cinnamon

1 cup water or milk of your choice

4-6 ice cubes

DIRECTIONS

1. Put all ingredients in a blender and blend until smooth.

Spiced Chai Shake

INGREDIENTS

2 scoops Chocolate Life Shake™

½ banana

2 Tbsp cashew butter

1 tsp cinnamon

1 tsp cardamom

½ tsp ground ginger

¼ tsp ground cloves

1 cup unsweetened milk of choice

4-6 ice cubes

DIRECTIONS

1. Put all ingredients in a blender and blend until smooth.

Blueberry Banana Shake

INGREDIENTS

2 scoops Vanilla Life Shake™

½ banana

½ cup blueberries

Handful of spinach

6-8 oz of almond milk or milk of choice

4-6 ice cubes

DIRECTIONS

1. Put all ingredients in a blender and blend until smooth.

Honey Melon Shake

INGREDIENTS

2 scoops Vanilla Life Shake™

1 cup diced cantaloupe

1 cup unsweetened vanilla almond milk

½ cup spinach

1 tsp local raw honey

4-6 ice cubes

DIRECTIONS

1. Put all ingredients in a blender and blend until smooth.



Apple Ginger Shake

INGREDIENTS

2 scoops Vanilla Life Shake™

1 scoop Organic Greens Booster

1 cup beverage of choice

1 green apple, chopped

1 tsp grated ginger

Juice of ½ lemon

4-6 ice cubes

DIRECTIONS

1. Put all ingredients in a blender and blend until smooth.

Carrot Cake

INGREDIENTS

2 scoops Vanilla Life Shake™

8 oz almond milk or milk of choice

½ cup frozen banana
or frozen pineapple

3-4 baby carrots

½ tsp pure vanilla extract

½ tsp cinnamon

4 ice cubes

DIRECTIONS

1. Put all ingredients in a blender and blend until smooth.

Shamrock Shake

INGREDIENTS

2 scoops of French Vanilla
Life Shake™

1 ½ cups unsweetened almond milk

2 cups frozen or fresh spinach

1 medium frozen banana

1 scoop of Organic Greens Booster

1 Tbsp coconut cream

2 scoops of collagen

Dash of almond or vanilla extract

4-6 ice cubes

DIRECTIONS

1. Blend all ingredients in a blender until creamy. Top with coconut whipped cream and a maraschino cherry.

Creamsicle

INGREDIENTS

2 scoops Vanilla Life Shake™

1 cup unsweetened vanilla
almond milk or milk of choice

1 orange, small

⅛ tsp vanilla extract

4-6 ice cubes

DIRECTIONS

1. Put all ingredients in a blender and blend until smooth