

Life Shake Recipes

Shakes, Desserts, and Snacks





Shaklee®

How to make a delicious, healthy shake every time



1 Life Shake is available in plant and soy protein options with a flavor to suit any palate.

2 Starting with 150 calories per serving, it's easy to mix your favorite Life Shake with milk or a milk alternative of your choice. Simply adjust calories based on your beverage choice. You can also customize your Life Shake with your favorite ingredients to meet your calorie goals. The recipes in this guide were made with unsweetened organic soy milk with 80 calories per 8-oz. serving, which is reflected in the total calories.

Here are some perfect add-ons:

- 1 scoop Organic Greens Booster (10 calories)
- 1 cup spinach (7 calories)
- ½ cup strawberries (49 calories)
- 1 cup blueberries, fresh or frozen (85 calories)
- ½ banana (52 calories)
- ¼ avocado (80 calories)
- 1 Tbsp. peanut butter (90 calories)
- 1 Tbsp. almond butter (98 calories)
- ½ cup vanilla, nonfat Greek yogurt (85 calories)
- Extracts: vanilla, peppermint, etc. (10–15 calories)

3 If you prefer to mix Life Shake with water, use 3 scoops of Life Shake to make a healthy and satisfying meal replacement.

4 Life Shake tastes best cold, so use cold liquids and even some ice if desired.

5 Combine all ingredients in a blender with ice (as desired). Blend until creamy.



Getting Started

Here are some easy and delicious recipes to get you started. You can customize each recipe with your choice of milk, milk alternative, or water plus any favorite ingredients to satisfy your palate and caloric goals.

Shaklee

Chocolate Banana Shake

2 scoops Chocolate Life Shake

½ Banana

⅛ tsp. Cinnamon

1 cup water or milk of your choice



293 CALORIES

Berrylicious Vanilla Shake

2 scoops Vanilla Life Shake

1 cup Mixed berries

1 cup water or milk of your choice



304 CALORIES

Choco Chip Cookie Shake

2 scoops Chocolate Life Shake

1 Tbsp. Cacao nibs, unsweetened

1 tsp. Almond butter

1 cup water or milk of your choice



285 CALORIES

Go Greens Shake

2 scoops Vanilla Life Shake

¼ cup Pineapple chunks

½ Banana

½ cup Spinach

1 cup water or milk of your choice



335 CALORIES

Tropical Strawberry Delight Shake

2 scoops Strawberry Life Shake

¾ cup Pineapple chunks

¼ tsp. Vanilla extract

3–4 Mint leaves, fresh

⅛ tsp. Cinnamon

1 cup water or milk of your choice



295 CALORIES

Peppermint Mocha Shake

2 scoops Café Latte Life Shake

½ Banana

¼ tsp. Peppermint extract

1 Tbsp. Cacao nibs, unsweetened

1 cup water or milk of your choice



343 CALORIES

Choco Almond Fudge Shake

2 scoops Chocolate Life Shake

1 tsp. Almond extract

Dash (⅛ tsp.) of Cinnamon

1 cup water or milk of your choice



254 CALORIES

Apple Ginger Shake



2 scoops Vanilla Life Shake

1 Green apple

1 tsp. Ginger, grated

½ cup Spinach

1 tsp. Lemon juice

1 cup water or milk of your choice

358 CALORIES

Red Velvet Veggie Shake



2 scoops Chocolate Life Shake

½ Banana

½ Beet, chopped

1 cup Spinach

½ tsp. Vanilla extract

1 cup water or milk of your choice

345 CALORIES

Carrot Cake Shake



2 scoops Vanilla Life Shake

½ Banana

3–4 Baby carrots

¼ tsp. Cinnamon

½ tsp. Vanilla extract

1 cup water or milk of your choice

313 CALORIES

Snickerdoodle Shake



2 scoops Vanilla Life Shake

1 tsp.. Peanut butter

1 tsp. Vanilla extract

½ tsp. Cinnamon

1 cup water or milk of your choice

283 CALORIES

Chocolate Avocado Mousse Shake



2 scoops Chocolate Life Shake

¼ Avocado

½ tsp.. Vanilla extract

1 cup water or milk of your choice

327 CALORIES

Strawberry Breakfast Shake



2 scoops Strawberry Life Shake

½ Banana

⅛ cup Rolled oats

3–4 Strawberries, fresh

1 cup water or milk of your choice

336 CALORIES

Vanilla Chai Tea Shake



2 scoops Vanilla Life Shake

⅓ cup Brewed tea, unsweetened & chilled

1 pinch each Cinnamon, nutmeg & cardamom (optional)

1 cup water or milk of your choice

241 CALORIES

Chocolate Mint Shake



2 scoops Chocolate Life Shake

½ cup peeled cucumber

⅛ cup avocado

A few mint leaves (swap for cinnamon if preferred)

1 cup water or milk of your choice

322 CALORIES

Creamy Vanilla Shake



2 scoops Vanilla Life Shake

1 cup steamed cauliflower (microwave in steamer/covered bowl with water for 4 minutes)



½ banana

¼ tsp. cinnamon (optional, adjust to taste)



Pinch of nutmeg (optional, adjust to taste)

1 cup water or milk of your choice



325 CALORIES

Very Berry Green Goodness



2 scoops Strawberry Life Shake



½ cup peeled cucumber or (lightly) steamed green zucchini



¼ cup spinach

¼ cup blueberries

¼ cup strawberries

⅛ cup (1 oz.) avocado

1 cup water or milk of your choice

266 CALORIES

Spicy Green Shake



2 scoops Vanilla Life Shake

½ cup power greens and/or spinach



4–6 baby carrots or 1 medium carrot, chopped



1 slice fresh ginger

2 slices lemon (rind included)

3–4 fresh basil leaves

½ an apple



½ a jalapeño pepper (with or without seeds; adjust depending on heat level)

1 cup water or milk of your choice

320 CALORIES



Watermelon Waves Shake



2 scoops Strawberry Life Shake

¾ cup watermelon chunks

4 medium strawberries

3-4 fresh mint leaves

1 cup water of milk of your choice

301 CALORIES

Orange Mango Shake



2 scoops French Vanilla Life Shake

2 mandarin oranges, peeled

½ cup mango chunks, frozen

1 cup water or milk of your choice

382 CALORIES

Peanut Butter Shake



2 scoops Rich Chocolate Life Shake

½ frozen banana

1 Tbsp. peanut butter

1 tsp. unsweetened cocoa powder

1 cup water or milk of your choice

433 CALORIES

Banana Nut Muffin Shake



2 scoops Café Latte Life Shake

1 tsp. almond butter

½ banana

1 cup water or milk of your choice

337 CALORIES

Café Oats Shake



2 scoops Café Latte Life Shake

2 Tbsp. rolled oats, dry

1 tsp. honey

1 cup water or milk of your choice

314 CALORIES

Peachy Green Smoothie



2 scoops French Vanilla Life Shake

1 scoop Organic Greens Booster

½ banana

1 cup frozen peach slices

1 date, pitted

1 cup water or milk of your choice

399 CALORIES

Super Strawberry Shake



2 scoops Strawberry Life Shake

1 scoop Organic Greens Booster

½ banana

1 Tbsp. chia seeds

4 medium strawberries

1 cup water or milk of your choice

384 CALORIES

Aztec Chocolate Shake



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

247 CALORIES

Berry Cocoa Smoothie



2 scoops French Vanilla Life Shake

1 scoop Organic Greens Booster

1 cup mixed berries

1 tsp. cocoa powder

1 cup water or milk of choice

287 CALORIES

Crunch Granola Smoothie



2 scoops French Vanilla Life Shake

½ banana

2 Tbsp. rolled oats, dry

1 Tbsp. almonds

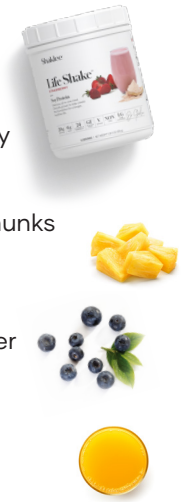
½ cup baby spinach

1 tsp. maple syrup

1 cup water or milk of choice

416 CALORIES

Rise and Shine Smoothie



2 scoops Strawberry Life Shake

¾ cup pineapple chunks

½ cup blueberries

½ cup coconut water

½ cup orange juice

349 CALORIES

Tropical Green Smoothie



2 scoops French Vanilla Life Shake

¼ cup mango chunks, frozen

¼ cup pineapple

½ cup banana

1 cup coconut water

302 CALORIES

Chocolate Covered Strawberry Shake



1 scoop Strawberry Soy Life Shake

1 scoop Plant or Soy Rich Chocolate Life Shake

1 cup water or milk of your choice

4 frozen strawberries

293 CALORIES

Peanut Butter Mocha Latte Shake



2 scoops Café Latte Soy Life Shake

1 cup water or milk of your choice

2 tsp. all-natural peanut butter

ice

Optional: 2 tsp. raw cacao powder or spinach

293 CALORIES

Chai Spiced Shake



2 scoops Rich 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 water or milk of your choice

437 CALORIES

Tiramisu Protein Shake



1 scoop Rich Chocolate Life Shake

1 scoop Café Latte Life Shake

1 Tbsp. raw cacao powder

⅓ cup non-dairy yogurt

1 cup chilled coffee

4 ice cubes

207 CALORIES

Breakfast & Bowls



Strawberry Protein Smoothie Bowl

2 SERVINGS

2 scoops Strawberry Soy Life Shake

1 Banana

1 cup Frozen strawberries

2 Tbsp. Almond butter

1 ½ cups Almond milk

3 Tbsp. Coconut sugar

DIRECTIONS

1. Add the ingredients into a blender.

2. Blend until smooth.

3. Top with your choice of seeds, nuts, or berries.

380.5 CALORIES **12.5 G FAT** **15.5 G PROTEIN** **51.5 G CARBOHYDRATES**

Almond Butter Overnight Oats with Berries

2 SERVINGS

2 scoops French Vanilla Soy Life Shake

½ cup Unsweetened almond milk

3 Tbsp. Creamy almond butter

1 Tbsp. Honey

½ Tbsp Chia seeds

½ cup Rolled oats

½ cup Fresh berries for topping

DIRECTIONS

1. Stir together the almond milk, almond butter, honey, chia seeds, protein powder, and oats until thoroughly combined. Cover and refrigerate for atleast 6 hours.

2. Serve with fresh berries on top.



406 CALORIES **18 G FAT** **19.5 G PROTEIN** **41.5 G CARBOHYDRATES**

Vanilla Shake Protein Pancakes

2 SERVINGS

2 scoops French Vanilla Soy Life Shake

1 ¼ cups Flour

1 tsp. Vanilla extract

¼ cup Coconut sugar

1 Large egg

2 Tbsp. Olive oil

⅓ cup Almond milk

½ tsp Baking powder

DIRECTIONS

1. Mix dry ingredients (flour, baking powder, protein powder, and sugar) in a bowl.

2. Add wet ingredients (milk, oil, vanilla, and egg) and stir until just mixed together. Don't overmix.

3. Heat oil in a nonstick pan. When the pan gets hot, pour in ¼ of the pancake mix.

4. When bubbles appear on the surface, flip the pancake over and cook until brown.

386 CALORIES **18 G FAT** **13.5 G PROTEIN** **43.5 G CARBOHYDRATES**

Chocolate Shake Protein Pancakes

2 SERVINGS

2 scoops Rich Chocolate Soy Life Shake

1 ¼ cup Flour

1 Tbsp. Cacao powder

¼ cup Coconut sugar

1 Large egg

2 Tbsp. Olive oil

⅓ cup Almond milk

½ tsp. Baking powder

DIRECTIONS

1. Mix dry ingredients (flour, baking powder, protein powder, cacao powder, and sugar) in a bowl.

2. Add wet ingredients (milk, oil, and egg) and stir until just mixed together. Don't overmix.

3. Heat oil in a nonstick pan. When the pan gets hot, pour in ¼ of the pancake mix.

4. When bubbles appear on the surface, flip the pancake over and cook until brown.

396.5 CALORIES **18.5 G FAT** **14 G PROTEIN** **43.5 G CARBOHYDRATES**

Lemony Overnight Oats with Berry Jam and Pistachios

1 SERVING

2 scoops French Vanilla Soy Life Shake

⅓ cup Rolled oats

¼ cup Unsweetened almond milk

1 Tbsp. Dried blueberries

¾ tsp. Honey

½ tsp. Vanilla extract

½ Lemon, zested

¼ tsp. Ground cinnamon

¼ tsp. Salt

¼ cup Frozen mixed berries

½ Tbsp. Chia seeds

1 Tbsp. Raw unsalted pistachios, roughly chopped

1 Tbsp. Toasted coconut flakes or desiccated coconut

DIRECTIONS

1. The night before, mix the oats with milk, ⅔ of the

honey, the vanilla, lemon zest, cinnamon, and salt. Stir well and divide evenly between two bowls.

2. Put the frozen mixed berries in a blender with theremaining honey and chia seeds. Blend until smooth. Transfer to a bowl, cover, and let sit overnight in the fridge. This will form your mixed berry jam.

3. In the morning, top each bowl of oats with thepistachios, coconut, and a dollop of mixed berry jam.

229 CALORIES **7 G FAT** **13 G PROTEIN** **28.5 G CARBOHYDRATES**

Pina Colada Quinoa Porridge

1 SERVING

2 scoops French Vanilla Soy Life Shake

½ Tbsp. Honey

¾ Tbsp. Sliced almonds

2 Tbsp. Quinoa flakes

⅓ cup Unsweetened coconut milk

¼ tsp. Vanilla extract

¼ tsp. Coconut oil

¼ cup Chopped fresh pineapple

2 tsp. Cinnamon

⅓ cup Coconut yogurt

DIRECTIONS

1. Heat the honey in a small pot for a few minutes until it starts to caramelize, then add the nuts and cook for they turn golden.

2. Pour into a shallow baking pan lined with parchmen paper in a thin layer to cool.

3. Mix the quinoa flakes and milk, vanilla, and coconut oil in a small pot. Heat for 5–7 minutes until cooked through. Mix in pineapple and cinnamon.

4. Allow to cool, then add the coconut yogurt.

5. Serve topped with the caramelized almonds.



399 CALORIES **11 G FAT** **25 G PROTEIN** **50 G CARBOHYDRATES**

Citrusy Coconut Chia Seed Pudding with Banana

1 SERVING

2 scoops French Vanilla Soy Life Shake

1 cup Light coconut milk

½ tsp. Orange zest

¼ tsp. Vanilla extract

2 Tbsp. Chia seeds

½ Banana

DIRECTIONS

1. Combine milk, orange zest, banana, and vanilla and whisk in chia seeds. Let sit in a container overnight.

2. Top with sliced banana.



422 CALORIES **14 G FAT** **27 G PROTEIN** **47 G CARBOHYDRATES**

Protein Blueberry Muffins

1 SERVING

2 scoops French Vanilla Soy Life Shake

1 cup All-purpose flour

½ tsp. Baking soda

½ tsp. Salt

2 tsp. Baking powder

⅓ cup Sugar

1 cup Vanilla almond milk unsweetened

⅓ cup Coconut oil

1 tsp. Vanilla extract

1 cup Fresh blueberries

DIRECTIONS

1. Preheat the oven to 350 °F.

2. Spray a muffin pan with cooking spray or use muffin wrappers.

3. Combine all dry ingredients in a bowl & mix well.

4. Mix in milk, oil, and vanilla. Fold in blueberries and stir until just mixed.

5. Fill each muffin tin ⅔ full.

6. Bake for 20 minutes or until the muffins are golden brown.

136 CALORIES **6.5 G FAT** **3 G PROTEIN** **16 G CARBOHYDRATES**

Healthy Banana Protein Muffins

12 SERVING

2 scoops French Vanilla Soy Life Shake™

1 Banana

4 Egg whites

½ cup Plain fat free Greek yogurt

¾ cup Rolled oats

½ cup Sugar

1 tsp. Baking powder

1 tsp. Baking soda

½ tsp. Cinnamon

DIRECTIONS

Preheat the oven to 350 °F.

2. Spray a muffin pan with cooking spray or use muffin wrappers.

3. Combine all dry ingredients in a bowl and mix well.

4. Mix in egg whites and Greek yogurt. Fold in bananas and stir until just mixed.

5. Fill each muffin tin ⅔ full.

6. Bake for 20 minutes or until the muffins are golden brown.

103 CALORIES **1 G FAT** **4.5 G PROTEIN** **19.25 G CARBOHYDRATES**



Desserts

Popsicles



Almond Butter and Strawberry Protein Popsicles

8 SERVINGS

1 scoop French Vanilla Soy Life Shake

1 Medium banana

½ cup Almond milk

½ cup Coconut milk, full fat

2 cups Strawberries

2 Tbsp. Almond butter

DIRECTIONS

1. Add all ingredients to a high-powered blender and blend until smooth.

2. Pour mixture into popsicle molds and freeze until solid, about 3 hours.

3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

74.06 CALORIES **30.06 G FAT** **2.75 G PROTEIN** **8.88 G CARBOHYDRATES**

Green Smoothie Protein Pops

8 SERVINGS

1 scoop French Vanilla Soy Life Shake

5 Medium bananas

¾ cup Almond milk

1 cup Spinach, loosely packed

¾ cup Coconut water

DIRECTIONS

1. Add all ingredients to a high-powered blender and blend until smooth.

2. Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.

3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

98.56 CALORIES **1.56 G FAT** **2.38 G PROTEIN** **18.75 G CARBOHYDRATES**

Kiwi and Pineapple Popsicles

8 SERVINGS

2 scoops Rich Chocolate Soy Life Shake

1 scoop Organic Greens Booster

2 Medium banana

1 cup Spinach, packed

1 cup Pineapple

3 Dates, pitted

1 Medium kiwi

2 Peaches

1 ½ cups Water

DIRECTIONS

1. Place all the ingredients in a blender and blend until smooth. Save a few thin kiwi slices.

2. Place the kiwi slices inside of the popsicle molds; they should stick to the sides if they are really thin.

3. Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.

4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

98.56 CALORIES **1.56 G FAT** **2.38 G PROTEIN** **18.75 G CARBOHYDRATES**

Chocolate + Berry Protein Popsicles

8 SERVINGS

2 scoops Rich Chocolate Soy Life Shake

1 Medium banana

1 cup Almond milk

½ cup Greek yogurt, plain

DIRECTIONS

1. Add banana, yogurt, nut milk, and protein powder to a high-powered blender and blend until smooth.

2. Pour mixture into popsicle molds and freeze for 30–40 minutes. Remove from freezer and add desired toppings. (Toppings could be diced strawberries, blueberries, granola, shredded coconut, etc.)

3. Return to freezer and allow to freeze until solid, about 3 hours.

4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

56.88 CALORIES **1.13 G FAT** **4.06 G PROTEIN** **7.63 G CARBOHYDRATES**

Blueberry Yogurt Healthy Popsicle

8 SERVINGS

1 scoop French Vanilla Soy Life Shake

1 ½ cups Blueberries

2 Tbsp. Sugar

1 Tbsp. Lemon juice

2 cups Greek yogurt, vanilla

⅓ cup Heavy cream

1 tsp. Vanilla extract

DIRECTIONS

1. Rinse blueberries. Place in blender with sugar and lemon juice.

2. Mix yogurt, heavy cream, vanilla extract, and protein powder. Add about half the yogurt mixture to the blueberry mixture.

3. Fill the popsicle molds, alternating between yogurt mixture and the blueberry mixture.

4. Freeze until solid, about 5–6 hours.

5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

89.81 CALORIES **0.31 G FAT** **1.5 G PROTEIN** **8.13 G CARBOHYDRATES**

Berry Coconut Popsicles

8 SERVINGS

2 scoops French Vanilla Soy Life Shake

2 cups Coconut milk

½ Tbsp. Vanilla bean paste

3 Tbsp. Honey

¼ cup Raspberries

¼ cup Blueberries

¼ cup Blackberries

DIRECTIONS

1. Whisk together in a small bowl coconut milk, vanilla bean paste, and honey.

2. Place the berries into each mold. If the berries are too big, you can chop them up.

3. Pour the coconut milk mixture in the molds over the berries.

4. Freeze until solid, about 5–6 hours.

5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

73.63 CALORIES **1.3 G FAT** **2.75 G PROTEIN** **10.38 G CARBOHYDRATES**

Healthy Strawberry Mango Popsicles

8 SERVINGS

2 scoops Strawberry Soy Life Shake™

1 ½ cups Strawberries

1 ¼ cups Coconut water

1 tsp. Honey

4 tsp. Chia seeds

1 ½ cups Mango chunks

DIRECTIONS

1. Purée the strawberries with half the coconutwater, all the protein, half the honey, and half the chia seeds. Set aside.

2. Purée the mangoes with half the coconut water, half the honey, and half the chia seeds. Set aside.

3. Alternate pouring each fruit mixture into the popsicle molds. The popsicles will have a marbled look to them.

4. Freeze until solid, about 5–6 hours.

5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

66.75 CALORIES **0.5 G FAT** **2.75 G PROTEIN** **66.75 G CARBOHYDRATES**

Yogurt and Granola Breakfast Protein Popsicles

12 SERVINGS

2 scoops French Vanilla Soy Life Shake

2 cups Greek yogurt, vanilla

1 Tbsp. Honey

½ cup Granola

1 ½ cups Raspberries

DIRECTIONS

1. Blend together 1 cup of the yogurt, 1 cup raspberries, honey, and protein powder. Blend until smooth.

2. Layer the mixture with the remaining yogurt in the popsicle molds. You can place a few extra raspberries in the mold. Top each popsicle with a portion of granola.

3. Freeze until solid, about 5–6 hours.

4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

80.63 CALORIES **1.13 G FAT** **6 G PROTEIN** **11.63 G CARBOHYDRATES**



Healthy Orange Creamsicle Popsicle

8 SERVINGS

2 scoops French Vanilla Soy Life Shake

½ cup Coconut cream

½ cup Greek yogurt, plain

½ cup Orange juice

3 Tbsp. Honey

½ tsp. Vanilla extract

DIRECTIONS

1. Add all ingredients to a high-powered blender and blend until smooth.

2. Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.

3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

56.88 CALORIES **1.13 G FAT** **4.06 G PROTEIN** **7.63 G CARBOHYDRATES**

Tropical Smoothie Protein Popsicles

8 SERVINGS

1 scoop French Vanilla Soy Life Shake

1 cup Coconut milk

1 Medium banana

1 cup Mango chunks

1 cup Pineapple chunks

2 tsp. Chia seeds

1 cup Greek yogurt, plain

1 ½ Tbsp. Honey

1 tsp. Lime juice

DIRECTIONS

1. Add all ingredients except Greek yogurt, honey, and lime juice to a high-powered blender and blend until smooth.

2. Mix together yogurt, honey, and lime juice

3. Alternative pouring each mixture into popsicle molds and freeze until solid, about 5–6 hours.

4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

84.19 CALORIES **0.81 G FAT** **1.63 G PROTEIN** **8.25 G CARBOHYDRATES**

Desserts

Energy Bites & Brownies



Cookie Dough Energy Bites

12 SERVINGS

2 scoops French Vanilla Soy Life Shake™

¼ cup Almond butter

¼ cup Honey

¼ cup Maple syrup

½ cup Rolled oats

1 Tbsp. Almond milk, unsweetened

2 Tbsp. Dark chocolate chips

½ tsp. Salt

DIRECTIONS

1. Mix all ingredients together (except chocolate chips) until well combined. Add in chocolate chips last.

2. Wet hands slightly and form dough tightly into 1"–1 ½" balls. If dough is too dry, add a little bit of water until the dough comes together.

3. Store in airtight container in the refrigerator or freezer until ready to enjoy.

117.08 CALORIES **3.25 G FAT** **2.83 G PROTEIN** **12.42 G CARBOHYDRATES**

Coconut Energy Bites

12 SERVINGS

2 scoops French Vanilla Soy Protein Life Shake™

⅔ cup Almond butter

1 Tbsp. Coconut oil, melted

⅓ cup Maple syrup

1 tsp. Vanilla extract

½ tsp. Cinnamon, ground

½ cup Shredded coconut, unsweetened

1 cup Rolled oats

DIRECTIONS

1. In a large bowl, mix together almond butter and coconut oil until smooth. Add maple syrup, vanilla, cinnamon, coconut, protein powder, and oats. Mix well until combined.

2. Wet hands slightly and form dough tightly into 1"–1 ½" balls. If dough is too dry, add a little bit of water until the dough comes together.

3. Store in airtight container in the refrigerator or freezer until ready to enjoy.

56.88 CALORIES **1.13 G FAT** **4.06 G PROTEIN** **7.63 G CARBOHYDRATES**

Chocolate Energy Bites

12 SERVINGS

2 scoops Rich Chocolate Soy Life Shake™

½ cup Almond flour

¼ cup Cocoa powder

¼ cup Hemp seed hearts

½ tsp. Salt

6 Tbsp. Almond butter

¼ cup Maple syrup

1 tsp. Vanilla extract

DIRECTIONS

1. Mix together protein, almond flour, cocoa powder, hemp hearts, and salt. Add almond butter, maple syrup, and vanilla. Mix well until combined.

2. Wet hands slightly and form dough tightly into 1"–1 ½" balls. If dough is too dry, add a little bit of water until the dough comes together.

3. Store in airtight container in the refrigerator or freezer until ready to enjoy.

98.56 CALORIES **1.56 G FAT** **2.38 G PROTEIN** **18.75 G CARBOHYDRATES**

Tropical Energy Bites

12 SERVINGS

2 scoops French Vanilla Soy Protein Life Shake™

1 cup Rolled oats

⅓ cup Almond butter

½ cup Dried pineapple

½ cup Dried mango

¼ cup Honey

DIRECTIONS

1. Place everything in blender or food processorand blend until smooth and combined.

2. Wet hands slightly and form dough tightly into 1"–1 ½" balls. If dough is too dry, add a little bit of water until the dough comes together.

3. Store in airtight container in refrigerator orfreezer until ready to enjoy.

173.75 CALORIES **4.75 G FAT** **4.08 G PROTEIN** **14.33 G CARBOHYDRATES**

Carrot Cake Energy Bites

12 SERVINGS

2 scoops French Vanilla Soy Life Shake

6 each Dried dates, pitted

3 Tbsp. Hot water

1 cup Sunflower seeds

2 Tbsp. Chia seeds

1 Tbsp. Coconut flour

1 ½ cups Shredded carrots

1 Tbsp. Cinnamon

1 tsp. Vanilla extract

¼ tsp. Ginger, ground

¼ cup Coconut oil, melted

DIRECTIONS

1. Soak dates in hot water for 10 minutes. Blend in food processer with sunflower seeds until a paste forms.

2. Add the protein powder, chia seeds, and coconut flour and mix well until combined.

3. Add the carrot, cinnamon, vanilla, and ginger. Mix well until combined.

4. Wet hands slightly and form dough tightly into 1"–1 ½" balls. If dough is too dry, add a little bit of water until the dough comes together.

5. Microwave the coconut butter for 20 seconds until just runny.

6. Drizzle the coconut butter over the carrot cake bites.

7. Store in airtight container in refrigerator or freezer until ready to enjoy.

155.58 CALORIES **10.92 G FAT** **4.42 G PROTEIN** **9.92 G CARBOHYDRATES**

Lemon Energy Bites

12 SERVINGS

2 scoops French Vanilla Soy Life Shake

3 Tbsp. Lemon juice

2 Tbsp. Lemon zest

1 Tbsp. Chia seeds

½ cup Cashews

½ cup Rolled oats

⅓ cup Golden raisins

¼ cup Shredded coconut, unsweetened

DIRECTIONS

1. In a food processor, mix together all ingredients until smooth and well combined.

2. Wet hands slightly and form dough tightly into 1"–1 ½" balls. If dough is too dry, add a little bit of water until the dough comes together.

3. Store in airtight container in refrigerator or freezer until ready to enjoy.

86 CALORIES **3.83 G FAT** **3.38 G PROTEIN** **9.5 G CARBOHYDRATES**

PB&J Energy Bites

12 SERVINGS

2 scoops Strawberry Soy Life Shake

1 cup Dried dates, pitted

2 cups Hot water

2 cups Rolled oats

½ cup Peanut butter

4 Tbsp. Strawberry jam

DIRECTIONS

1. Use a teaspoon to scoop out "balls" of jam and place them on parchment-lined baking sheet. Freeze for 60 minutes or until hard.

2. Let the dates soak in hot water for 10 minutes, then drain. Add them to a food processor with oats and peanut butter. Blend until smooth and well combined.

3. Wet hands slightly and form dough tightly into 1"–1 ½" balls. If dough is too dry, add a little bit of water until the dough comes together. Flatten each ball into a disc shape. Place a frozen jam ball in middle of each disc and wrap the peanut butter mixture around it until a ball forms.

4. Store in airtight container in refrigerator or freezer until ready to enjoy.

62.67 CALORIES **6.67 G FAT** **6.08 G PROTEIN** **19.58 G CARBOHYDRATES**

Peanut Butter Chocolate Bites

12 SERVINGS

2 scoops Rich Chocolate Soy Life Shake™

½ cup Peanut butter

3 Tbsp. Honey

½ cup Chocolate chips

1 cup Rolled oats

6 Tbsp. Flaxseed meal

DIRECTIONS

1. Heat peanut butter, honey, and chocolate chips in a microwave-safe bowl for about 30 seconds. Stir together until mixture is smooth.

2. Add oats, protein powder, and flaxseed meal and mix well until combined.

3. Wet hands slightly and form dough tightly into 1"–1 ½" balls. If dough is too dry, add a little bit of water until the dough comes together.

4. Store in airtight container in the refrigerator or freezer until ready to enjoy.

192 CALORIES **9.67 G FAT** **6.25 G PROTEIN** **20 G CARBOHYDRATES**

Flourless Chocolate Protein Brownies

10 SERVINGS

2 scoops Rich Chocolate Soy Protein Life Shake™

6 Medium banana

1 cup Almond butter

½ cup Cocoa powder

1 cup Semisweet chocolate chips

DIRECTIONS

1. Preheat oven to 350 °F. Grease an 8x8 baking dish lined with parchment paper.

2. In a blender or food processor, blend bananas, almond butter, cocoa powder, and protein powder together until smooth and well combined. Fold in chocolate chips.

3. Bake for about 20 minutes or until top begins to crack. Allow to cool before slicing.

332 CALORIES **18.33 G FAT** **8.83 G PROTEIN** **32.92 G CARBOHYDRATES**

S'mores Protein Brownies

12 SERVINGS

2 scoops Rich Chocolate Soy Life Shake

1 cup Whole wheat flour

½ cup Coconut sugar

¼ cup Cocoa powder

4 Graham cracker sheets

½ tsp. Cinnamon, ground

¼ tsp. Baking powder

½ tsp. Salt

¾ cup Almond milk, unsweetened

½ cup Greek yogurt, plain

¼ cup Maple syrup

2 each Large egg

3 Tbsp. Semisweet chocolate chips

1 tsp. Vanilla extract

1 Graham cracker (topping)

½ cup Mini marshmallows

DIRECTIONS

1. Preheat oven to 350 °F. Grind the 4 graham cracker sheets into a powder. Mix powder together with flour, protein powder, coconut sugar, cinnamon, baking powder, and salt in a bowl until well combined.

2. In another bowl, mix together almond milk, Greek yogurt, maple syrup, eggs, and vanilla extract. Microwave chocolate chips for 30 seconds or until just melted. Then mix chocolate with other wet ingredients. Mix well until combined.

3. Gently mix together dry and wet ingredients until combined. Do not overmix. Batter will be thick at this point.

4. Pour batter in a greased 8x8 baking pan lined with parchment. Top with mini marshmallows. Crumble up the 1 graham cracker and sprinkle on top.

5. Bake for 25 minutes. Allow to cool before slicing.

173.75 CALORIES **4.75 G FAT** **4.08 G PROTEIN** **14.33 G CARBOHYDRATES**

