

Additional Shake Ideas

Frozen Mocha

- 1 scoop chocolate pea/rice protein powder
- 1 scoop fiber
- Coconut milk
- Organic decaf espresso (brew and then refrigerate so it is cold)
- Dash of cinnamon
- Ice to desired thickness

Peach "Cobbler"

- 1 scoop vanilla pea/rice protein powder
- 1 scoop fiber
- ½ - 1 cup frozen peaches
- Coconut milk
- Dash of cinnamon
- ¼ tsp of no-sugar added vanilla extract
- 1 tbsp freshly ground flaxseed meal

Black Cherry Desire

- 1 scoop chocolate pea/rice protein powder
- 1 scoop fiber
- Coconut milk
- ½ -1 cup frozen dark cherries
- 1 scoop chia seeds
- (also try with blackberries)

50/50 bar

- 1 scoop vanilla pea/rice protein powder
- 1 scoop fiber
- Coconut milk
- Peeled orange
- 1 tbsp freshly ground flaxseed meal

Strawberry Emergen-C Blast

- 1 scoop vanilla pea/rice protein powder
- 1 scoop fiber
- Coconut milk
- 1 cup frozen strawberries
- 1 tsp orange Emergen-C powder

Nutter Butter

- 1 scoop vanilla pea/rice protein powder
- 1 scoop fiber
- Coconut milk
- 1 tbsp almond butter

Chocolate Coconut Joy

- 1 scoop chocolate pea/rice protein powder
- 1 scoop fiber
- Coconut milk
- 1 tbsp almond butter