



Winter Berries PROTEIN SHAKE

- 1/4 cup frozen mixed berries
- 1/4 cup frozen dark cherries
- 1 cup ice cube
- 1/2 cup almond milk
- 2 scoops Arbonne vanilla protein



vanilla pear perfection

- 8 OZ. WATER/ALMOND MILK
- 2 SCOOPS VANILLA PROTEIN
- 1 PEAR CUBBED
- DASH OF CINNAMON
- 1/2 CUP ICE



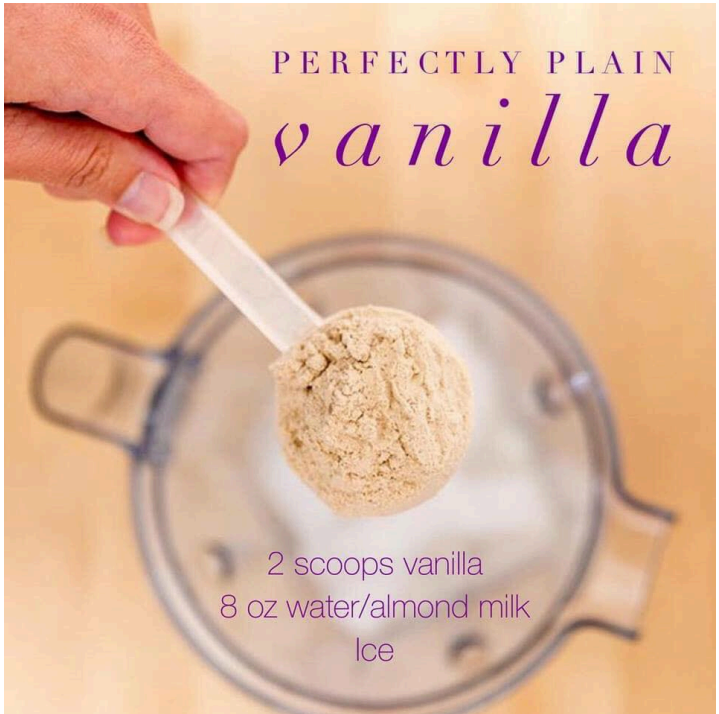
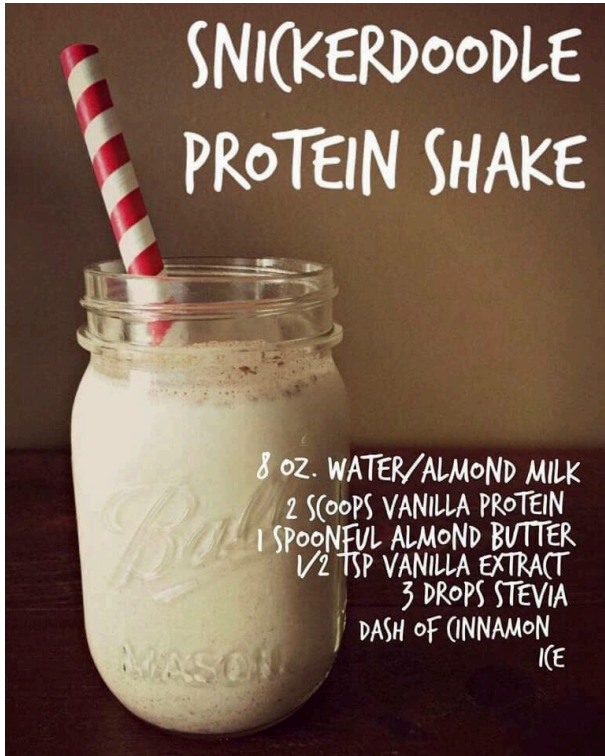
vanilla PEACH PROTEIN SMOOTHIE

- 2 Scoops Vanilla Protein
- 8 oz Coconut Almond Milk
- 1/4 Cup Frozen Peaches



STRAWBERRY banana protein SHAKE

- 2 SCOOPS VANILLA PROTEIN POWDER
- 8 OZ COCONUT ALMOND MILK
- 4 FROZEN STRAWBERRIES
- 1/4 FROZEN BANANA





PEPPERMINT MOCHA PROTEIN SHAKE

- 2 SCOOPS VANILLA PROTEIN POWDER
- 8 OZ ALMOND MILK
- 1/2 TSP PEPPERMINT EXTRACT
- 1/8 TSP CINNAMON
- 1 TSP DANDY BLEND
- 6 CUBES ICE



mint chocolate

- 8 OZ. WATER/ALMOND MILK
- 2 SCOOPS CHOCOLATE PROTEIN
- 2 DROPS PEPPERMINT ESSENTIAL OIL
- 1/2 CUP ICE



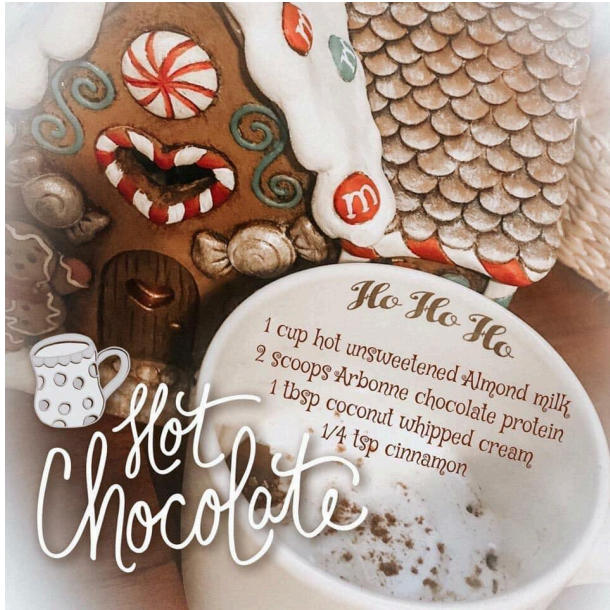
MANGO orange PROTEIN smoothie

- 2 Scoops Vanilla Protein
- 8 oz Coconut Almond Milk
- 1/4 Cup Frozen Mangos
- 1/2 Orange Peeled
- 1/4 Frozen Banana
- 1/2 Cup Fresh Spinach
- 6 Ice Cubes
- Blend



Key Lime PROTEIN SHAKE

- 1 LARGE LIME WITHOUT PEEL
- 2 SCOOPS ARBONNE VANILLA PROTEIN
- 1 1/2 CUP ICE CUBES
- 1/2 CUP ALMOND UNSWEETENED MILK



Chocolate Peanut Butter Oatmeal Smoothie

8 oz. water/almond milk
2 scoops chocolate protein
1 spoonful peanut butter
1/2 cup oatmeal
Ice

CHOCOLATE ALMOND

8 OZ. WATER/ALMOND MILK
2 SCOOPS CHOCOLATE PROTEIN
1 SPOONFUL ALMOND BUTTER
ICE



Banana Bread Smoothie
1 Scoop Vanilla Protein
1 Scoop Chai Protein
1/2 Banana
Handful Spinach
1-2 TBSP Almond Butter
8-12oz Almond Milk
Blend and Enjoy!



