



# SHAKES & SMOOTHIES

Milkshakes and smoothies are a great way to add more calories, protein, and fluid to your daily intake. Drink them as a snack or meal replacement.

## Milkshakes

- **Pumpkin Ginger**
  - 1 pumpkin Greek yogurt
  - 2 cups vanilla ice cream
  - 5 ginger snap cookies
  - 4-5 ice cubes (optional)
- **Peanut Butter Chocolate Swirl**
  - 1 cup chocolate supplement
  - 3 Tbsp smooth peanut butter
  - 3 Tbsp Hazelnut spread
  - 1 cup vanilla ice cream
  - ½ large banana
- **Vanilla Dream**
  - 2 cups vanilla ice cream
  - 1 cup vanilla supplement
  - 3 Tbsp honey
- **Mocha Delight**
  - 1 cup vanilla ice cream
  - ½ cup coffee ice cream
  - 3 Tbsp chocolate hazelnut spread
- **Berry Delicious**
  - ½ cup frozen berries
  - 1 cup vanilla ice cream

## Smoothies

- **Fruit Boost**
  - ¼ - ½ cup fruit juice
  - 1 medium banana
  - ½ cup frozen berries
  - 3 Tbsp protein powder
- **Tropical Breeze**
  - ¼ - ½ cup frozen lime concentrate
  - 1 cup water
  - 1 cup frozen tropical fruit medley
  - ½ cup plain Greek yogurt
- **Very Berry Twist**
  - ½ cup frozen strawberries
  - ½ cup blueberries
  - ¼ cup cranberry juice
  - 1 cup fresh spinach
- **Green Machine**
  - 1 handful of fresh spinach
  - 1 handful of fresh kale
  - 1 cup berries
  - ½ large banana
  - 1 plain Greek yogurt

## Tips

- Add extra calories/protein, add a supplement
- Use frozen fruit
- Lactose intolerant? Try almond milk!

## Warnings

- Always wash raw fruits and vegetables before use
- NEVER use raw eggs in a smoothie