

Power Shake Recipes to Get You Going and Start the Day with
Nutrition that will Keep you Energized!

One Person Recipes

Favorite Power Shake

8 oz. cold purified water

4 oz. organic orange juice

½ banana

2 tbsp. high quality vanilla soy protein powder

Frozen mixed berries- includes raspberries and blackberries

Blend to desired consistency! This is our favorite

Pineapple Drink

½ cup crushed pineapple in natural juice

1 tsp. honey

2 level tbsp. high quality vanilla soy protein powder

Blend with 8-12 oz. water or milk

Mint Chocolate Drink

½ tsp. mint extract

2 tbsp. high quality cocoa soy protein powder

1 tsp honey

Blend with 8-12 oz nonfat milk and ice cubes

Orange Julius

¼ cup skim milk

¾ cup orange juice

2 tbsp. high quality vanilla soy protein powder

1 tsp. honey

Blend with 4 ice cubes

Cranapple Flip

½ cup cranapple juice

2 tbsp. high quality vanilla soy protein powder

3 ice cubes

Blend with ½ cup nonfat milk

Strawberry Shake

4 large frozen strawberries, unsweetened

1 tsp honey

3 ice cubes

2 level tbsp. high quality vanilla or cocoa soy protein powder

Blend with 8 oz. nonfat milk



Maura's 50th Surprise!

8-16oz soy milk

½ banana

3 Tbsp Energizing cocoa soy protein

½ tsp vanilla extract

¼ to ½ tsp almond or peppermint extract

Blend and enjoy!