

# ENERGYFIRST SHAKE RECIPES

## The Energizer

Steps 1-3 with Vanilla Protein Powder  
Add: 1/2 –1 chopped green apple  
1 tablespoon Greenergy  
1/4 cup raw almonds  
Ice

## Almond Peach Delight

Steps 1-2 with Vanilla Protein Powder  
Add: 1/2-1 cup frozen peaches  
1/2 tsp almond extract  
1/2 tsp cinnamon

## Blue Mango Heaven

Steps 1-3 with Vanilla Protein Powder  
Add: 1/4-1/2 cup frozen mango  
1/4-1/2 cup blueberries

## Chocoholics Delight

Steps 1-3 with Chocolate Protein Powder  
Add: 1/4-1/2 cup of raspberries or blueberries  
1/4-1/2 frozen banana

## Pina Colada

Steps 1-3 with Vanilla Protein Powder  
Add: 1/2-1 cup frozen pineapple pieces  
1/2 tsp coconut extract

## Apricot Fantasy

Steps 1-2 with Vanilla Protein Powder  
Add: 1- 2 small apricots  
1/4 cup raw almonds  
1/2 tsp almond extract  
Ice

## Vanilla Nut

Steps 1-2 with Vanilla Protein Powder  
Add: 1/4 cup raw organic oatmeal  
1 tablespoon raw cashew butter  
1/2 tsp cinnamon

## Choc Banana Nut

Steps 1-2 with Chocolate Protein Powder  
Add: 1/2 frozen banana  
1 tablespoon of raw cashew butter

## Tropical Dream

Steps 1-3 with Chocolate Protein Powder  
Add: 1/2-1 cup of chopped frozen pineapple

## Blueberry Vanilla Pear

Steps 1-3 with Vanilla Protein Powder  
Add: 1/4-1/2 cup frozen blueberries  
1/4-1/2 cup chopped pear  
Ice

## Melon madness

Steps 1-3 with Vanilla Protein Powder  
Add: 1/4-1/2 cup frozen watermelon pieces

## Strawberry Delight

Steps 1-3 with Vanilla Protein Powder  
Add: 1/4-1/2 cup frozen strawberries  
1/4-1/2 cup frozen mango slices

## Banapple Blast

Steps 1-2 with Vanilla Protein Powder  
Add: 1/2 small green apple  
1/2 frozen banana  
1/2 tsp cinnamon

## Cherry Ripe

Steps 1-3 with Chocolate Protein Powder  
Add: 1/4-1/2 frozen banana  
1/4-1/2 cup frozen black cherries

## Apple Cinnamon

Steps 1-3 with Vanilla Protein Powder  
Add: 1/2-1 cup of chopped frozen green apple  
1 tsp cinnamon  
1 scoop greens supplement (optional)

## Raspberry Rhubarb Magic

Steps 1-3 with Vanilla Protein Powder  
Add: 1/4-1/2 cup frozen chopped rhubarb  
1/4-1/2 cup frozen raspberries

## Coffee Lovers Delight

Steps 1-2 with Vanilla Protein Powder  
Add: 1/4-1/2 cup raw almonds or cashews  
1-2 teaspoons instant decaffeinated coffee

