



**ICON**

# 11 Tasty, Fully Flavoured Protein Smoothies

ICON NUTRITION PROTEIN SMOOTHIE  
RECIPE BOOK - VOL. 1





# Great Tasting and Easy to Make

Recipes that combine all the benefits of our grass fed whey protein along with natural healthy fats and tasty treats.

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# 1. Berry Delicious Chocolate Whey Protein Smoothie

This recipe packs a healthy punch, filled with strawberries, raspberries and ICON's 100% grass fed whey protein.

## Ingredients

300ML WATER

4 FROZEN STRAWBERRIES

15 FROZEN RASPBERRIES

1 SCOOP ICON GRASS FED  
MOLTON CHOCOLATE WHEY  
PROTEIN

## Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.



## Macros

CALORIES: 137 KCALs  
CARBS: 7G  
FAT: 2G  
PROTEIN: 25G



## 2. Chocolate Cashew & Coconut Protein Smoothie

Filled with heart-kind healthy fats and delicious grass fed chocolate whey protein powder.

### Ingredients

1 SCOOP ICON GRASS FED  
MOLTON CHOCOLATE WHEY  
PROTEIN

1 TSP FLAXSEED POWDER  
(OPTIONAL)

1 HANDFUL CASHEWS

1 TSP COCONUT OIL

300ML ALMOND MILK

HANDFUL ICE CUBES

### Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.

### Macros

CALORIES: 306 KCALS  
CARBS: 16G  
FAT: 15G  
PROTEIN: 28G





### 3. Chocolate Hazelnut Protein Shake

This curbs any sweet tooth and is great for recovery post exercise. It's high in protein and heart-kind healthy fats.

#### Ingredients

1 SCOOP ICON GRASS FED  
MOLTON CHOCOLATE WHEY  
PROTEIN

1 HANDFUL ICE

300ML WATER

2 TBSP GREEK YOGURT

1 TBSP HAZELNUT BUTTER  
GARNISH > CRUSHED HAZELNUTS

#### Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.



#### Macros

CALORIES: 228 KCAL  
CARBS: 6G  
FAT: 10G  
PROTEIN: 32G

## 4. Chocolate Peanut Butter & Banana Protein Shake

Filling and protein-packed, perfect for recovery after a workout or as a meal replacement shake.

### Ingredients

1 SCOOP ICON GRASS FED  
CHOCOLATE PEANUT BUTTER WHEY  
PROTEIN

400ML WATER

1 TBSP PEANUT BUTTER

1 BANANA

HANDFUL OF ICE

### Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.

### Macros

CALORIES: 347 KCALS  
CARBS: 40G  
FAT: 10G  
PROTEIN: 30G

## 5. Cinnamon & Vanilla Date Protein Smoothie

When blended together these tasty ingredients make for a delicious healthy high protein shake.

### Ingredients

1/2 CUP GREEK YOGHURT

1 SCOOP ICON GRASS FED CINNAMON VANILLA SWIRL WHEY PROTEIN

400ML ALMOND MILK

1 CUP OF ICE CUBES

2 X PITTED MEDJOOOL DATES

### Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.

### Macros

CALORIES: 356 KCALS  
CARBS: 51G  
FAT: 6G  
PROTEIN: 28G





## 6. Cinnamon Vanilla Swirl Protein Frappuccino

This recipe is high in energy and protein. Enjoy a pick-me-up Cinnamon Vanilla Swirl Protein Frappuccino upon waking.

### Ingredients

1 TSP COFFEE

1 CUP ICE

1 SCOOP ICON GRASS FED  
CINNAMON VANILLA SWIRL WHEY  
PROTEIN

400ML ALMOND MILK

### Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.

### Macros

CALORIES: 217 KCALS  
CARBS: 15G  
FAT: 6G  
PROTEIN: 26G

# 7. Cookies N Cream Protein Smoothie

*With a Cashew and Almond Butter Twist*

## Ingredients

1 TABLESPOON OF RAW CASHEWS

3 SQUARES OF DARK CHOCOLATE

1 TABLESPOON ALMOND BUTTER

1 SCOOP ICON GRASS FED COOKIES 'N' CREAM WHEY PROTEIN

300ML ALMOND MILK

8 ICE CUBES

1 TABLESPOON CACAO NIBS (OPTIONAL, TOPPING)


## Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.

## Macros

CALORIES: 484 KCAL  
CARBS: 29G  
FAT: 29G  
PROTEIN: 33G





## 8. Double Chocolate Peanut Butter Protein Shake

If you like chocolate and like peanut butter you're going to really enjoy this recipe.

### Ingredients

HALF SCOOP ICON GRASS FED  
CHOCOLATE PEANUT BUTTER WHEY  
PROTEIN

HALF SCOOP CHOCOLATE WHEY  
PROTEIN

1 TSP PEANUT BUTTER

350ML ALMOND MILK

HANDFUL OF ICE CUBES

### Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.

### Macros

CALORIES: 306 KCALS  
CARBS: 14G  
FAT: 14G  
PROTEIN: 30G



## 9. Oreo Cookies 'N' Cream Protein Shake

### Ingredients

4 OREOS

MILK 400ML

2 HEAPED TABLESPOONS OF  
VANILLA ICE CREAM

1 SCOOP ICON GRASS FED  
COOKIES 'N' CREAM WHEY  
PROTEIN

### Directions

Place 4 oreos in a ziplock bag.  
Seal bag and crush cookies with a  
rolling pin.

Combine all ingredients (saving a  
bit of broken Oreos for later) in a  
blender and blend until it's smooth  
enough to drink.

Pour into tall glass and garnish  
with some broken Oreos if desired.

### Macros

CALORIES: 497 KCALS  
CARBS: 31G  
FAT: 11G  
PROTEIN: 32G



## 10. Strawberry Milkshake Protein Swirl

This shake is juicy, summery and delicious. It's also nutrient-rich and packed full of antioxidants such as vitamin C.

### Ingredients

400ML ALMOND MILK

1 SCOOP ICON GRASS FED STRAWBERRY MILKSHAKE WHEY PROTEIN

4 FROZEN STRAWBERRIES

4 ICE CUBES

### Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.

#### Optional Strawberry Sauce:

6 FROZEN STRAWBERRIES  
1 TABLESPOON WATER  
1 TBS LEMON JUICE

### Macros

CALORIES: 413 KCALS  
CARBS: 60G  
FAT: 6G  
PROTEIN: 28G

## 11. Tasty Raspberry Protein Smoothie

Known as nature's candy, raspberries are chocked full of health benefits and contain the powerful antioxidants alpha and beta-carotene, lutein, zeaxanthin, and choline.

### Ingredients

2 TBSP GREEK YOGURT

1 SCOOP ICON GRASS FED STRAWBERRY MILKSHAKE WHEY PROTEIN

15 FROZEN RASPBERRIES

300ML WATER

### Directions

Combine all ingredients in a blender and blend until it's smooth enough to drink.

### Macros

CALORIES: 144 KCALS  
CARBS: 4G  
FAT: 2G  
PROTEIN: 28G



# The Benefits of Grass Fed Whey Protein

OUR WHEY IS SOURCED FROM HORMONE FREE GRASS FED COWS WHICH MEANS YOU'RE GETTING THE FOLLOWING EXTRA BENEFITS:

**1. No growth hormones:** Hormones are used to raise cattle by making them bigger faster with lots more milk. This also makes the cows more susceptible to getting ill. It also lowers your risk of having any side effects from the added hormones in your whey powder.

**2. Complete Amino Acid profile:** Cows that are allowed to graze freely on grass produce a much higher quality milk that's rich in essential amino acids. This helps us build lean muscle and it will also boost our skin's collagen production.

**3. Non GMO:** Grass fed cows means they are not eating things like corn which are often genetically modified. Anything genetically modified contain harmful pesticides and are linked to a number of health issues.

**4. Superior health benefits:** Whey protein has many health benefits apart from just building muscle. It's good for nail and hair growth, detoxification, and growth of healthy intestinal flora. The latter is very important as a healthy gut is something which we should all try to maintain especially as 70% of our immune system is located in our gut.

**5. Better for the planet:** Grass fed cows produce 'significantly' less methane compared to cows that are forced to eat corn. Methane is one of the biggest contributors of greenhouse gases that are linked to climate change.

**6. Superior taste and texture:** A grass fed whey protein powder is going to taste smooth, clean and sweeter - but not the horrid sweet taste produced from adding tons of artificial sweetener. We only add 0.1% sucralose to our whey powder, the absolute minimum needed to produce a really delicious tasting protein shake.

# Eating Right...

With the right supplements and a healthy balanced diet, you have the power to not only lose weight, but get stronger, fitter and leaner.

## Avoid

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FACTORY FARMED MEAT AND FISH  
PROCESSED FOODS  
MARGARINES AND GRAIN FED BUTTERS  
REFINED COOKING OILS  
HIGH SALT AND HYDROGENATED FAT JUNK FOOD AND SNACKS  
CANNED FRUIT AND VEGETABLES  
CONCENTRATED FRUIT JUICES  
REFINED SUGARS  
REFINED CARBOHYDRATES  
'LOW FAT' ALTERNATIVES  
ALCOHOL

## Enjoy

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FRESH FISH/SEAFOOD  
ORGANIC & FREE RANGE LEAN WHITE MEAT  
ORGANIC & FREE RANGE EGGS  
ORGANIC RED MEAT  
EXTRA VIRGIN OLIVE OIL  
AVOCADO OIL  
RAW NUTS AND SEEDS  
ORGANIC NATURAL YOGHURT  
FRESH VEGETABLES  
AVOCADOS  
FRESH FRUITS  
AT LEAST 2 LITRES OF WATER PER DAY TO KEEP YOU HYDRATED



SNAP AND TAG YOUR CREATIONS

**#ICONRecipes**



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