

Five Refreshing Protein

Shake Recipes

GUIDE BOOK



A generous amount of protein is essential for post-workout recovery, muscle development, and sustaining energy levels throughout the day.

And what can be more satisfying than a protein shake to fulfil your daily protein requirements? Besides being the most convenient and nourishing option, protein shake smoothies are easy to prepare and consume with our blenders!

FRESH JUICE

1. Breakfast Champion Shake



Step aside, Wheaties. This blend of berries and oatmeal is now your top choice for breakfast.

INGREDIENTS

- 1 cup skim milk
- 1 large egg whites
- 1 scoop(s) vanilla protein powder
- 1 cup mixed berries
- ½ cup rolled oats
- 2 tbsp almonds, chopped
- 1 handful ice

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2. Banana Oat Protein Shake



Step aside, Wheaties. This blend of berries and oatmeal is now your top choice for breakfast.

INGREDIENTS

- 2 scoops vanilla protein powder
- 2 tablespoons rolled oats
- 2 bananas
- 1 cup unsweetened almond milk
- ½ cup cold water
- 1 teaspoon raw honey
- ¼ teaspoon cinnamon
- 1 handful ice

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3. Chocolate Cherry Awesomeness Shake



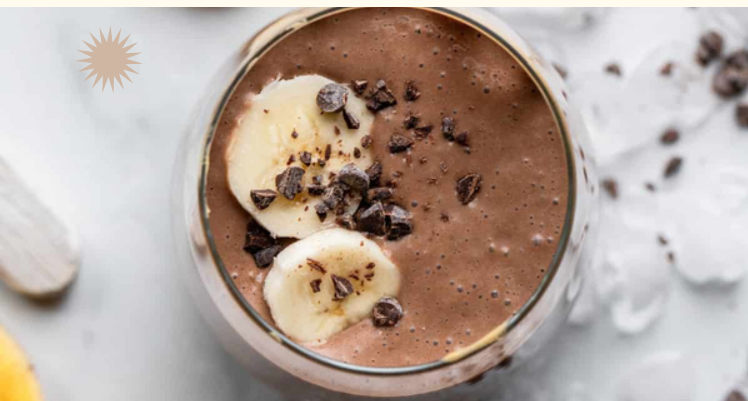
For all the chocolate enthusiasts out there, this shake is a must-try. PSST.. did you know that cherries can aid in reducing pain and promote strength recovery after exercising.

INGREDIENTS

- 1½ cups water, milk, or yoghurt
- 2 scoops chocolate protein powder
- 2 cups sweet dark cherries, pits removed
- 1 cup spinach
- 1 tbsp walnuts
- 1 tbsp ground flax
- 1 tbsp cacao nibs or dark cocoa powder
- 1 handful ice

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4. Chocolate, Peanut Butter, and Banana Shake



Don't be fooled by its decadent taste, this smoothie is packed with essential vitamins, minerals, mono-saturated fats and antioxidants from the star ingredient, peanuts. Indulge in this nutritious shake!

INGREDIENTS

- 2 scoops chocolate protein powder
- 1 cup unsweetened almond milk
- 1 banana
- 2 tablespoons natural unsweetened peanut butter
- 1 handful ice

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5. Almond and Cookie Butter Shake



This shake is as tasty as it sounds, with the perfect combination of creamy almond butter and the delightful cinnamon flavour of cookie butter.

INGREDIENTS

- 1 cup of almond milk
- 1 scoop of protein powder
- ¼ cup rolled oats
- Pinch of cinnamon
- 3 tablespoons of almond butter (up to preference)
- 2 tablespoons of cookie butter
- 1 handful ice