

UNJURY® Ways to Mix Ideas

Unflavored UNJURY®

- Mix into smoothies, oatmeal, orange juice, cream of wheat, yogurt, milk, applesauce, or Crystal light – particularly the Fruit Punch, Orange and other Citrus flavors
- Make a High-Protein Jell-O ***

Chocolate Splendor or Chocolate Classic UNJURY®

- Mix with 8 oz milk, soy milk, almond milk*
- Mix in Heated or iced coffee**
- Add to smoothies, yogurt, oatmeal
- Make UNJURY® Chocolate Peanut Butter Balls ***

Vanilla UNJURY®

- Mix with 8 oz milk, soy milk, almond milk*
- Mix in Heated or iced coffee**
- Add to smoothies, oatmeal, cream of wheat, cottage cheese, yogurt, or orange juice

Chicken Soup Flavor UNJURY®

- Basic Recipe: Mix into 8 oz water heated to 140 °F** - more deliciously savory than chicken broth and more protein too
- Vegetable soup: preheat frozen veggies in microwave, add to basic recipe above
- High Protein Chicken Mashed Potatoes – the whole family will love it!
<https://unjury.com/recipes/chicken-mashed-potatoes/>

Strawberry Sorbet UNJURY®

- Mix with 8 oz cold water
- Mix with 8 oz sugar-free lemonade
- Mix into applesauce for a tasty snack
- Mix into smoothies or yogurt

Root Beer UNJURY®

- Mix into 8 oz of water, milk, almond milk, or soy milk

Santa Fe Chili UNJURY®

- Mix into 8 oz water heated to 140 °F** – for this flavor, it's important to measure 8 oz of water exactly
- Mix ½ Santa Fe Chili and ½ Chicken Soup Flavor – for a lighter spice taste to the chicken soup

Check out more great recipes at: <https://unjury.com/resources/recipes/>

* Note: Most plant milks except soy have almost no protein. Mix with water for a thinner taste.

** Heat to 140 F, not hotter.

*** UNJURY® Recipes at <https://unjury.com/resources/recipes/>