



VYKON<sup>®</sup>  
CUSTOMS



# Using your Vykon powders

How to guide and recipes

# Your Custom Powder Specifics:

- Customized specifically for you
- Designed to be taken twice a day
- See back label for **your** custom dose
- **Your** scoop is specific for **your** product

## Best Practices for Each Powder:

- **If you are using the Smooth Neutral powder, (Vykon Recommended, best flavour):**

This powder mixes well with our side flavours, and can be pre-mixed to drink and consume within 24 hrs

- **If you are using the Unsweetened Smooth Neutral powder, (Stevia free):**

This powder mixes well with a natural sweetener of your choice or one of our side flavours, and can be pre-mixed to drink and consume within 24 hrs

- **If you're using the Original Plain powder:**

This powder's bitterness flavour will be more evident and will be best used in a smoothie or juice. If you find the powder too bitter, add a natural sweetener of your choice. We recommend that once your powder is mixed, that you drink immediately



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# Mixing your Powder with Water

## NOTE:

Always follow the dosing directions on the back of your powder.

**The Smooth Neutral and Unsweetened Smooth Neutral flavours mix very well with water:**

- Mix one serving into a mason jar with filtered water. Add your side flavour if you have
- Secure the lid and shake well to combine
- Consume within 24 hours

**Drink and Enjoy!**



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# Smoothie Recipes



# Green Spirulina Smoothie

- 1 banana
- 1/2 cup sliced cucumber
- 3/4 – 1 cup unsweetened coconut or cashew milk (or other non-dairy milk of choice)
- 1 cup spinach or chopped kale
- 1 tsp Organic Spirulina
- 1 scoop Protein Powder (Vanilla)

Once blended, add your serving of Vykon powder and blend again for one second.

## Drink & Enjoy!

### **! IMPORTANT BEFORE YOU BEGIN:**

**Always blend your smoothie ingredients BEFORE adding your VYKON powder. When your smoothie is blended, add your powder, pulse in the blender for no more than one second, then enjoy.**



# Anti-Oxidant Smoothie

- 1 cup unsweetened coconut or cashew milk
- 1/2 banana
- 2 large handfuls of spinach
- 1 cup frozen berries (we used a blend of blueberries, blackberries & raspberries)
- 1 scoop protein (Vanilla or Chocolate)

Once blended, add your serving of Vykon powder and blend again for one second

## Drink & Enjoy!



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## Golden Turmeric Smoothie

- 1.5 cups unsweetened coconut or cashew milk
- 1/2 banana
- 2 tsp turmeric powder
- Small pinch of cayenne pepper (helps with absorption of turmeric)
- 1 tsp honey (optional)
- 1 scoop vanilla protein

Once blended, add your serving of Vykon powder and blend again for one second

### Drink & Enjoy!

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# Cinnamon Bun Smoothie

- 1 cup unsweetened coconut or cashew milk (or to desired thickness)
- 1 frozen banana
- 1 cup dairy-free yogurt (unsweetened)
- 1 scoop protein (Vanilla)
- 1/4 cup organic, gluten-free oats
- 1 Tbsp pure maple syrup (or to desired sweetness)
- 1/4 tsp cinnamon (+ additional for topping)
- Ice (to desired thickness)

Once blended, add your serving of Vykon powder and blend again for one second

## Drink & Enjoy!

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# Mint Chocolate Smoothie

- 1 1/2 cups unsweetened cashew milk
- 1/2 avocado
- 1/2 banana
- 1 1/2 cups baby spinach
- 1 scoop chocolate protein powder
- 1 Tbsp pure maple syrup (optional)
- Unsweetened cocoa powder (optional – for additional chocolate flavour)
- 2 tsp pure peppermint extract
- Ice and water (to desired thickness)

Once blended, add your serving of Vykon powder and blend again for one second

## Drink & Enjoy!

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# PB & J Smoothie

- 1 frozen banana
- 1 cup unsweetened cashew OR coconut milk
- 2 Tbsps organic peanut butter  
+ more for drizzle topping is desired
- ½ cup mixed frozen berries
- 1 scoop protein powder
- 2 tsp pure maple syrup  
(or to your desired sweetness)
- ¼ cup ice (optional)

Once blended, add your serving of Vykon powder and blend again for one second

## Drink & Enjoy!

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# Oatmeal Cookie Smoothie

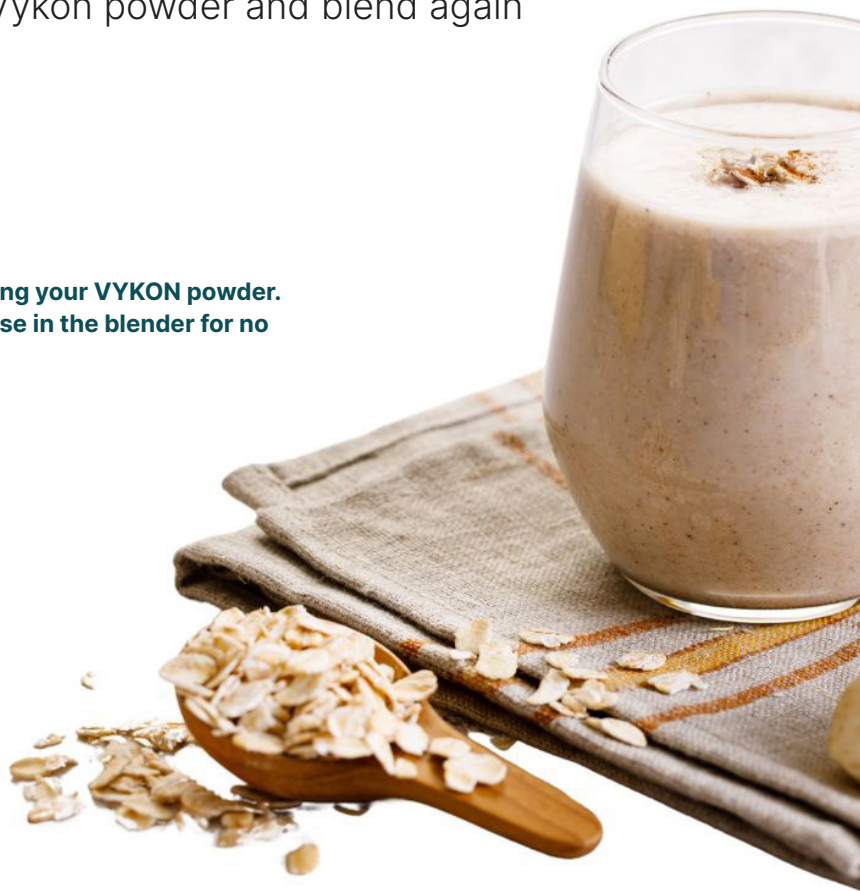
- 1 cup unsweetened coconut OR cashew milk
- 1 banana
- ¼ cup gluten-free rolled oats
- 1 scoop vanilla protein powder
- 2 Tbsps organic raisins
- 1 Tbsp almond butter
- ¼ tsp cinnamon
- ¼ tsp vanilla extract
- Pinch sea salt
- Ice and/or water (to desired consistency)

Once blended, add your serving of Vykon powder and blend again for one second

## Drink & Enjoy!

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# Tropical Breeze Smoothie

- 1/3 cup frozen mango chunks
- 1/3 cup pineapple
- 2/3 cup coconut water or coconut milk
- 1 tsp turmeric
- Small pinch of cayenne pepper (helps with absorption of turmeric)
- Pinch of sea salt
- 1 Tbsp honey
- 1 scoop vanilla protein powder

Once blended, add your serving of Vykon powder and blend again for one second

## Drink & Enjoy!

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**When your smoothie is blended, add your powder, pulse in the blender for no more than one second, then enjoy.**



# Raspberry Peach Summer Smoothie

- 1/2 a cup of peaches
- 1/2 a cup of raspberries
- 2 Tbsps of lemon juice
- 1/4 cup ice cubes
- 1/4 cup of fresh mint leaves
- 1 scoop of vanilla protein powder

Once blended, add your serving of Vykon powder and blend again for one second

## Drink & Enjoy!

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# Pumpkin Spice Smoothie

- 1 cup pumpkin puree (ideally BPA-free if canned)
- 1 banana
- 1 Tbsp almond butter
- 1 scoop vanilla protein powder
- ½ – 1 cup unsweetened cashew milk (depending on desired consistency)
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp all spice

Once blended, add your serving of Vykon powder and blend again for one second

## Drink & Enjoy!



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