

# VIBE RECIPE GUIDE



## Refreshing Berry Mint VIBE Smoothie

*1 scoop Vanilla VIBE — 8 oz almond milk — 1 kiwi, peeled — 1 pitted date, dried  
1/2 c kale chopped — 1/2 c mint leaves — 1 tsp vanilla — 1/2 c frozen mixed berries*

Place all ingredients in a blender, in the order listed above. Blend for 30-60 seconds or until desired consistency is achieved.

## VIBE Workout Bites (compliments of an Ironman)

*2 scoops VIBE (Chocolate or Vanilla) — 1/4 c nut butter — 1/3 c + 1 Tbsp honey —  
1 c oats — gluten-free 1/2 tsp vanilla*

Mix all ingredients together. Refrigerate at least 30 min. Roll into balls. They will keep for several weeks in the fridge in an airtight container.

**Tip:** if you are using this recipe for pre, during or post intense exercise, add salt to the recipe for electrolyte replacement.

## Chocolate Chip VIBE Cookies (compliments of the Machados)

Preheat oven to 375° In a mixing bowl combine:

*1 cup butter — 3/4 c coconut sugar — 3/4 c pure cane sugar*

Now add each of the following ingredients individually and mix between each item:

*1 tsp baking soda — 1/2 tsp fine sea salt — 1 Tbsp vanilla extract — 2 eggs — 3 scoops  
Vanilla VIBE — 1 1/4 c almond flour — 1 1/2 c dark chocolate chips*

Shape dough into balls and place on a greased baking sheet. Bake for 10-12 min or until golden brown.

## Tropical Escape VIBE

*1 scoop Vanilla VIBE — 8 oz coconut milk — 1/2 c pineapple — 1/2 c papaya or mango —  
1 Tbsp lime juice — 1/2 c ice*

Blend all ingredients, add an umbrella straw ... and enjoy your temporary tropical getaway!