SMOOTHIE RECIPES

TRIPLE *berry*

- 8-10 oz skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1/3 CUP frozen strawberries
- 1/4 CUP frozen raspberries
- 1/4 CUP frozen blackberries

BLEND WELL AND ENJOY

BERRY *peach*

- 1 CUP water
- 1 SCOOP LifeVantage Vanilla Protein
- 1/2 ripe peach (peeled)
- 6 frozen strawberries
- 1 TBSP flaxseed oil

BLEND WELL AND ENJOY

tropical

- 8-10 oz skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1/2 frozen banana
- 1/3 CUP frozen pineapple

BLEND WELL AND ENJOY

* May be substituted with any unsweetened milk alternative
** TIP Add 1 scoop of LifeVantage Vanilla Protein to increase protein
** TIP Add 1/3 cup oatmeal to any smoothie to increase fiber
** TIP Add flax seed for additional omega 3s
POWER *pineapple*

- 1 CUP pineapple juice
- 1 SCOOP LifeVantage Vanilla Protein
- 3 strawberries
- 1 banana
- 1 TBSP greek yogurt

BLEND WELL AND ENJOY

POWER *greens*

- 8-10 oz skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1/2 frozen banana
- 1/2 CUP spinach

BLEND WELL AND ENJOY

SWEET *spinach*

- 1 CUP skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1 LARGE HANDFUL of organic baby spinach
- 1/4 CUP frozen mango chunks
- 1/4 CUP frozen pineapple
- 1/2 banana (fresh or frozen)
- 1 TBSP flax meal
- 1 TBSP chia seeds

BLEND WELL AND ENJOY

* May be substituted with any unsweetened milk alternative

**TIP** Add 1 scoop of LifeVantage Vanilla Protein to increase protein
**TIP** Add 1/3 cup oatmeal to any smoothie to increase fiber
**TIP** Add flax seed for additional omega 3’s
strawberries AND CREAM

- 8-10 oz skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1/3 CUP frozen strawberries

BLEND WELL AND ENJOY

banana ALMOND CREAM

- 1/2 CUP skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1 frozen banana
- 10 almonds
  –or 1 teaspoon of Almond Butter

BLEND WELL AND ENJOY

VANILLA coffee cream

- 8-10 oz skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1/3 CUP coffee
  –freeze left over coffee in ice cube trays and you can use this for future shakes
- ADD ice

BLEND WELL AND ENJOY

* May be substituted with any unsweetened milk alternative

TIP Add 1 scoop of LifeVantage Vanilla Protein to increase protein
TIP Add 1/3 cup oatmeal to any smoothie to increase fiber
TIP Add flax seed for additional omega 3’s
**smoothie recipes**

*May be substituted with any unsweetened milk alternative*

**tip** Add 1 scoop of LifeVantage Vanilla Protein to increase protein

**tip** Add 1/3 cup oatmeal to any smoothie to increase fiber

**tip** Add flax seed for additional omega 3’s

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**almond butter**  CHIA

- 1 CUP skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1 LARGE ripe banana
- 1 TBSP unsweetened almond butter
- 1 TBSP chia seeds

**optional**
Add in ground cinnamon, maca powder, cacao powder, blueberries (or fruit of choice), spinach (or green of choice).

**blend well and enjoy**

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**pb+j**

- 1 CUP skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1 CUP frozen berries
- 1 TBSP all-natural peanut or almond butter
- 2 TBSP rolled oats

**blend well and enjoy**

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**peanut butter**  CHOCOLATE

- 1 CUP skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1 LARGE frozen banana
- 1 TSP peanut butter
- 10 chocolate chips

**blend well and enjoy**

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* May be substituted with any unsweetened milk alternative

**tip** Add 1 scoop of LifeVantage Vanilla Protein to increase protein

**tip** Add 1/3 cup oatmeal to any smoothie to increase fiber

**tip** Add flax seed for additional omega 3’s
**strawberry NUT**

- 1 SCOOP LifeVantage Vanilla Protein
- 1 CUP fat-free strawberry greek yogurt
- 4 Strawberries
- 6 chopped macadamia nuts

BLEND WELL AND ENJOY

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**pumpkin PIE**

- 8-10 OZ skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1/2 CUP pumpkin puree
- ADD cinnamon or pumpkin pie spice to taste
- ADD ice

BLEND WELL AND ENJOY

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**key lime PIE**

- 1 CUP skim milk*
- 1 SCOOP LifeVantage Vanilla Protein
- 1 frozen banana
- 1 TBSP key lime juice
- ZEST of one key lime
- 1 TEASPOON maple syrup
- 1 CUP ice cubes

**OPTIONAL**

Top with a dollop of greek yogurt and graham cracker crumbs.

BLEND WELL AND ENJOY

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* May be substituted with any unsweetened milk alternative  
**TIP** Add 1 scoop of LifeVantage Vanilla Protein to increase protein  
**TIP** Add 1/3 cup oatmeal to any smoothie to increase fiber  
**TIP** Add flax seed for additional omega 3’s
**oatmeal COOKIE**

- **1-1/2 CUP** water or skim milk*
- **1 SCOOP** LifeVantage Vanilla Protein
- **1 CUP** dry oatmeal
- **1/2 TEASPOON** cinnamon
- **1/8 CUP** sugar-free maple syrup
- **1 TBSP** chopped almonds

**BLEND WELL AND ENJOY**

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**french TOAST**

- **1 CUP** water
- **1 SCOOP** LifeVantage Vanilla Protein
- **1/2 CUP** fat free cottage cheese†
- **1 TSP** cinnamon
- **DASH** of nutmeg or pumpkin pie spice
- **3-5 PACKETS** of Stevia or sweetener of choice to taste
- **ADD** ice

**OPTIONAL**

Top with light whipped cream and a dash of cinnamon.

† Cottage cheese gives the shake a thicker consistency. If you are sensitive to dairy, use tofu instead.

**ENJOY**

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* May be substituted with any unsweetened milk alternative

**TIP** Add 1 scoop of LifeVantage Vanilla Protein to increase protein

**TIP** Add 1/3 cup oatmeal to any smoothie to increase fiber

**TIP** Add flax seed for additional omega 3’s
**berry OATMEAL**

- **1 SCOOP** LifeVantage Vanilla Protein
- **1 CUP** oats
- **1/2 CUP** skim milk*
- **1 CUP** blueberries (fresh)

Microwave oats and milk for 2½ - 3 minutes. Thoroughly mix protein powder into the oats. Add blueberries on top.

**ENJOY**

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**vanilla PANCAKES**

- **1 SCOOP** LifeVantage Vanilla Protein
- **1/2 CUP** oats
- **1 TBSP** skim milk*
- **1 TSP** baking powder
- **1 egg white**
- **1/4 CUP** plain nonfat greek yogurt

1. Blend oats in a blender.
2. Stir dry ingredients together.
3. Add wet ingredients (batter will be thick).
4. Heat pan on medium heat, slowly spoon or ladle batter into pan.
5. Flip after about a minute and a half to the other side.

**OPTIONAL**

Top with fruit, greek yogurt and/or pure maple syrup.

**ENJOY**

* May be substituted with any unsweetened milk alternative

**TIP** Add 1 scoop of LifeVantage Vanilla Protein to increase protein

**TIP** Add flax seed for additional omega 3’s
vanilla almond GRANOLA

- 1 SCOOP LifeVantage Vanilla Protein
- 1/4 CUP crunchy almond butter
- 1/4 CUP honey
- 1 TEASPOON pure vanilla extract
- 1 TBSP cinnamon, ground
- 1/4 TEASPOON salt

1 Preheat oven to 325F and spray a baking sheet with cooking spray or line it with parchment paper or a non-stick baking mat. Set aside.

2 In a small saucepan over medium-low heat, add almond butter and honey, stirring until the almond butter is melted and fully combined with the honey.

3 Stir in vanilla extract.

4 Remove from heat and add oats, protein powder, flax, cinnamon and salt.

5 Mix well and use a spatula to ensure that all of the oats are well coated.

6 Spread the granola mixture over a baking sheet, leaving as many clusters as you want, and bake for 8 minutes.

7 Stir and bake for another 8 minutes, or until lightly golden.

8 Let cool completely before adding chocolate chips and transferring to a storage container.

ENJOY

* May be substituted with any unsweetened milk alternative

TIP Add 1 scoop of LifeVantage Vanilla Protein to increase protein

TIP Add flax seed for additional omega 3’s
cinnamon APPLES

• 1 SCOOP LifeVantage Vanilla Protein
• 3 apples of your choice
• 1 TBSP cinnamon, ground

1 Cut the three apples into chunks or slices and place them into a plastic bag.

2 Add the cinnamon and the protein powder into the bag. Seal the bag and shake vigorously.

3 Serve now or place in the refrigerator to chill for a few minutes.

ENJOY

peanut butter BANANA

• 1 SCOOP LifeVantage Vanilla Protein
• 1 medium banana
• 1 TBSP peanut butter
• 4-5 DROPS of water

1 Slice the banana in half lengthwise.

2 Mix peanut butter and protein powder together in a small bowl. Add a few drops of water, and mix until a soft dough forms.

3 Smear nut butter mixture on one half of the banana, and top with the other half.

ENJOY

* May be substituted with any unsweetened milk alternative
TIP Add 1 scoop of LifeVantage Vanilla Protein to increase protein
TIP Add flax seed for additional omega 3’s