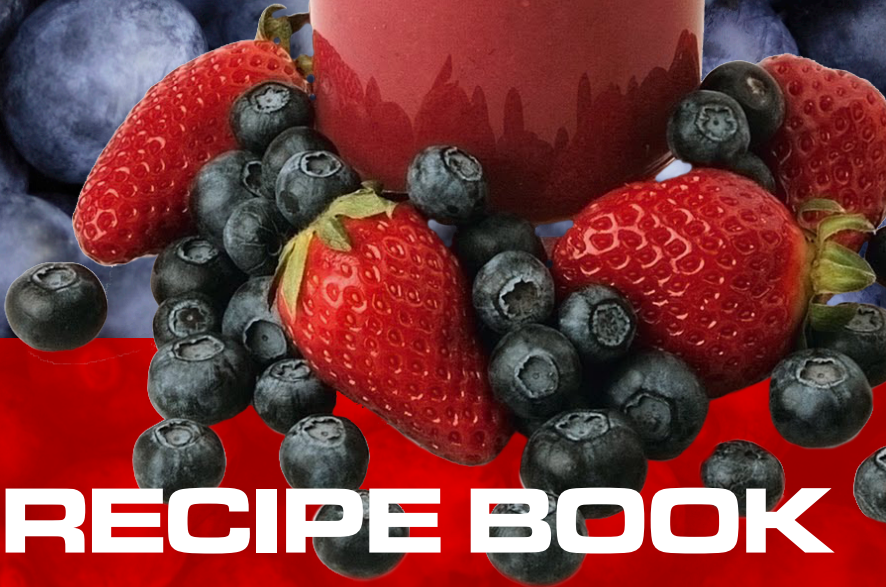




**MAKE A HEALTHY LIFE**

Living Life to the PLUS+



**SMOOTHIE RECIPE BOOK**



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# FAQ:

Why protein smoothies, and how do they help me get slim and healthy?

**THE KEY** is to find good sources of protein that are low in fat.

For example, eating a delicious steak every night is a great source of protein; it's also an atomic bomb of saturated fat.

In order to achieve your health goals — lose weight, build muscle, or general health — you need good protein.

Your body needs protein for survival.

Amino acids — the building blocks of protein — are necessary for everything from immune function, metabolism and weight management to muscle repair, growth, development, and performance.

What type of protein should I use with these smoothies?

You're looking for protein with these components:

1. Plant-Based... with multiple sources for easier absorption ([Why?](#))
2. All-natural (That means naturally sweetened too!)
3. Non-GMO
4. Whole Food Nutrition
5. Low Glycemic
6. Gluten Free

We've found one powder called Juice Plus Complete that tastes really good, is fairly inexpensive, and meets all of these requirements.

Contact your Juice Plus+ Rep for a free sample, or to order.  
Ask about how you can get it wholesale, too.

# Editor's Pick

If You're Lost, Start With These Two:

## Chocolate, PB, Banana

### INGREDIENTS:

1/4 cup ice

1/2 cup milk or almond milk

1 banana

1 scoop of chocolate JP complete

1 spoonful natural peanut butter or PB2 peanut butter powder or almond butter

I use a magic bullet to make a single serving. I put the ingredients into the cup in the same order they are listed to get a good blend and no powder stickage on the sides.

## Strawberry Banana

### INGREDIENTS:

1/4 cup ice

1/4 or 1/2 cup mixed berries

1/2 cup orange juice

1 banana optional

1 scoop of vanilla JP complete

I use a magic bullet to make a single serving. I put the ingredients into the cup in the same order they are listed to get a good blend and no powder stickage on the sides.

# Made With Dutch Chocolate



# Made With French Vanilla



## Chocolate Deliciousness

### INGREDIENTS:

3/4 Cup Unsweetened Vanilla Almond Milk  
3/4 Cup Frozen Cherries  
1 Tablespoon Almond Butter  
1 Tablespoon Oats  
1 Scoop Juice Plus Chocolate Complete

### INSTRUCTIONS

Dump everything in your blender. Blend until smooth, or reaches your favorite consistency. Amounts are approximate. Check the consistency after blending for about 15 seconds. Add more liquid if you like it more like a drink. Add more "stuff" if you like it more like a milkshake. Enjoy!

## Dark Chocolate Cherry Blast

### INGREDIENTS:

1 Scoop of Dutch Chocolate Complete 1 cup of Unsweetened Rice Milk (you can use almond or organic soy as well) 10 Cherries (Cut the pits out)  
1/4 Cup of Oatmeal  
Agave Nectar or Honey to taste  
15 to 20 Ice Cubes

### INSTRUCTIONS:

Put the dry ingredients on the bottom of the blender then add other ingredients. Add more ice for thicker consistency or more rice milk for a thinner consistency. Blend and Enjoy!



## CHACA Mint Smoothie

### INGREDIENTS:

1 scoop Juice Plus Chocolate Complete  
1 Cup Almond milk (un-sw & un-fl) 1 stalk of celery  
1/2 Avocado  
3 or more mint leaves

### INSTRUCTIONS:

Mixing in a single serve mixer, you will actually want to put the milk in first. Also good to cut the celery into pieces. Blend all together until smooth.

Other things can be added, just think about flavor balance.

Celery has a cool green taste, so it doesn't upset the mintiness, but it blends with the avocado to help bring out the chocolate and mint.

Rich, Thick and Delicious!

## Black Forest Dream

### INGREDIENTS:

Handful ice cubes  
1 cup almond milk  
2 tablespoons plain or vanilla Greek yogurt  
1 scoop Chocolate Complete  
1/2 cup frozen cherries  
2 tablespoons hemp hearts or chia seeds Dash of cinnamon  
A pinch of honey or agave nectar for sweetness. (optional)  
(You can also add half a frozen banana instead of ice cubes and some spinach or kale too)

### INSTRUCTIONS:

Add the ingredients into a magic bullet or blender as listed.

Blend, Blend, Blend until smooth

## Sean's Favorite Dessert

### INGREDIENTS:

A couple of scoops of vanilla frozen yogurt, ice cream, or your favorite healthy version of a vanilla frozen treat  
A scoop of Chocolate Complete  
1 spoonful of peanut butter to taste  
You can also sliced bananas on top

### INSTRUCTIONS

For that occasional sweet tooth  
Stir it up until it is smooth and creamy.

## Black Cherry Delight

### INGREDIENTS:

1 cup almond milk (sometimes a little more)  
1 Tbs. flaxseed  
3 ice cubes  
1/2 cup of frozen black cherries  
1 tbs. Cacao  
Note: Love this with frozen blueberries too!

### INSTRUCTIONS:

I start with the milk and frozen fruit and then add the rest. I use a Vitamix. So yummy!

## Chocolate with Almond Extract

### INGREDIENTS:

4 ounces almond milk  
4 ounces water & ice  
frozen banana  
Chocolate complete  
a couple of drops of almond extract

### INSTRUCTIONS:

Blend until frothy and enjoy, it is like desert!

## Blueberry Blast

### INGREDIENTS:

1/2 c frozen organic blueberries  
1/2 frozen organic banana  
1 c (or handful) mixed organic greens (spinach, kale, chard)  
tbsp flax seeds or chia seeds  
1/2 scoop Dutch Chocolate Complete 1/2 c\* Water  
1/2 c\* organic Soy or Almond milk  
3 ice cubes  
\*add liquid to desired consistency

### INSTRUCTIONS:

Throw all ingredients in the blender (I use and recommend a vitamix or a nutribullet), blend until desired consistency is reached and enjoy!

## Double Chocolate Goodness

### INGREDIENTS:

1 scoop dutch chocolate Juice Plus Complete  
8oz Dark Chocolate Almond Milk 1/2 avocado  
1/2 banana  
1 handful spinach  
1 T ground flax seed

### INSTRUCTIONS

Combine all ingredients, blend to desired consistency. Enjoy!

## Razzie Dazzle

### INGREDIENTS:

1 scope chocolate Complete 8oz almond milk  
1/3-1/2 c frozen raspberries 1T chia seeds

### INSTRUCTIONS:

Dump everything in your blender-I find it easiest to put in the Complete last as it doesn't stick to the bottom and sides of the blender as much. Blend for 30 seconds or until smooth. Tastes just like the Dove chocolate covered raspberry chocolates.

## Chocolate Cherry Delight

### INGREDIENTS:

1 scoop Dutch Chocolate Complete 1 cup Almond milk  
1 cup frozen organic cherries  
1 small banana

### INSTRUCTIONS:

Blend until smooth and creamy. Makes approximately 16 ounces.

## Choco Mint Dream

### INGREDIENTS:

1 Frozen Banana  
1/4 tsp Peppermint or Mint Flavor Oil Raw Cacao (Optional)  
1 Egg Yolk (Optional)  
1 C Raw Cow's Milk (Or water)

### INSTRUCTIONS:

I blend all at once, usually shaking up the liquid and powder first helps prevent it getting stuck to the blender though.



## Double Chocolate Nut

### INGREDIENTS:

8 oz Chocolate soy milk or Almond milk 1 scoop Dutch Chocolate Complete 1/2 banana  
1 tbsp natural peanut butter  
1/2 tsp cinnamon  
1 cup ice cubes

### INSTRUCTIONS

Dump in Complete, cinnamon and peanut butter first. Then add remaining ingredients. Blend for 30 seconds and enjoy!

## Almond Joy

### INGREDIENTS:

1 Scoop Complete  
1 Frozen banana  
1 Tablespoon Nestle Almond Joy Coffee Creamer  
1 cup milk or Almond milk  
3/4 cup of ice  
1 tablespoon of flax seeds

### INSTRUCTIONS:

Dump all in and blend for 1 minute.

## Smoothie Plus

### INGREDIENTS:

1 cup Almond Milk  
1 scoop Chocolate Complete  
2 Tbsp. Brewer's Yeast  
2 Tbsp. Golden Flaxseed  
1-2 Pieces Kale, torn into bite-size pieces 1/2 or whole Frozen Banana  
Handful frozen berries  
Optional: Add 1 Tbsp. peanut butter for more protein!

### INSTRUCTIONS:

Blend almond milk, Complete, yeast and flaxseed. Then add kale and blend. Add frozen fruit and blend.

## Chocolate, Oat and Almond Butter

### INGREDIENTS:

8 oz Almond or another type of milk  
1 Cup Oats or oat flour (depends on your consistency preference)  
1 scoop dutch chocolate Complete  
1 large TBSP almond or other nut butter  
1 banana  
1 Cup ice - to make it colder if you prefer

### INSTRUCTIONS:

Once I start this recipe I never stop the blender during the ingredients addition, I start the speed low and add. Pour milk in the blender then add the oats and begin mixing. Add the nut butter then banana, then add the complete. Once all ingredients are added speed up the blender and add the ice and turn on high and blend until everything is well blended about 1 minute for a Vita Mix. It may take longer for a regular blender.

## The CPB (aka Chocolate Peanut Butter)

### INGREDIENTS:

1 1/2 cups filtered water  
2 small frozen bananas  
1 scoop (filled to the top) of chocolate complete  
2-3 T. organic peanut butter

### INSTRUCTIONS

Add ingredients in order.  
Gradually increase speed to high in vitamix.  
Add more pb or chocolate complete to satisfy taste buds.  
Perfect alternative to a Reese's peanut butter cup!

## Next Best Thing to Almond Joy

### INGREDIENTS:

1 scoop Chocolate Juice Plus+ Complete  
1/2 cup almond milk  
1-2 tablespoons almond butter  
1/4 teaspoon pure almond extract  
2 tablespoons unsweetened, unsulfured raw shredded coconut  
1/2 cup ice cubes

### INSTRUCTIONS:

Place all ingredients in blender and blend 30-40 seconds.

## Chocolate Almond Butter Smoothie

### INGREDIENTS:

- 1 scoop Chocolate Complete
- 1 cup chocolate almond milk
- 2 Tablespoons almond butter
- 1 cup spinach or kale (remove stem from kale)
- 1/2 cup ice

### INSTRUCTIONS:

Blend in blender 30-40 seconds. Enjoy!

## Non-Dairy Chocolate Ice Cream

### INGREDIENTS:

- 1 frozen banana
- 1/2 cup pecans
- 2 scoops chocolate complete ice

### INSTRUCTIONS:

Put in Vita Mix or high power blender in the order listed.  
Use small amount of ice to begin and add as needed.

## Nutty Banana

### INGREDIENTS:

1/3 Cup Dutch Chocolate Complete Powder (scoop)

1 Ripe Banana

8 oz Coconut Milk (or other Milk of your choice)

1 Tbsp Chia Seed

2 Orchard Capsules (powder only)

2 Garden Capsules (powder only)

2 Vineyard Capsules (powder only)

Optional: add a tbsp of Macadamia nuts or Walnuts - This would be the Nutty Banana

### INSTRUCTIONS

Blend until frothy..Bananas give the smoothie a 'mousse' like texture..

## Coffee Delight

### INGREDIENTS:

1 scoop of chocolate complete

2 tsp of instant coffee

1/4 tsp of cinnamon

1/2 tsp of chia seeds

1-2 tbs of french vanilla creamer or almond milk or coconut milk

1 large strawberry or 1/2 banana

1 cup of ice

1 cup of water

### INSTRUCTIONS:

Blend it all at once - 1 minute or so and just enjoy!



## Heavenly Mocha

### INGREDIENTS:

4oz unsweetened almond milk  
4 oz left over cold coffee  
1 frozen banana  
1/2 cup frozen fresh greens (kale from Tower garden)

### INSTRUCTIONS:

Add liquids to blender, then chocolate complete, then frozen fruit and greens. Blend until all smooth.

## Cherrylicious

### INGREDIENTS:

1 cup unsweetened almond milk (or regular milk)  
1 scoop JP Complete  
1 banana, sliced  
1/2 - 3/4 cup frozen cherries

### INSTRUCTIONS:

Add ingredients to blender in order listed and blend until smooth. Impossible to decide whether this smoothie is more delicious using Dutch Chocolate Complete or French Vanilla!

## Nutty Cinnamon Chocolate

### INGREDIENTS:

One Scoop Dutch Chocolate Complete 1 Tbsp Honey

1/4 C Pecans

1/2 Tsp Cinnamon

6 oz Water

2 oz Ice

### INSTRUCTIONS

Mix in Blender, for about one to 1 1/2 mins, making sure everything is blended well, ice and Pecans.

## Peppermint Chocolate

### INGREDIENTS:

One scoop Dutch Chocolate Complete One to two drops of Peppermint Essential Oil

1 to 1-1/2 cups Dark Chocolate Almond Milk

Ice

Spinach or kale (optional)

### INSTRUCTIONS:

Put all ingredients into blender and blend until desired consistency.

May also be poured over ice instead of using it in the blender.

## Mocha Chocolate Monkey

### INGREDIENTS:

One scoop chocolate complete protein powder  
One frozen ripe banana  
1 cup of coffee  
1/2 cup almond milk  
Ice

### INSTRUCTIONS:

Pour liquids in first Add complete Add banana Blend  
Add ice blend again until ice is gone- ice chunks in a smoothie is not smooth but chunky- and we don't want to be a chunky monkey!!!!!!

## CocoMint

### INGREDIENTS:

1 scoop Dutch Chocolate Complete 1/4 cup coconut cream  
1/4 cup almond milk  
1/2 frozen banana  
1/2 to 3/4 cup water  
Ice  
1/8 tsp peppermint organic flavor Sweetener if desired

### INSTRUCTIONS:

Add all ingredients in order listed into a blender. Blend until smooth on high speed. Recipe can be doubled to make two large servings. Enjoy!

## Whole Body Nourisher

### INGREDIENTS:

2 x Tbs of Udo's or coconut or flax seed oil 2x tbs of kefir or natural yoghurt  
1 cup of frozen raspberries  
1 frozen banana  
3 cups of water  
2 scoops chocolate complete

### INSTRUCTIONS

Blend until smooth and drink or freeze in icy pole moulds

## Popeye's Special

### INGREDIENTS:

1 Scoop "Popeye" Complete  
1 TBS "Wimpy" Peanut butter  
1 Handful "Sweet Pea" Spinach  
1/2 c "Bluto" Blueberries or Mixed Berries 8 oz "Olive Oyl" almond milk

### INSTRUCTIONS:

Put all ingredients into a blender for 10 seconds.  
Mix again for 10 seconds.  
Do it a third time.  
Add ice if you want it colder...  
You can use water, too, if you would prefer.

## Chocolate Banana Peanut Butter Frozen

### INGREDIENTS:

- 1 Cup Milk (Soy, Almond, Rice, Cow, etc.)
- 1 Serving Juice Plus+Chocolate COMPLETE
- 1/2-1 banana fresh or frozen
- 1 TBSP Natural Peanut Butter (the kind you have to stir)
- 1 Cup mild FROZEN fruit instead of ice. (example: Mango, Tropical Fruit)

### INSTRUCTIONS:

Put all ingredients in blender in order given.

Blend until frozen fruit lumps gone.

Drink all at once or pour into 2 coffee cups and freeze for low calorie, healthy snacks. Defrost for approximately 2 minutes at #7 to keep thick and shake- like.

## All Is Good For You

### INGREDIENTS:

- Unsweetened silk almond milk ---1 cup
- Jp compete chocolate --1/3 cup
- Frozen organic blueberries --1/3 cup
- Frozen organic strawberries--1 cup
- Organic carrots --5 or 6 baby cut
- Fresh spinach ---large handful
- 3 tablespoons of Organic flaxseed
- Add a little Organic pineapple if u want

### INSTRUCTIONS:

I use a vitamix, therefore blends very quickly. This is enough for 2. Enjoy!



## JP Choc Nutty Banana

### INGREDIENTS:

1 scoop of JP chocolate complete  
12 oz of almond milk  
kale and spinach (preferably from tower garden)  
1 scoop of PB2 (powderized peanut butter...85% fat removed)  
Chia seed  
Ice

### INSTRUCTIONS

Throw it all in a blender (vitamix or nutri- bullet at my house) and enjoy.

## Complete Nut Butter Balls

### INGREDIENTS:

1 cup Either chocolate or vanilla complete  
1 cup nut butter  
1/2 - 1 cup oats  
1/2 -1 cup maple syrup or brown rice syrup

### INSTRUCTIONS:

Mix all together until consistency of cookie dough.

Roll into bite size balls

Options: Can then roll in shredded coconut, cocoa. Can add chocolate chips, any seeds/nuts/raisins to mixture. Quantities of ingredients are not strict, not too sticky not to dry....just like cookie dough. Refrigerate in sealed container

Double the recipe and freeze. Take out what you need from freezer each day!!

## Liquid Thin Mint Cookie Smoothie

### INGREDIENTS:

1 Scoop Chocolate Complete  
1 Cup Unsweetened Almond Milk 1 Tbsp Unsweetened Cocoa  
1/4 tsp Pure Peppermint Extract 1/4 - 1/2 Cup Ice

### INSTRUCTIONS:

Add the Almond milk to the blender first, then add the Complete, the cocoa, the extract, and then the ice. Blend.

## "Raw" Wheatgerm Bars

### INGREDIENTS:

1 1/2 cups wheat germ  
1/2 cup Juice PLUS+ COMPLETE—Vanilla 1/2 cup peanut butter or almond butter (no sugar/salt added; watch out for hydrogenated oils)  
1/2 cup raw, unfiltered honey  
1/2 cup organic raisins  
1/2 cup organic unsweetened coconut 1/2 cup organic carob chips (or chocolate chips; carob comes from a plant that resembles cocoa)  
1/8 cup of pure maple syrup  
2 Tbsp of organic grape seed oil (or oil of your choosing)

### INSTRUCTIONS:

Combine all ingredients in a medium sized bowl and mix well until completely blended. Press into an oiled 8 x 8 glass dish. Refrigerate. To serve, cut into small squares. Store covered in refrigerator.

## Noney's Nutritious Drink

### INGREDIENTS:

1 Large fresh banana  
6 frozen strawberries  
6 oz. chocolate silk soy milk  
1 scoop ground golden flax seeds 1 scoop ground green tea leaves 4-6 ice cubes

### INSTRUCTIONS

Put soy milk in blender first, then add banana and frozen strawberries. Then add scoops of complete, flax seeds, and green tea. Finally add ice cubes. If needed, stir mix so ice cubes and frozen berries will blend.

## Mint Chocolate with Nuts

### INGREDIENTS:

1 cup of ice,  
1 cup coconut milk,  
1 scoop Dutch Chocolate Juice Plus Complete,  
1/2 cup pecans, walnuts or almonds, 2 tablespoons Cacao Nibs,  
1 drop peppermint essential oil

### INSTRUCTIONS:

Put all ingredients in a VitaMix Blender and blend until smooth and has no chunks.

## Pumpkin Harvest Pie

### INGREDIENTS:

1 cup Almond Milk or any Kind of Milk you choose  
1 frozen banana  
French Vanilla Complete  
1 TB flax seed  
1 cup pumpkin  
1 teaspoon pumpkin pie spice Crushed ice

### INSTRUCTIONS:

Pour Almond Milk, add complete, flax, and blend  
Add pumpkin, spice, banana and ice Blend till smooth

## Chocolate Peanut Butter Banana Bites

### INGREDIENTS:

1 mashed banana  
1 1/2 cups dry old fashioned oatmeal 2 Tbsp Flax Seed, ground  
3 scoops JP+ Dutch Chocolate Complete Protein powder  
1/4 cup natural peanut butter  
1/4 cup unsweetened shredded coconut  
1/4 cup coconut oil (melted)  
1/4 cup Craisins  
1/4 cup water  
1 large Dark Chocolate bar (60% or higher) or 1/2 cup dark chocolate chips...Melted

### INSTRUCTIONS:

Mix all ingredients except for chocolate. Mix will be a little thick. Line a cookie sheet or cutting board with parchment paper. Roll mix into small balls and dip into melted dark chocolate. Place onto parchment paper and put into freezer for at least 30 minutes.

## Peanut Butter Energy Balls

### INGREDIENTS:

- 1 cup Old Fashioned Oatmeal (not Quick Cooking)
- 1 cup Natural Peanut Butter
- 1 cup Juice Plus+ Dutch Chocolate Complete Protein Shake Mix
- 1/2 cup honey
- 1/4 cup ground flax seed (optional)

### INSTRUCTIONS

Mix all ingredients. Make into small golf ball size balls. Place on Cookie sheet and put in freezer for 1 hour to set. Take out and put into Gallon Size Ziploc Baggie. Store in Freezer and take out as needed. Only needs about 5 minutes to thaw (sometimes less)!

## Dreamsicles

### INGREDIENTS:

- 1 cup coconut milk,
- 1 banana
- 1 tbs peanut butter
- 1 scoop Juice Plus complete Dutch Chocolate

### INSTRUCTIONS:

Mix in magic bullet or blender and pour into Popsicle molds!  
My grand kids jump up and down for these!

## Power Bars

### INGREDIENTS:

1 cup Dutch Chocolate Juice Plus+ Complete shake mix  
1 cup oatmeal (old fashioned or quick) 1/2 cup peanut butter, or almond butter 1/2 cup+ honey  
(enough to make the batter smooth)

### INSTRUCTIONS:

Mix all ingredients together in a bowl. Transfer batter to an 8x8 or 9x9 baking pan. Spread the batter evenly in the pan. Using a sharp knife, cut the batter into 3/4" squares. Put pan into the freezer for at least 30 minutes to firm up. Bars will be easy to remove from pan if you pre-cut them prior to freezing. You can transfer them to a serving platter if desired. Store in fridge or freezer, depending on your desired firmness. Enjoy as a healthy treat after work outs, sporting events, after school, of whenever you need a little something!

## Mocha Blast

### INGREDIENTS:

1 scoop complete  
1/4 cup decaf organic espresso 3/4 cup almond milk  
1 26 gm scoop of rice bran  
1 tbsp cacao powder  
1 tbsp Maca powder  
Ice to max line in Nutri bullet

### INSTRUCTIONS:

It's extremely important to mix the ice at just the right ratio for it to turn out creamy and smooth. so make sure ice is just at the max line on a nutri bullet and blend well.

## JP Complete Protein Bars

### INGREDIENTS:

1 c Complete - Chocolate

1 c quick cooking oats, uncooked

1 1/2 c Kashi Golden Goodness or Kashi Go Lean Crunch cereal, crushed

3/4 c honey

1 c Smuckers Natural peanut butter

4 oz (1/2 c) Organic Applesauce

2 1/2 tsp vanilla extract

2/3 c chocolate chips

( I used a high fiber cereal, chunky peanut butter and a mix of dark & milk choc & peanut butter chips)

### INSTRUCTIONS

Combine oats, Complete and fiber cereal in a large bowl and set aside. Bring honey to a boil on stovetop. Remove from heat and stir in peanut butter, applesauce and vanilla until smooth. Immediately add honey mixture to the dry ingredients and mix until well incorporated. Press into 9x13 pan, or smaller if you want thicker bars, w/ rubber spatula. Sprinkle chocolate chips on top and press into bars. Refrigerate 20-25 min or until firm and cut into bars. Store bars in an airtight container.

\*Note: I individually wrap each bar in wax paper and then store bars in airtight container and keep in refrigerator for both varieties.

# FRENCH VANILLA RECIPES





## Strawberry Julius

### INGREDIENTS:

- 1 scoop Vanilla Complete
- 1 cup orange juice
- 1 cup frozen strawberries
- 1 handful of spinach (which you won't taste)

### INSTRUCTIONS:

- 1) Put OJ in blender.
  - 2) Add Complete.
  - 3) Add remaining ingredients. 4) Blend until smooth.
- By putting in liquid before powder, the powder is less likely to stick to the sides of the blender.

## Purple Passion

### INGREDIENTS:

- 2 cups frozen kale
- Half green tipped banana
- 1 cup blueberries
- 1 tbsp chia seeds
- 1-2 tsp cinnamon
- 1 scoop Vanilla Complete
- 1 cup coconut water
- Regular water to desired consistency and ice.

### INSTRUCTIONS:

- Place all ingredients in blender at once and blend to desired consistency.

## The Hulk Smash Smoothie

### INGREDIENTS:

2-3 Kale Leaves  
1/4 cup ground Linseed  
1 frozen/fresh medium Banana  
1 frozen/fresh mango cheek  
1 cup of Rice Milk/ Almond Milk / Coconut Milk  
1 cup of chilled filtered water  
1 scoop of JP+ French Vanilla Complete

### INSTRUCTIONS:

1. Place banana & water in blender and blend until smooth.
2. Place all other ingredients into blender with a cup of rice milk and blend on high speed for about 20-40secs to combine well!
3. Serve chilled in a tall glass with a straw to avoid Hulk Smash Brain Freeze!

## PB Jam

### INGREDIENTS:

1 banana  
2 generous TBSP peanut butter  
2 tsp flax seed  
Some green tea (fresh, not the store/ bagged kind)  
Juice Plus+ complete 1 serving Enough almond milk to cover

### INSTRUCTIONS:

Blend, then add no more than 5 ice cubes.

## Breakfast of Champions

### INGREDIENTS:

1/4 cup vanilla coconut milk  
1 cup yesterdays coffee  
1 scoop French Vanilla Complete 1/2 cup ice  
Optional:  
1 dropper full of Vanilla Creme Stevia

### INSTRUCTIONS:

Place all items in blender, flick the switch and enjoy!

## Holiday Spice

### INGREDIENTS:

Dash of Cinnamon Spice  
Dash of Cayenne Pepper Spice Dash of Nutmeg Spice  
Dash of Clove Spice  
Dash of Allspice Spice  
1 C Raw Cow's milk (or water)  
1 Egg Yolk (optional)  
1 frozen banana (optional) OR 4 Ice Cubes

### INSTRUCTIONS:

Blend all together until smooth. Put in a jar with a Cinnamon Stick and shake

## Mango Berry Bowl

### INGREDIENTS:

1 scoop Vanilla Complete  
4 oz Coconut milk or Almond milk  
1 1/2 cups frozen mango, pineapple, strawberries  
4-6 baby carrots  
1/4 cup water

### INSTRUCTIONS:

Blend all ingredients, until thick and creamy. Put in a bowl and top with granola and fresh berries!

## Chai Smoothie

### INGREDIENTS:

1 scoop vanilla complete,  
1/2 -1 c almond milk,  
1/2 c Bhakti Chai (other brands are not as tasty)  
1/2 - 1 c ice

### INSTRUCTIONS:

Place all in Vitamix and blend until frothy!

## Green Garden Smoothie

### INGREDIENTS:

1 cup unsweetened rice milk 1 scoop vanilla complete  
2 inch piece of cucumber  
2 kale leaves  
1 and 1/2 cups of spinach  
1 cup of frozen pineapple  
1 - 2 TBS. ground golden organic flax seed (can use whole seeds if using a vitamix)  
1/2 cup water  
1/2 cup of ice cubes  
1 medjool date (optional for sweetness)

### INSTRUCTIONS:

Place all ingredients in a blender or vitamix and blend for 30-60 seconds. Add water for a thinner consistency or ice for a thicker consistency. Leftovers can be placed in the refrigerator for up to an hour and blend before consuming.

## Smoothie Super Spring Surprise

### INGREDIENTS:

Handful of spinach, fresh or frozen handful of kale, fresh or frozen 1/4 c. frozen blueberries  
1/2 frozen banana  
1/2 c. frozen mixed fruit (strawberries, peaches, papaya)  
1/2 c. frozen red seedless grapes  
1 scoop Vanilla Complete  
1 C. water

### INSTRUCTIONS:

Put water in blender. Add the greens and banana. Mix thoroughly, then add other ingredients. Blend until smooth. Add extra water if needed.

## Tiff's Fruity Delight Smoothie

### INGREDIENTS:

1 ripe banana  
1 cup red grapes  
Small container strawberry or peach Greek yogurt  
1/3 cup frozen peaches chunks  
1/3 cup frozen mango chunks  
1/3 cup frozen pineapple chunks  
1/3 cup frozen strawberries  
1 scoop Vanilla Juice Plus Complete  
1 Tbsp flaxseeds (freshly ground)  
1 Tbsp Chia seeds  
1/2 - 1 cup water or orange juice (more or less, depending on desired thickness)

### INSTRUCTIONS:

Mix all the ingredients together in the blender in the order listed and then blend for at least 1 minute until completely smooth. I like to use a mixture of fresh and frozen fruit instead of ice.

## Pumpkin Paradise

### INGREDIENTS:

1 cup almond milk, unsweetened 1 scoop vanilla Complete  
1 T flax seeds or chia seeds  
1/2 banana, optional  
1/2 cup canned pumpkin  
1 t cinnamon  
1/2 t nutmeg  
2 t agave nectar or more to taste 4 ice cubes or more

### INSTRUCTIONS:

Place all ingredients in blender in order listed and blend for 1 minute. Tastes best when cold, so you may want to add more ice to your liking. If you have a high-powered blender, you can put flax seeds in whole; otherwise, grind them first. Chia seeds work well here too.

## Green Wake Up Monster

### INGREDIENTS:

1 scoop Vanilla Complete Spinach  
Banana (frozen)  
Soy milk

### INSTRUCTIONS:

Hand full of baby spinach and the frozen banana mix to make a great smooth green drink my kids love it

## Cinnamonkey Smoothie

### INGREDIENTS:

1 Tbsp Flax seed  
2 Tbsp whole oatmeal, dried  
1/4 cup Plain Greek Yogurt Handful of spinach or kale  
8 oz almond milk  
1 scoop French Vanilla Complete 1/8 tsp cinnamon  
1 med. Banana

### INSTRUCTIONS:

Grind up flax seed and oatmeal. Add almond milk, and the rest of the ingredients; mix in a blender until thoroughly blended and smooth. (i also like to add some crushed ice before i blend it to make it very cold.

## Kale Complete

### INGREDIENTS:

2 Scoops Vanilla Complete

Ice

1/2 cup Almond Milk

1/2 cup frozen berries

Handful Kale from Tower Garden 2 teaspoons chia seeds

2 teaspoons cinnamon

### INSTRUCTIONS:

Put in ice and berries first followed by Almond Milk and remaining ingredients. Add water to level of consistency desired. I prefer thick so I don't use much water. Blend two minutes and Enjoy! Serves 1-2 people.

## Tropical Vanilla Delight

### INGREDIENTS:

1/2 banana

1/4 C pineapple

1/4 C mango

1/4 C strawberries

1/2 C coconut milk

2 Tbsp honey

1 scoop French Vanilla Complete (add ice cubes, unless you've used frozen fruit)

Optional: 1/4 tsp of cinnamon

### INSTRUCTIONS:

Place all the ingredients in a blender, preferably a Vitamix. Start with the frozen ingredients first, ending with the liquid and Complete. Begin blending on low with a gradual increase to the highest speed. Run for 30 - 45 seconds. Add water if you'd like the smoothie thinner. Will yield 8-10 oz.



## Strong Start Smoothie

### INGREDIENTS:

For 2 Complete smoothies place 1 cup frozen berries (we use blend of strawberry, blueberry & raspberry), 1 frozen banana (in pieces), 1 cup swiss chard or spinach leaves 1/2 cup water, 3/4 cup grapefruit juice. Blend well, slowly add 1 1/2 to 2 scoops Complete. Serve in wine glasses. Top with sprig of fresh mint. Enjoy!

### INSTRUCTIONS:

Start with frozen berries, banana, water & juice. Blend well, add greens & blend well. Add Complete slowly and blend well. Top with sprig of fresh mint

## Creamy Dream

### INGREDIENTS:

1 cup flax milk or almond milk 1 scoop Complete  
1/2 avocado  
1 cup spinach  
1/2 banana 5 ice cubes

### INSTRUCTIONS:

Put all ingredients in blender. Blend for 30 seconds.

## Barbershop Babes Breakaway Breakfast

### INGREDIENTS:

1 Scoop French Vanilla Complete 8 OZ. Vanilla Silk Soy Milk  
1 Scoop Ground Golden Flax seeds 1 fresh banana  
4-6 Frozen Strawberries 4-6 Ice Cubes

### INSTRUCTIONS:

Put Soy Milk in first  
Frozen Strawberries & Cubes next Banana, Complete powder, and flax seeds next  
Put blender on top speed until made into liquid

## Fruits & Greens Power Smoothie

### INGREDIENTS:

1 large handful frozen sliced strawberries 4-6 medium kale leaves  
1 tablespoon flax seeds, ground  
1 scoop vanilla JP+ Complete  
1 banana  
3/4 cup water or orange juice

### INSTRUCTIONS:

Put all in blender. (I use a Vita-Mix) Blend until smooth, about 20 seconds.

## Mixed Fruit Smoothie

### INGREDIENTS:

- 1 Cup ice
- 1/3 Cup clear juice (apple, pineapple, white grape, etc)
- 2/3 Cup water
- 1 Cup mixed frozen fruit & berries (no sugar added)
- 1 Banana
- 1 Tablespoon honey
- 1 Scoop Vanilla Complete

### INSTRUCTIONS:

Blend well (30 seconds or so) , scrape down sides, if necessary, blend again. ENJOY!

## Hide the Greens Smoothie!

### INGREDIENTS:

- 1 scoop vanilla Juice Plus complete
- 1 c. coconut water with no added sugar 1/2 c. water
- 1 c. mixed frozen berries and/or pineapple
- 1/2 frozen banana
- 1 c. spinach or kale
- few fresh parsley springs
- 1T. freshly ground flax seeds

### INSTRUCTIONS:

Blend all together until smooth in a blender

Mixes best in a Vita Mix Blender

Red & purple berries hide the green color!

You can change the flavor depending on what fruit you add

Add ice if you want it colder

Grind flax seeds in a small coffee grinder Makes enough for 2-4 servings depending how big of serving you want.

## Keep it Simple

### INGREDIENTS:

Unsweetened almond milk Vanilla complete Cinnamon.

### INSTRUCTIONS:

I use unsweetened almond milk with a scoop of the vanilla complete and I add cinnamon.

## Treetops

### INGREDIENTS:

1 whole orange  
1/2 frozen banana  
1/2 c. frozen mango  
1 slice whole ginger  
1 c. kale from Tower Garden  
1 T flax or chia seed  
1 c. liquid or to thickness you prefer. (coconut water, water, almond milk or combo)  
3/4 scoop of vanilla complete

### INSTRUCTIONS:

In a dry vitamix I begin with the flax or chia seeds. Next peel the rind of whole orange. I leave a lot of the white pectin for added fiber. I add the frozen fruit next and then 1 scant scoop of vanilla complete. Next I add about 1/2 the liquid to get things moving. Next add a generous cup of kale or spinach or chard or combo. Then more liquid to get to the consistency you prefer.

## Peach Melba Pancake Smoothie

### INGREDIENTS:

8 or more ounces almond milk  
one banana  
1 scoop Vanilla Complete  
2 cups frozen peaches (or mixed frozen fruit - Costco)  
2 slight dashes nutmeg or cinnamon  
2 splashes of real vanilla extract  
2 drops of maple flavoring

### INSTRUCTIONS:

Frozen fruits may need to be added one cup at a time and then liquefy before adding the second cup. The more frozen fruit, the thicker your smoothie.

## Mango Green Delight

### INGREDIENTS:

1 cup soy or almond milk 1/2 cup Kale  
1/2 cup Spinach  
1 carrot cut in pieces  
1 small apple cut in pieces  
1/2 cup frozen mango  
A few ice cubes  
1 scoop French Vanilla Complete

### INSTRUCTIONS:

Put all in a Vita Mix or Magic Bullet type blender. Blend about 20-30 seconds. With Vita-Mix start slow speed and gradually increase to high speed.

## Under Cover Veggies Smoothie

### INGREDIENTS:

2-3 kale leaves  
1-2 celery stalks  
1-2 carrots  
1/2 cup fresh blueberries and strawberries  
2 scoops French Vanilla Complete 16 oz. almond milk

### INSTRUCTIONS:

I do cut up all ingredients (except the blueberries) before blending them together. Next I pour my almond milk into the container and lastly I add the Complete. This way the Complete does not stick to the sides of the container while being blended.

## Pina Choc-Cherry

### INGREDIENTS:

1 - 1 1/2 cups of almond or coconut milk 1/2 cup frozen or fresh pineapple  
1/2 cup frozen or fresh cherries  
1/4 cup organic coconut  
1/2 to 1 tsp. vanilla or coconut extract 1 cup spinach  
1 TBS ground flax seed  
1 scoop Vanilla Complete

### INSTRUCTIONS:

If fruit is fresh and not frozen, you may want to add a few ice cubes or 1/2 of a frozen banana to make a little colder.

Blend all well except complete powder. Add complete after well blended and while blender is going, if possible, to keep complete powder from sticking to sides of blender and enjoy!

## Complete Lassi

### INGREDIENTS:

1 Mango  
1 Banana  
Crushed Cardamom - Couple dashes/to taste  
Milk - amt depends on thickness you desire  
1 scoop of Vanilla Complete Shake

### INSTRUCTIONS:

Blend all ingredients in a blender until desired smoothness. If you love mango lassi then you'll love this recipe!

## Blueberry Dream

### INGREDIENTS:

1/3 cup Frozen Blueberries  
2/3 cup Water  
1 Scoop French Vanilla Complete

### INSTRUCTIONS:

Mix in Blender, for about one to 1 1/2 mins, making sure everything is blended well, frozen Blueberries, water and Complete Powder.  
Serve it up, ENJOY!!!

## Plain and Simple

### INGREDIENTS:

1 Scoop Complete Water

INSTRUCTIONS: Mix well.

## Pina Choc-Cherry

### INGREDIENTS:

1 - 1 1/2 cups of almond or coconut milk 1/2 cup frozen or fresh pineapple

1/2 cup frozen or fresh cherries

1/4 cup organic coconut

1/2 to 1 tsp. vanilla or coconut extract 1 cup spinach

1 TBS ground flax seed

1 scoop Vanilla Complete

|

### INSTRUCTIONS:

If fruit is fresh and not frozen, you may want to add a few ice cubes or 1/2 of a frozen banana to make a little colder.

Blend all well except complete powder. Add complete after well blended and while blender is going, if possible, to keep complete powder from sticking to sides of blender and enjoy!



## Banana Chips

### INGREDIENTS:

4 - 5 bananas

1/3 cup vanilla complete

### INSTRUCTIONS:

Slice thin

Cover booths sides of banana with complete

Bake in 250 degree oven 1 hour

Turn bananas over and continue to cook another hour

Leave in oven until cooled.

## Pina Getaway

### INGREDIENTS:

1 cup coconut milk

1/4 to 1/2 cup ice

1/2 frozen banana

1 Cup fresh pineapple

1 tablespoon honey

1 scoop vanilla complete

### INSTRUCTIONS:

I use a vita mix blender and be sure to mix on high. Put your ice in last so it is slushy and yummy.

## Ana's Pina Colada With A Twist

### INGREDIENTS:

1 cup of Almond milk  
1 cup of Coconut milk  
1/2 Fresh Pineapple peeled  
Ice  
Fresh Mint  
2 scoops of JP Complete Vanilla

### INSTRUCTIONS:

Mix it all in the blender for 30 seconds and enjoy it!!

## Cacao Nib Vanilla Mint

### INGREDIENTS:

1 cup unsweetened vanilla almond milk 5 ice cubes  
1 tsp cacao nibs  
3 drops mint extract  
1 scoop vanilla complete

### INSTRUCTIONS:

Place Ice, milk, complete, mint, nibs into a magic bullet cup and  
Blend until ice is crushed.

## Creamy Mango Orange Julius

### INGREDIENTS:

1 Cup Milk (Soy, Almond, Rice, Cow, etc.)

1 Serving Vanilla Complete

1 1/2 Cups FROZEN Mango Cubes (Available at Sam's Club in bulk) (or) FROZEN Tropical Mixed Fruit. 1/4-1/2 Cup Orange Juice

### INSTRUCTIONS:

Put ingredients in blender in order given. Blend until no more frozen fruit lumps remain.

Drink all at once, or put in two coffee cups and save in freezer for low-cal healthy ice-cream like snack later.

## Stroller Sipper

### INGREDIENTS:

1/2 banana

1/2 cup frozen peaches 3/4-1 cup plain vanilla yogurt 1 scoop complete mix Water as needed

### INSTRUCTIONS:

Dump all the ingredients in and blend for 20 seconds. I serve mine to my 21 month old daughter on our morning walks!

## Green Monster

### INGREDIENTS:

1 scoop of Vanilla Complete  
1/2 banana (add a whole banana if you want, I just prefer a 1/2)  
Handful of fresh spinach (that's a legit measurement, right?)  
4-6 ice cubes  
6-8 oz of Almond Milk (Vanilla or Unsweetened)

### INSTRUCTIONS:

Add ice and Vanilla Complete to the blender first, then layer the banana and spinach on top. Finally, pour in the almond milk, blend and enjoy! You can adjust the amount of each ingredient to your preferred thickness and taste.

## Purple Fruit Smoothie with Greens

### INGREDIENTS:

1 cup grape juice  
1 leaf of kale or spinach - torn in pieces 1 heaping tbsp complete - vanilla  
1 tbsp flax seed - ground  
1/2 cup frozen berries  
1/4 cup half n half or any milk  
Optional - 1/2 banana and a few pieces of cut up carrot, beet and apple

### INSTRUCTIONS:

Start with juice and add in order of ingredients.  
Optional banana, carrots, beets and apple pieces depending on how much room in blender..I use a One Serve Hamilton blender from Walmart. Makes 2 cups.

## Mother of All Smoothies

### INGREDIENTS:

1 handful - spinach or kale  
1 Pear (cored)  
1 Cup - frozen blueberries (Costco or BJ's sell a large bag)  
1/2 half banana  
1 Tbl - Chia seeds  
Cold water (I keep a gallon in the fridge), or Hemp Milk (Don't use Soy or dairy Milk!!)  
1 Scoop of Juice Plus Vanilla Complete

### INSTRUCTIONS:

I use the Nutribullet and highly recommend it because it makes a great single serving. Add the ingredients in the order they are listed for best blending results. Blend until mixture is thoroughly blended. I avoid using soy milk and dairy milk because they are highly processed.

## Buckeye Balls

### INGREDIENTS:

2 cups organic rolled oats  
1/2 cup natural peanut butter  
1/2 cup honey  
2 scoops vanilla Complete (chocolate can also be used)  
1 cup semi-sweet chocolate chips  
1 cup raw nuts (chopped walnuts, almonds, cashews)

### INSTRUCTIONS:

Mix all ingredients together and roll into 1 inch balls. Place in refrigerator for an hour. Enjoy!

## Jenny's Fruit Smoothie Breakfast

### INGREDIENTS:

1/2 cup of Almond Milk  
1/2 cup Pomegranate/Blueberry Juice 1/2 cup plain Greek yogurt  
1 scoop of Vanilla Juice Plus Complete 1/2 tsp. ground flax seed  
1/4 tsp. cinnamon  
1/2 tsp. honey  
1/2 cup frozen blueberries  
1/2 cup frozen strawberries  
1/2 cups frozen mango chunks

### INSTRUCTIONS:

Dump all ingredients in blender at once and blend on high until smooth. Smoothie will be thick!

## Gotta Love Green

### INGREDIENTS:

2-3 large organic Kale Leaves - stem removed  
1/3 large organic cucumber  
1" piece of ginger (peeled, cubed in 3-4 pieces)  
1 stalk organic celery  
1/2 organic lemon (seeded, including peel)  
1/2 Granny Smith Apple, seeded  
1/4 C frozen cranberries (I know, these aren't green, but they are very good!) 2 TBSP ground golden flaxseed  
1 scoop Juice Plus+ Complete - French Vanilla  
1/2 C ice

### INSTRUCTIONS:

In a High Speed Blender (ex: Vitamix), add all ingredients and mix VERY WELL until smooth - approx. 1 min on med/ med high speed. Pour into a large glass and enjoy the detoxifying goodness of GREEN!

## JP+ Complete Super Powered Power Bars

### INGREDIENTS:

1 C Juice Plus+ Complete Vanilla (you can substitute the JP+ Chocolate Complete too!)  
1 C Rolled Oats  
1 C High Fiber/High Protein Cereal (I use "Go Lean Crunch")  
1/4 C each: Chia Seeds, Ground Flax, Millet, Quinoa, Amaranth and Black Walnuts  
1 1/2 C Natural Crunchy or Creamy Peanut, Almond, Cashew or Tahini Butter 1 1/2 C Honey  
Handful of chocolate or Carob Chips to top, not needed just fun for the kids!

### INSTRUCTIONS:

Heat PB and Honey to almost boiling, Mix dry ingredients then add together until combined.  
Press warm mixture firmly into a brownie pan and then push chocolate chips into top. Chill, cut & serve.

## Berry Merry Smoothie

### INGREDIENTS:

6 – 8 oz coconut water or purified water A handful of fresh cranberries  
A handful or more raspberries  
(use frozen for the chill factor)  
1 small pear  
1 small apple  
1 scoop Juice Plus vanilla Complete  
2 huge handfuls of dandelion greens

### INSTRUCTIONS:

Blend in blender or Vitamix and add ice until desired consistency.

## Strawberry Mango Delight

### INGREDIENTS:

1/2 cup almond milk  
1/2 cup coconut milk or coconut water 1/2 sliced strawberries  
1/2 cup of fresh or frozen Mango  
2 tablespoons of ground golden Flax Seeds  
1 scoop of vanilla Complete  
3-4 ice cubes  
1 fresh mint leaf ( your choice)

### INSTRUCTIONS:

Fruits first then the milks and flax seed. Blend for the count of 5. Then add the Complete and ice and 1 fresh mint leaf. Blend for the count of 10.  
Check for desired consistency. If too thick add small amounts of water to dilute. Enjoy!

## Health Nut Smoothie

### INGREDIENTS:

1 Frozen Banana  
1 Cup Almond Milk (or other milk) 1 T Natural Peanut Butter  
Hand full of Ice Cubes  
1 Scoop Vanilla Complete

### INSTRUCTIONS:

If you don't have a powerful blender like a Vitamix, you may need more milk or forget the ice.  
Blend for about 45 sec. to 1 min. to make sure it's blended thoroughly and smooth.



## JP Vanilla Fruit Explosion

### INGREDIENTS:

1/2 Apple

4 Strawberries 4 Raspberries 4 Blackberries 15 Black Grapes 15 Blueberries 1/2 Banana

1 Tbsp. Chia Seeds

1 Scoop French Vanilla Complete 1/4 c. Unsweetened Almond Milk Desired amount of crushed ice

### INSTRUCTIONS:

Wash fruit. Cut 1/2 apple into smaller sections. Add all ingredients. Blend for 30 seconds. Serve and enjoy!

## Kelly's Mocha Peanut Butter Shake

### INGREDIENTS:

1/2 cup Almond Milk

1 scoop Vanilla Juice Plus+ Complete Heaping tablespoon of natural peanut butter

1/2 cup of vanilla Greek yogurt

1/2 tsp. of ground flax seed

1/4 tsp. of cinnamon

1 tbs. of honey

4 Orchard Juice Plus capsules opened into shake

2 Vineyard Juice Plus capsules opened into shake

### INSTRUCTIONS:

Blend it until smooth on high using a spatula to scrape the sides of the blender.

Add two handfuls of ice and blend until smooth. Shake will be thick. Enjoy with a straw!

## Fruitee Vanilla

### INGREDIENTS:

8 oz. water

1 banana-broken up

1/2 cup frozen blueberries handful frozen cranberries

1 measure vanilla Complete 1 tbs. freshly ground flax seed

### INSTRUCTIONS:

Put all ingredients in Magic Bullet (or blender) in order given and blend for one minute. Pulse afterward if needed. If berries are not frozen, add an ice cube or two if you like cold smoothies. Vary fruit as you like. I have also used mango or pineapple.

## Green Goodness

### INGREDIENTS:

8 oz Coconut water

2 handfuls of raw spinach and/or kale 1 cup of any frozen fruitier in season 1/4-1/2 cup un-cooked oatmeal

1 scoop of vanilla complete

### INSTRUCTIONS:

Toss everything together except complete. Once blended turn blender speed down and add complete. This keeps powder from catching on side of blender.

## Creamy Coconut Smoothie

### INGREDIENTS:

8 oz Coconut milk  
1 Frozen bananas  
1-2 TB Almond butter to taste  
1 TB chia seeds  
1TB coconut oil  
1TB raw shredded coconut (opt) Dash of cinnamon

### INSTRUCTIONS:

Mix all together and blend. If you like your smoothie thinner, blend additional liquid like coconut water or plain filtered water.

## Kombucha Blast

### INGREDIENTS:

1 1/2 cups Kombucha ( I make my own) 1/4 cup plain Kefir  
Handful of fresh or frozen raspberries Handful of blueberries or strawberries Handful of spinach  
2 tbs ground flax seed  
1 scoop of vanilla Complete

### INSTRUCTIONS:

Place all ingredients into a Vitamix or other blender and blend for about 30 seconds.

## Lean Green Power

### INGREDIENTS:

1 Kiwi  
1 green apple  
1 large carrot  
1 cup of frozen or fresh kale 1 frozen banana  
4 cups of water  
1 scoop of vanilla complete Ice

### INSTRUCTIONS:

Blend in blender all at once and blend until smooth, add more ice and water to consistence you like.

Serves at least 2 adults.

## Green Healthy Smoothie

### INGREDIENTS:

2 cups water  
Large handfull of kale  
5 or 6 frozen strawberries  
1 banana  
1 TBS Brewers Yeast (Nutritional) 1 Tsp of Cinnamon  
2 Tbs of Ground Yellow Flaxseed 1 Tbs of Wheat Grass  
Ice

### INSTRUCTIONS:

I put everything in the blender except ice and blend for 1 min then I add 5 or 6 ice cubes and blend again for another minute.

## Pineapple and Greens Delight

### INGREDIENTS:

1 cup coconut water or plant-based milk 2 big handfuls of green (kale, spinach, chard, etc)  
3/4 cup of pineapple chunks, frozen  
1/2 banana, cut up and frozen 1 scoop Vanilla Complete

### INSTRUCTIONS:

Place all ingredients in a sturdy blender, preferably with a tamper that fits through the lid.  
Blend on high, pushing the greens down into the smoothie, for 30 seconds or until smooth.  
Drink right away to avoid the super “green” taste.

## Super Healthy Lime Tasting Green Drink

### INGREDIENTS:

8 ounces of coconut water  
1 scoop of Complete French Vanilla  
1 whole Persian Cucumber  
1 handful of either kale or spinach  
2 whole peeled limes  
1/2 cup of fresh or frozen pineapple chunks  
2 Tbsp of food grade green tea leaves  
1 Tbsp of brewers yeast  
2 Tbsp of ground flaxseeds  
Sometimes a few unsweetened coconut flakes  
1 cup of ice cubes

### INSTRUCTIONS:

Dump all ingredients in a high powered blender and blend until it's the consistency you like.  
Add a little water if it needs to be thinned down a bit.

## Pumpkin Pie In a Glass

### INGREDIENTS:

1 cup pumpkin bisque soup (in a box)  
1 scoop Vanilla Complete  
1 banana (cut up and frozen if desired) 1 tsp. Pumpkin Pie Spice  
Almond milk or water to thin, if necessary

### INSTRUCTIONS:

Place all ingredients in the blender and blend for 20-30 seconds. Scrape down the sides if necessary, and blend 10 more seconds.

## Ginger & Garlic in the Morning?

### INGREDIENTS:

2 1/2 cup water  
Vanilla complete 2 scoops 1/3 cup raw flax seed  
2 tsp green tea  
2 tsp veggie yeast  
2 tsp milk thistle seeds  
2 tsp dry stevia leaf  
1/2 tsp tumeric  
1 clove garlic  
2 Tbsp fresh ginger  
3 spears of fresh pineapple  
large handful of spinach 4 or more leaves of kale 1/2 banana  
1 cup frozen blueberries  
1 cup frozen mixed berries

### INSTRUCTIONS:

usually in that order , in a really good blender. Blend for 90 seconds. Split in 2 large drink containers. Will make a total of 6 cups. Good to keep you going all morning.

## Pineapple Paradise

### INGREDIENTS:

1 cup pineapple juice

1/2 cup crushed pineapple

1 scoop Complete French Vanilla 1/2 cup frozen peach slices

1 tablespoon honey

### INSTRUCTIONS:

Blend all ingredients together for 30 seconds.

## Kevin's Favorite

### INGREDIENTS:

1 Scoop Juice Plus+ Complete French Vanilla  
1/2 Banana  
1/4 c. Frozen Strawberries  
1/4 c. Frozen Blueberries  
1 Tbsp. Honey  
1 c. Silk Pure Almond Milk - Vanilla

### INSTRUCTIONS:

Throw it in and blend until smooth and pourable.



Try it for breakfast:

## 5 Reasons Why You Should Never Skip Breakfast:

1. Weight Loss- by simply eating a large breakfast, a recent study found people who make breakfast their largest meal, lost an average of 17.8 pounds over three months. Other participants consuming the same number of calories, mostly at dinner lost only 7.3 pounds on average.
2. Waking Up Your Metabolism- Break. The. Fast. By eating breakfast you will keep your metabolism higher and burn more fat.
3. Studies show you will perform better in work and school.
4. Studies show skipping breakfast makes you grouchy (me).
5. Eating breakfast was associated with a lower incidence of heart disease.

You're Busy —  
Don't Let That  
Stop You From  
Being Fit, Healthy.