



Raspberry Mocha Shake

Coffee is a beverage staple across the world, and although it has a bitter taste, its flavor changes when combined with anything sweet. In this smoothie, the bitterness of coffee is combined with the sweetness of raspberries, with a touch of chocolate to create a tasty fruity mocha shake.

Hot water	1 tbsp
Instant Coffee	1 tsp
Ice cubes	3-4
Low-fat milk	1 cup
Low-fat cottage Cheese	1 cup
Raspberries(frozen)	1 cup
Chocolate whey Protein	1.5 scoop
Almonds (blanched)	2 tblsp
EFA Oil	1 tsp.

Mix instant coffee and 1 tblsp. of boiling water in a blender. Add ice cubes to chill the coffee. Combine the remaining ingredients. Blend on high until mixture is smooth and creamy. Makes for either one large or 2 small servings.
 1 large = 590 calories
 1 small = 295 calories

Mint Chocolate Shake

Unsweetened iced tea is a great zero calorie drink option that is enjoyable on its own or in a smoothie. If you like a mint-chocolate combination, this one is sure to please!

Mint tea	½ cup
Water	½ cup
Ice	1 cup
Chocolate Whey Protein	2 scoops
Low-fat plain yogurt	1 cup
EFA Oil	1 tblsp.
Semi-sweet Chocolate Chips	1 tblsp.

Steep a mint tea bag in ½ cup of hot water for 5 minutes. Squeeze remaining liquid from teabag and discard. Add 1 cup of ice to the tea. Combine all ingredients in a blender. Blend on high until mixture is smooth and creamy. Makes for 1 large or 2 small.
 1 large: 593 calories
 2 small: 297 calories

Variations and Options on the above:

If you are lactose intolerant or wish to avoid dairy, replace the 1 cup yogurt with 1 cup plain, lactose free yogurt. Or, you can substitute with “Almond Breeze” low-sugar almond milk, or “So Delicious” coconut milk. If you like coffee better than mint, then choose ½ cup of coffee instead of the mint tea. To make the shake thicker, brew the tea or coffee the night before, and chill it in the refrigerator. Then the next day prepare the recipe.

Breakfast Shake – Chocolate Nut

This is a tasty shake that combines the 2 great flavors of chocolate and peanut butter for a tasty, wholesome and quick breakfast that will curb your hunger for hours.

Rolled oats	3.5 tblsp	Combine all ingredients in a countertop blender. Blend on high until mixture is a smooth consistency. Serves 1 large or 2 small. 1 large = 635 calories 1 small = 320 calories
Low-fat milk	1 cup	
Low-fat cottage cheese	1 cup	
Chocolate whey protein	1.5 scoop	
Organic Peanut butter	2 tblsp.	
Ice	1 cup	

Pina Colada Smoothie

Ever get caught in the rain? Well, this one’s for you! The island flavors will likely remind you of a vacation in the Caribbean. Be careful – it will be so good that you might be tempted to add a little rum!

Pineapple	½ cup	Combine all ingredients in a blender. Blend on high until mixture is a smooth consistency. Serves 1 large or 2 small. 1 large = 640 calories 2 small = 320 calories
Banana (frozen)	1 whole	
Coconut milk(use can)	½ cup	
Vanilla Whey protein	2 scoops	
Chilled green tea	1 cup	
Ice	1 cup	

Blueberry Bombshell

Blueberries are an amazing antioxidant powerhouse for your health. This shake combines the strong nutritional content of blueberries along with herbal tea and cashews for a surprising zing!

Herbal fruit tea **1 cup**
(like roiboos)
Water **1 cup**
Ice **1.5 cups**
Blueberries **1 cup**
Cashews (raw) **¼ cup**
Low-fat cottage **1.5 cups**
cheese
EFA Oil **1 tblsp.**
Pure vanilla extract **1 tsp.**
Cinnamon **1 pinch**
Truvia (to taste)

Vanilla whey protein **1 scoop**

Variations:

You can replace Truvia with Stevia (almost the same). Also, you can substitute the blueberries with blackberries or strawberries.

Steep a tea bag in 1 cup of hot water for 3 minutes. Add ice to chill the tea.

Combine all ingredients in a blender on high until mixture is smooth and creamy. Makes for 1 large or 2 small.

1 large = 660 calories

2 small = 330 calories

Anytime-Goodness Snack or Dessert

This is a great little treat that will satisfy both the sweet tooth and your energy needs. A great nutritional powerhouse packed with protein and healthy fat to zoom your metabolism.

Low-fat cottage **½ cup**
cheese
Almond milk (or other) **½ cup**
Cinnamon **1 tsp.**
Truvia (or Stevia) **to taste**
Vanilla whey protein **1 scoop**
Flax seeds (ground) **1 tsp.**

- In a bowl, combine the cottage cheese with the almond milk. Mix in the whey protein powder and Truvia or Stevia. Sprinkle on top the cinnamon powder and flax seeds for a tasty power-packed treat. Makes for 1 serving
- 1 serving = 185 calories
- 32 grams of protein!