



## Shake Recipes



Making your shakes with water in a shaker cup is quick and easy, and they taste great! Want to jazz it up from time to time? This guide will give you many ideas to choose from. These recipes have been created, tested and shared by many Arbonne Consultants that have gone before you. Not creative in the kitchen? We have lots of ways you can keep your new habit fresh and exciting. You can have a different shake every day of the month.



ARBONNE INDEPENDENT CONSULTANT

**Note:** Those with an \* are great to choose from for your first 30 days. Remember, the first 30 days, the only fruits you are using are lemons, limes, green apples and berries.

There is an art to making shakes – Use a blender with some liquid (water, almond milk, rice milk, coconut water or coconut milk) and ice, then add your Arbonne protein powder, your fruit, and top off with just a little more liquid. Generally makes a 16 ounce shake, for a meal replacement or a recovery shake after a hard workout.

If you are using a shaker cup to mix your fiber and protein powder, here is a great suggestion.

Put your fiber powder in your shaker cup and fill ½ way with water.

Add the lid and shake

Take the lid off and add 2 scoops of protein powder

Fill almost to the top with water and put the lid back on

Swirl a couple times and then shake it up

Remove and rinse lid

Add ice

Put lid back on and enjoy. ☺

Optional on all shakes below is the Arbonne Fiber Powder Boost. It is odorless and tasteless. It will help you feel full longer, and it keeps things moving if you know what I mean. ☺ Most Americans get less than ½ the amount of fiber they need. Make sure you are adding fiber to one of your shakes daily.

Want a great way to get a serving of dark green leafy veggies, put a handful of raw spinach in any of the shakes below. Yes, it will change the color but you won't taste it, and it is very beneficial!

### **Almond Butter and Banana**

2 scoops Arbonne Vanilla Protein Powder (Chocolate or Vanilla)

½ banana

1 Tbsp almond butter

12 oz. unsweetened almond or coconut milk

ice

### **Almond Joy Shake\***

2 scoops Arbonne Vanilla Protein Powder

8 oz almond milk

½ tsp coconut extract

1 Tbsp cocoa powder

\*May use 6 ice cubes and coconut milk to make a frosty drink!

### **Apple Nut Cinnamon\***

2 scoops of Arbonne Protein Powder

1 cup unsweetened almond milk or coconut milk

¼ cup unsweetened apple sauce or ½ sour green apple, sliced

Cinnamon to taste

1 tbsp raw pecans, slivered or sliced raw almonds

ice

**Angel Food\***

2 scoops Arbonne Vanilla Protein Powder  
1/2 tsp coconut extract  
1/2 tsp vanilla  
6 ice cubes  
8 oz. Almond milk

**Berry Healthy Breakfast Smoothie**

2 -4 scoops Arbonne Vanilla Protein Powder  
1/2 cup blueberries  
1/4 cup strawberries  
1/4 cup blackberries  
1 medium carrot  
1 cup almond milk  
1 cup pomegranate juice (cranberry is an okay substitute) May cut to 1/2 cup juice  
2 cups ice (add more if needed)

**Birthday Cake\***

2 scoops Arbonne Vanilla Protein Powder  
1 TBSP unsweetened cocoa  
1/2 tsp vanilla  
1/2 tsp butter flavor extract  
8 oz. plain almond milk  
6 ice cubes

**Blueberry Avocado Smoothie\***

2 scoops Arbonne Vanilla Protein Powder  
1 handful of fresh blueberries  
1/3 ripe avocado  
1T lime juice and pinch of zest  
6 ice cubes  
1/4 c coconut water  
Add Almond milk to make smooth consistency

**Blueberry Walnut Protein Shake\***

2 scoops Arbonne Vanilla Protein Powder  
Handful of fresh blueberries  
1T walnuts  
Dash of Cinnamon  
Juice from 1 wedge of lemon  
6-8 ice cubes  
Almond Milk or Vanilla Rice Dream to proper consistency (or may add 1/2 coconut water 1/2 & 1/2 almond milk or Rice Dream)

### **Carrot Cake Shake\***

1-2 scoops Arbonne Vanilla Protein Powder  
1 cup cooked, chopped carrots (substitute raw or 100% carrot juice)  
1 T. walnuts  
1 t. pumpkin pie spice or cinnamon  
1 cup of water  
1 cup Almond milk  
Optional (add a pinch of nutmeg or vanilla extract)

### **Chocolate Almond Delight\***

2 scoops Arbonne Chocolate Protein Powder  
12 oz. plain almond milk  
15 raw almonds  
1/2 tsp coconut extract  
1 TBSP cocoa  
6 ice cubes

### **Chocolate Banana Split**

2 scoops of Arbonne Chocolate Protein Powder  
1 ½ cups of Unsweetened Almond Milk  
(optional: add a splash of Vanilla Almond Milk for flavor)  
1 Banana  
5-7 large ice cubes

### **Chocolate Cherry Almond Torte**

2 Scoops Arbonne Chocolate Protein Powder  
1/2 cup frozen, pitted cherries  
1 cup unsweetened original almond milk

### **The Chocolate Macaroon**

2 scoops of Arbonne Chocolate Protein Powder  
1 cup of Unsweetened or Vanilla Almond Milk  
1/4 cup of Unsweetened, Shredded Coconut  
5-7 large ice cubes

### **Chocolate Raspberry Vanilla Shake\***

1 scoop Arbonne Vanilla Protein Powder  
1 scoops Arbonne Chocolate Protein Powder  
1 handful of raspberries  
1 slice lime  
6 ice cubes  
Almond milk or vanilla rice dream to desired consistency  
Puree raspberries in blender. They are very seedy. Pour through a sieve to remove the seeds.  
Add juice from lime. Return to the blender and add other ingredients. Blend.

### **Chocolate Peppermint\***

2 scoops of Arbonne Chocolate Protein Powder  
8 oz. plain almond milk  
1/2 tsp. peppermint extract

### **Cinnamon Bun Protein Shake\***

2 scoops Arbonne's Vanilla Protein Powder  
1/4 tsp vanilla extract  
1/4 tsp cinnamon  
1/4 tsp nutmeg  
1 cup almond milk  
3 ice cubes

### **Cranberry Pomegranate Smoothie**

3T organic cranberry juice (unsweetened, not a blend)  
1/4c organic pomegranate juice  
Juice from 2 lime wedges  
Splash of agave nectar (taste before add other ingredients)  
6 ice cubes  
1-2 scoops of Arbonne Chocolate Protein Powder  
Vanilla Almond Milk or Rice Dream to the desired consistency.

### **Eggnog Protein Shake\***

2 scoops of Arbonne Chocolate Protein Powder  
Vanilla unsweetened almond milk (1/2 cup or more to taste)  
1/4 tsp vanilla extract (alcohol-free is available)  
1/4 tsp rum extract  
1/4 tsp allspice  
1/4 tsp nutmeg  
1/4 tsp clove  
1/2 tsp cinnamon

### **Gingerbread Smoothie**

2 scoops of Arbonne Chocolate Protein Powder  
Dash of agave nectar  
2 pinches of ground ginger  
2 shakes of cinnamon  
1/2 pinch allspice  
1 shake ground nutmeg  
Sprinkle of orange zest  
Options: 1/2 vanilla, 1/2 chocolate protein mix; Instead of fiber use ground flax seed which will give it a "brown" coloration

### **Goji Berry Shake**

1-2 scoops Arbonne Essentials Vanilla Protein Powder  
1 handful of Himalania Goji Berry Antioxidant Blend (found at Whole Foods in freezer section)  
4-6 ice cubes  
Vanilla Almond Milk or Vanilla Rice Dream to desired consistency  
\*May add lemon juice from lemon wedge if desire more vitamin C

### **Green Berry Blast Shake\***

2 scoops Arbonne Protein Powder

1 organic cucumber, peeled if not organic

1 c organic berries (blueberries, raspberries, or black berries) fresh or frozen 1/2 organic apple

3 - 4 organic dark green leaves (collards, swiss chard, or kale)

1 - inch chunk organic ginger root

1/2 organic lemon

1 organic avocado

2 -3 drops stevia (optional)

Cut the cucumber and apple in chunks. Place the cucumber, apple and berries in a blender and process until smooth. Chop the greens and ginger and add to the blender along with the juice of half a lemon and process until smooth. Add the protein powder & an avocado and process until well blended.

### **Green Smoothie**

1-2 scoops Arbonne Vanilla Protein Powder

1/2 cup kale or collard greens firmly packed, stems removed, coarsely chopped (2 ounces)

1/2 Granny Smith apple, coarsely chopped

1/2 ripe banana

1/4 cup loosely packed fresh flat-leaf parsley leaves

Combine kale, apple, banana, parsley, and 2 1/4 cups water in a blender; blend until smooth. If the mixture is too thick, add a little more water. Add protein powder and fiber (optional) with your choice of coconut water or Almond milk to desired consistency.

### **Honeydew Kiwi Smoothie**

2 scoops of Arbonne Chocolate Protein Powder

1 handful diced honeydew melon

1 sliced kiwi (remove hard core on end)

1T freshly squeezed lemon juice

4-6 ice cubes

Coconut water as needed. Blend until mixture is smooth

### **Kiwi Lime Shake**

2 scoops of Arbonne Chocolate Protein Powder

Handful of sliced kiwis

3 lime wedges squeezed, to intensify flavor add lime zest

6 -8 ice cubes

1/4 cup Coconut milk

Almond milk or Vanilla Rice Dream to consistency-should be slushy

### **Lemon Meringue**

2 scoops Arbonne Vanilla Protein Powder

1/2 fresh lemon seeded and peeled

12 oz. almond or coconut milk

Ice

(skip the ice and add frozen strawberries!)

### **Mango Coconut Water Smoothie**

1-2 scoops Arbonne Vanilla Protein Powder

1 handful fresh or frozen mango chunks

Juice from 1 lime wedge

4-6 ice cubes

Coconut water to desired consistency (may add 1 drop of coconut flavoring to intensify coconut taste)

Pinch of cayenne pepper

### **Mango Peach with Lime Shake**

2 scoops of Arbonne Vanilla Protein Powder

½ scoop fiber

¼ small mango

4 large peach slices

1 lime wedge squeezed into mix

6 ice cubes

¼ c coconut water

Almond milk or Rice Dream to create desired consistency

### **Miami Smoothie\***

1-2 scoops of Arbonne Vanilla Protein Powder

2 sprigs fresh mint

2-3 wedges fresh lime squeezed

1/4 t lime zest

6 ice cubes

1/4 c coconut water

Almond milk to desired consistency

Remove leaves from mint sprigs. In blender combine mint leaves, lime juice, and zest. Pulse until mint is chopped. Add other ingredients and blend until slushy.

### **Mocha Frappuccino**

1 scoop Arbonne Vanilla Protein Powder

1scoop Arbonne Chocolate Protein Powder

4 oz organic decaf coffee

Add 2 shakes of cinnamon on top

Add 6 ice cubes (or even better 4 coffee ice cubes instead of 4 oz coffee)

Coconut milk (or coconut milk creamer) to suit

### **Orange Vanilla (Push pop)**

2 scoops Arbonne Vanilla Protein Powder

½ orange seeded and peeled

12 oz unsweetened almond or coconut milk

Ice

### **Papaya Peach Smoothie**

1-2 scoops Arbonne Vanilla Protein Powder  
1 handful peeled fresh papaya, chopped  
3 slices of frozen organic peaches (in summer, fresh is better)  
Juice of 1 lemon wedge  
4-6 ice cubes  
Coconut milk to desired consistency.  
Dash of cinnamon

### **Peach Pie Smoothie**

2 scoops of Arbonne Vanilla Protein Powder  
4 slices frozen peaches  
4 lemon wedges squeezed  
2 shakes ground cinnamon  
6 or more ice cubes  
Vanilla Almond milk or Rice Dream to desired consistency

### **Pina Colada**

2 scoops of Arbonne Vanilla Protein Powder  
1 ½ cup water with ice  
½ banana  
½ cup frozen pineapple chunks  
1-2 tbsp shredded coconut

### **Pina Colada**

2 scoops of Arbonne Vanilla Protein Powder  
1 cup of Unsweetened Almond Milk  
1 cup of Fresh Pineapple (pineapple juice will do in a pinch)  
1/4 cup of Unsweetened, Shredded Coconut  
5-7 large ice cubes

### **Pumpkin Spice Protein Shake\***

2 scoops of Vanilla Arbonne Protein Powder  
¾ cup unsweetened chocolate almond or coconut milk, may add ice & water  
¼ cup pumpkin puree (minimize if weight loss is a goal)  
1 tbsp pecans  
Pumpkin pie spice to taste

### **Red Naval Smoothie**

2 scoops of Arbonne Vanilla Protein Powder  
Juice from 1 large red naval orange  
Orange zest (may add orange flavoring if desired)  
6 ice cubes  
Coconut milk to desired consistency  
Top with shaved coconut!



### **Snickerdoodle**

2 scoops Arbonne Vanilla Protein Powder  
1/2 tsp cinnamon  
1 TBSP agave nectar  
8 oz. Plain Almond Milk  
6 ice cubes

### **Strawberry Cream\***

2 scoops Arbonne Vanilla Protein Powder  
1 C of frozen organic strawberries unsweetened  
coconut milk

### **Strawberry Lemonade Shake\***

2 scoops of Arbonne Vanilla Protein Powder  
1 handful strawberries fresh or frozen  
2 lemon wedges squeezed  
6- ice cubes  
Vanilla Almond milk or Rice Dream to desired consistency (very slushy)  
In blender puree strawberries with the lemon juice. Add ice cubes, liquid, and dry ingredients  
Puree...so fresh and yummy!

### **Strawberry Mango Shake**

Squeeze 2 slices of lime into blender  
¼ small mango, sliced  
1 handful of fresh strawberries  
Puree 1st 3 ingredients in blender.  
2 scoops of Arbonne Vanilla Protein Powder  
½-1 scoop of fiber  
6 ice cubes  
Coconut or almond milk until desired consistency.

### **Strawberry, Mint & Cucumber Shake\***

2 scoops of Arbonne Vanilla Protein Powder  
1/4 cup fresh organic strawberries, chopped  
1/2 cup organic cucumber  
2 leaves fresh organic mint  
4 oz water  
1/4 coconut milk  
3 ice cubes

### **The Strawberry Shortcake\***

2 scoops of Arbonne Vanilla Protein Powder  
1 cup of Unsweetened or Vanilla Almond Milk  
1 cup of Fresh Strawberries  
5-7 large ice cubes

### **The 50/50**

2 scoops of Arbonne Vanilla Protein Powder  
1 cup of Unsweetened or Vanilla Almond Milk  
1 cup of Fresh Orange Juice  
5-7 large ice cubes

### **Tizzie Shake\***

Prepare the night before:  
Brew 1 cup detox tea and add 1 citrus fizzie tab. Cool and refrigerate overnight  
2 scoops of Arbonne Vanilla Protein Powder  
1 scoop fiber  
6-8 ice cubes  
Vanilla almond milk or vanilla rice dream to desired consistency.  
May add juice of slice of lemon to pop the flavor!

### **Tropical Smoothie**

1-2 scoops of Arbonne Vanilla Protein Powder  
1/2 kiwi peeled and chunked  
½ handful mango, peeled and cut into ¼ inch chunks (or use frozen mango chunks)  
2 slices granny smith apple  
Juice from 1 Meyer lemon wedge (or 1 lime wedge)  
Dash of Goji berries  
1 squirt agave: add last and only if tastes too tart! (be careful..less is better)  
4 ice cubes  
Coconut water to desired consistency

### **White Peppermint Shake\***

2 scoops of Arbonne Vanilla Protein Powder  
1 scoop fiber  
2-3 drops peppermint flavoring  
6 ice cubes  
Coconut milk, vanilla almond milk, or vanilla rice dream to desired consistency