

Thanks to Jeanie Traub for providing these terrific recipes.  
Jeanie is a Certified Natural Health Consultant practicing in the San Antonio Texas area.

## INCREDIBLE SHAKE RECIPES

Put the ingredients into your blender, mix to your favorite consistency

### **Almond Joy**

1 cup Purified Water  
1 scoop chocolate Body Designer™  
1 tsp extra virgin coconut oil (melted)  
1 cup ice

### **Chocolate Covered Strawberries**

1 cup Purified Water  
1 scoop chocolate Body Designer™  
½ cup fresh or frozen strawberries

### **Pina Coloda Shake**

1 cup Purified Water  
1 scoop vanilla Body Designer™  
1 tsp extra virgin coconut oil (melted)  
½ cup fresh or frozen pineapple

### **Tropical Delight**

1 cup Purified Water  
1 scoop vanilla Body Designer™  
½ cup frozen or fresh tropical fruits

### **Banana Nut Shake**

1 cup Purified Water  
1 scoop vanilla Body Designer™  
1 banana  
5 Walnuts  
¼ cup raw oatmeal  
(you may add cinnamon and nutmeg)

### **Berry Extravaganza**

1 cup Purified Water  
1 scoop vanilla Body Designer™  
¼ cup blueberries (fresh or frozen)  
¼ cup strawberries  
¼ cup blackberries  
(add ½ cup of ice if using fresh berries)

### **Dreamsicle Shake**

1 cup Orange Juice  
1 scoop vanilla Body Designer™  
1 cup ice

### **Pear-fectly Delicious Shake**

1 cup Purified Water  
1 scoop vanilla Body Designer™  
1 peeled pear cut into pieces  
1 cup ice

### **Strawberry Delight**

1 cup Purified Water  
1 scoop vanilla Body Designer™  
8 frozen or fresh strawberries  
(add ice when using fresh strawberries)

### **Banana Freeze**

1 cup Purified Water  
1 scoop vanilla Body Designer™  
1 banana  
1 cup ice

\*Instead of water, substitute 8 ounces of unsweetened Almond milk for a dreamy, creamy shake.

\*\*Add 1 oz. NUPRO Colloidal Minerals, 1 oz. Symphony Herbal Aloe Juice and 1 oz. BeneVita to any of the shakes for an incredibly healthy shake!