



Favorite Cleansing Shake Recipes

Blueberry Blast

1 Powder Packet

1 cup of unsweetened rice, coconut or almond milk

¼ cup frozen organic blue berries

½ cup ice

½ cup filtered water

Blend in blender until smooth

Dark Cherry Chill

1 Powder Packet

1 cup of unsweetened rice, coconut or almond milk

¼ cup frozen organic sweet dark cherries

Hint of cinnamon

½ cup ice

½ cup filtered water

Blend in blender until smooth

Raspberry Mango Mania

1 Powder Packet

1 cup of unsweetened rice, coconut or almond milk

¼ cup frozen organic mango chunks

¼ cup frozen organic raspberries

½ cup ice

½ cup filtered water

Blend in blender until smooth

Chocolate Cherry Freeze

1 Powder Packet

1 cup unsweetened chocolate almond milk

¼ cup of organic dark cherries

½ cup ice

½ cup filtered water

Blend in blender until smooth

Great Green Goodness

1 Powder Packet

1 or 2 cups of filtered water or 1 cup of water & 1 cup of any variety of nut milk

1 cup of organic chopped greens of your choice in any combination: kale, spinach, swiss chard, collard greens

¼ cup of organic frozen berries of your choice such as blueberries, raspberries, black berries

½ cup of ice

Blend until smooth

Take note!

With each shake take a capsule packet.

Above shakes are perfectly proportioned for the Nutri Bullet blender.

Frozen fruit is not necessary but recommended for a more enjoyable thicker and chilled consistency.

Enjoy!