

# 6 DELICIOUS RECIPES FOR FREE... YOU'RE WELCOME!



## CHOCOLATE PEANUT BUTTER SHAKE:

- 1-2 SERVINGS CLEAN MEAL
- 4-8 oz COCONUT/ALMOND MILK (unsweetened)
- SHAKE OR BLEND VIGOROUSLY 30 SECONDS
- SERVE IN FROSTED GLASS AND ENJOY!

## SALTED CARAMEL COFFEE LATTE SHAKE

- 1-2 SERVINGS CLEAN MEAL
- 4-8 oz COCONUT/ALMOND MILK (unsweetened)
- SHAKE OR BLEND VIGOROUSLY 30 SECONDS
- SERVE IN FROSTED GLASS AND ENJOY!

HOT OR COLD

## CHOCOLATE ALMOND PEANUT BUTTER PUDDING:

- 1-2 SERVINGS CLEAN MEAL
- 2-4 oz COCONUT/ALMOND MILK (unsweetened)
- 1-2 tbsp ALMOND BUTTER
- WHIP TO CREAMY CONSISTENCY
- SERVE IN CHILLED BOWL AND ENJOY!

## "COFFEE INFUSED" SALTED CARAMEL COFFEE LATTE SHAKE

- 1-2 SERVINGS CLEAN MEAL
- 2-4 oz COCONUT/ALMOND MILK (unsweetened)
- 2-4 oz FRESH BREWED BLACK COFFEE
- SERVE IN FROSTED GLASS AND ENJOY!
- POUR INTO COFFEE MUG AND ENJOY!

## CHOCOLATE ALMOND PEANUT BUTTER ICE CREAM

- 1-2 SERVINGS CLEAN MEAL
- 2-4 oz COCONUT/ALMOND MILK (unsweetened)
- 1-2 tbsp ALMOND BUTTER
- WHIP TO CREAMY CONSISTENCY IN MIXING BOWL
- FREEZE AND ENJOY AS A "HEALTHY ICE CREAM"
- TOP WITH CRUSHED ALMONDS

## SALTED CARAMEL COFFEE LATTE ICE CREAM

- 1-2 SERVINGS CLEAN MEAL
- 4-8 oz COCONUT/ALMOND MILK (unsweetened)
- WHIP TO CREAMY CONSISTENCY IN MIXING BOWL
- FREEZE AND ENJOY AS A "HEALTHY ICE CREAM"
- TOP WITH CRUSHED ALMONDS

**CRUSH**  
NUTRITION