

30 RECIPES TO SHAKE THINGS UP!



"This is the BEST Vanilla Flavored Protein Powder I have ever tasted!"
ROSALIE BROWN, PERSONAL TRAINER & FITNESS EXPERT

<p>BLUEBERRY TART</p> <p>1 scoop FITBLAST ¾ cup water ¼ cup unsweetened cranberry juice ½ cup fresh or frozen blueberries</p> 	<p>COCO-LISHOUS RASPBERRY</p> <p>1 scoop FITBLAST 1 cup unsweetened vanilla coconut milk ¾ cup frozen unsweetened raspberries 1/8 tsp. coconut extract ½ cup unsweetened coconut flakes</p>	<p>GOING BANANAS</p> <p>1 scoop FITBLAST 1 cup of unsweetened vanilla almond milk 1 ripe medium banana 1/2 cup to 1 cup crushed ice 1 tsp. pure vanilla extract dash of ground nutmeg dash of ground cinnamon</p> 	<p>STRAWBERRY VANILLA PARFAIT</p> <p>1 scoop FITBLAST 1 cup strawberries 1 cup unsweetened vanilla almond milk 1 banana 1 cup plain yogurt</p>	<p>BERRY PEACHIE</p> <p>1 1 scoop FITBLAST ¼ cup frozen wild blueberries 1/2 cup frozen peaches 1 cup plain yogurt ¾ cup unsweetened almond milk 1-2 tbsp. honey 1/4 tsp. pure vanilla extract</p>	<p>GREEN MINT-NILLA</p> <p>1 scoop FITBLAST ¾ cup unsweetened vanilla almond milk 1/3 cup spinach 1/3 cup kale 1/8 tsp. peppermint extract</p> 	<p>STRAWBERRY LEMONADE</p> <p>1 scoop FITBLAST 1 cup water 2 tbsp. fresh lemon juice ¾ cup sliced strawberries</p>	
<p>VANILLA ALMOND BUTTER</p> <p>1 scoop FITBLAST 1 cup unsweetened almond milk 1 tbsp. almond butter</p>	<p>PEACHES & CRÈME</p> <p>1 scoop FITBLAST 2/3 cup water 2/3 cup unsweetened vanilla coconut milk 1 tbsp. fresh lemon or pure lemon juice ½ cup frozen peaches</p> 	<p>ALMOND BERRY JOY</p> <p>1 scoop FITBLAST ½ unsweetened almond milk ½ cup blueberries ¼ cup unsweetened coconut flakes 1 tbsp. almond butter 1 tsp. almond extract ½ cup water</p>	<p>VANILLA SPRINKLE</p> <p>1 scoop FITBLAST 1 cup vanilla almond milk ½ tsp. butter extract 1 tbsp. non-fat cheesecake pudding mix Optional topping: Top with sprinkles to celebrate</p>	<p>STRAWBERRY SUNSET</p> <p>1 scoop FITBLAST ½ cup 100% orange juice ½ cup water ½ cup strawberries 1 small peeled orange</p> 	<p>CANDIED PECAN</p> <p>1 scoop FITBLAST 1 cup unsweetened almond milk 1 tbsp. coarsely chopped raw pecans 1 tbsp. coarsely chopped raw cashews 1 tsp. pure maple syrup</p>	<p>WATERMELON REFRESHER</p> <p>1 scoop FITBLAST ½ cup water ½ cup diced watermelon 2 tbsp. chopped fresh mint or 5 fresh mint leaves</p>	
<p>VANILLA BEAN MOJITO</p> <p>1 scoop FITBLAST 1 cup water 2 tbsp. fresh lime juice 3 to 4 fresh mint leaves</p> 	<p>PINA COLADA COOLER</p> <p>1 scoop FITBLAST ½ cup coconut water ½ cup 100% pineapple juice ½ tsp. pure coconut extract ¼ cup unsweetened coconut flakes (optional)</p>	<p>PECAN PIE</p> <p>1 scoop FITBLAST 2 tbsp. raw pecans ½ tsp. nutmeg 1 cup unsweetened almond milk</p>	<p>GINGER RITA</p> <p>1 scoop FITBLAST graded ginger to spice liking 4-5 fresh mint leaves 1 cup water 1 tbsp. lime juice</p> 	<p>MINTY PASSION FRUIT</p> <p>1 scoop FITBLAST 1 cup water ¼ cup frozen passion fruit pulp (or 3 passion fruit peeled/seedless) 5 fresh mint leaves</p>	<p>MINTY MELON</p> <p>1 scoop FITBLAST 1 cup cubed honeydew 1 cup water 4-5 fresh mint leaves</p>	<p>ALMOND BUTTERCUP</p> <p>1 scoop FITBLAST 1 cup unsweetened almond milk 1 tbsp. almond butter 1 tsp. cacao 1 banana ½ tsp. cinnamon</p>	
<p>AVOCADO RUSH</p> <p>1 scoop FITBLAST ½ cup water ½ cup unsweetened coconut milk ½ large or 1 small avocado ¼ cup unsweetened coconut flakes ½ cup frozen mango</p>	<p>PB & J</p> <p>1 scoop FITBLAST ½ cup unsweetened almond milk ½ cup water ½ tsp. natural peanut butter ½ cup red grapes</p>	<p>RAZZLE DAZZLE</p> <p>1 scoop FITBLAST ½ cup raspberries ½ cup strawberries ½ cup coco water ½ cup water</p> 	<p>BLUEBERRY BASIL BLAST</p> <p>1 scoop FITBLAST ½ cup water ½ cup unsweetened almond milk ½ cup fresh or frozen pineapple ½ cup fresh or frozen blueberries 4 fresh basil leaves</p>	<p>ORANGE-CICLE</p> <p>1 scoop FITBLAST ½ cup orange juice ½ cup unsweetened almond milk 1 small peeled orange</p> 	<p>NUTTY CHOCOLATE MONKEY</p> <p>2 tbsp. FITBLAST 1 cup unsweetened vanilla almond milk 1 banana 1/3 cup cacao chips 2 tbsp. almond or peanut butter</p>	<p>KIWI-TASTIC</p> <p>1 scoop FITBLAST 1 cup unsweetened coconut milk ½ cup cubed kiwi ½ cup fresh/frozen strawberries</p>	
<p>COCO CHERRY-LICIOUS</p> <p>1 scoop FITBLAST 1 cup unsweetened vanilla almond milk ½ cup frozen unsweetened pitted black cherries 1 tbsp. cacao</p>	<p>CINNAMON BUNS</p> <p>1 scoop FITBLAST 1 tsp. vanilla extract 1 tsp. almond butter 1 cup almond milk 1 tsp. cinnamon 1 tsp. honey 1 banana</p> 	<p>FITBLAST MEAL REPLACEMENT SHAKE</p> <p>INSTRUCTIONS</p> <p>Combine all ingredients in a blender and mix until smooth. Based on texture preference, 4-5 ice cubes may be used or frozen fruit acts as a thickener like ice does.</p>					<p>G F GLUTEN FREE</p> <p>CONTAINS PROBIOTICS</p> <p>total gym</p>