

Juice Plus+ Complete Shake Recipes!

Creamsicle:

½ cup orange juice

½ cup plant based milk or vanilla frozen yogurt

¼ tsp vanilla extract

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1 scoop JP+ Complete – Vanilla

¼ cup crushed ice (if using skim milk)

Vanilla-Banana:

8 ice cubes

1 medium banana

6 oz. Vanilla Almond Milk (skim or soy milk works too)

1 scoop JP+ Complete- Vanilla

Oh So Fruity!:

½ cup Soy Yogurt (plain or vanilla)

1 cup Soy Milk

1 banana

Your choice of Organic Frozen Fruit

1 scoop Vanilla Complete Shake Mix

Berry-Orange Pop:

1 cup of Orange Juice

½ cup Orange Sherbert

Add berries: strawberries, raspberries, blueberries

1 scoop of Vanilla Complete Shake Mix

Peanutty-Yummy!

1 cup Almond Milk

½ cup vanilla frozen organic yogurt

1 tsp Organic Creamy Peanut Butter

1 scoop of Chocolate OR Vanilla Complete Shake Mix

Oh So Good Breakfast Smoothie:

1 1/2 cups (12 ounces) plain fat-free yogurt

3 to 4 bananas, peeled, cut into chunks

14 ounces strawberries, chopped to equal 3 cups (can also use peaches or mangos)

1/4 cup rice or soy milk

2 tablespoons honey

1 cup ice

1 scoop Vanilla Complete Shake Mix

Banana-Yogurt Power:

2 teaspoons flaxseeds

1 medium banana (6 ounces)

1/2 cup low-fat plain organic yogurt

1 to 2 teaspoons honey

2/3 cup ice cubes

1 scoop Vanilla Complete Shake Mix

Place the flaxseeds in a blender and puree for 30 seconds until they are coarsely ground.

Add the banana, yogurt, honey, and ice cubes and puree until smooth and thick. Serve immediately

Strawberry-Banana Tofu:

1 cup strawberries

1 cup plain soymilk

1 small ripe banana, peeled and sliced

1/4 cup honey

1 package (12 ounces) silken tofu, soft, drained

2 tablespoons fresh lemon juice

Pinch of salt

1 scoop Vanilla Complete Shake Mix

Puree until smooth and thoroughly mixed, scraping down sides with rubber spatula as necessary.

Cranberry YUM:

1 1/4 cups unsweetened cranberry juice

1 scoop Vanilla Complete Shake Mix

6 ice cubes

Chocolate Silk:

1/4 cup coconut milk

3/4 cup water

2 dates pitted and soaked in water

1/4 avocado

1 tablespoon of raw cacao

10 ice cubes

1 scoop Chocolate Complete Shake Mix

Pour the milk and water into the blender with the dates, avocado, and cacao and Complete Shake mix on top. Blend. Add ice and blend until completely smooth.

Choco-Straw-Nana:

1 cup plant based milk (almond, coconut, soy)

1/2 cup frozen organic strawberries

1/2 ripe banana

1/2 teaspoon vanilla extract

1 scoop Chocolate Complete Shake Mix

Papaya-Ginger:

2 1/2 cups papaya (Solo or Mexican) chunks

1 cup ice cubes

2/3 cup nonfat plain yogurt

1 tablespoon finely chopped peeled fresh ginger

1 tablespoon honey

Juice of 2 lemons

16 fresh mint leaves

1 scoop Vanilla Complete Shake Mix

Refrigerate papaya until very cold, at least 1 hour or overnight.

Blend papaya, ice, yogurt, ginger, honey, and lemon juice in a blender. Add up to 1/4 cup water, 1 tablespoon at a time, until mixture is smooth and thinned to desired consistency. Blend in mint leaves.

“Green Slime” (kids will love the idea of eating slime!!)

1 Banana, cut in chunks

½ Apple, cored and chopped or sliced

1 cup White Grapes

1 cup Fat-Free organic Vanilla Yogurt (or Plain Yogurt and ¼ teaspoon vanilla)

1-2 cups fresh Spinach Leaves

1 scoop Vanilla Complete Shake Mix

Banana Oatmeal:

1 medium banana

1 Tbsp natural peanut butter

1 Tbsp flax seed

1/4 cup oatmeal

1 cup soy milk

1 cup ice

1 scoop Chocolate OR Vanilla Complete Shake Mix

Fruit n Flaxolicious!

1 tbsp of flax seed grounded

1 tsp of honey 1 cup of Orange Juice

1/2 cup low fat vanilla organic yogurt

8-10 strawberries

1 peach diced

1-banana

1 scoop Vanilla Complete Shake Mix

GREAT HOLIDAY SMOOTHIES:

Cherry Pie Smoothie:

1/2 lb frozen cherries

1/2 cup organic vanilla yogurt

1 cup almond milk

1 banana frozen and chopped

1 scoop Vanilla Complete Shake

Winter Spice:

3 oz apple juice

1 red apple sliced

1 scoop frozen organic vanilla yogurt

1/4 tsp. Cinnamon

1 scoop Vanilla Complete Shake Mix

Christmas Coconut:

1/4 cup apple juice

1/2 cup grated coconut

1 T coconut oil or coconut cream

1 tbsp. coconut milk

2 bananas frozen

1 tsp Honey

1 scoop Vanilla Complete Shake Mix

Peppermint Delight:

1 cup plant based Milk

½ cup Vanilla organic frozen yogurt

1/8 tsp Peppermint Extract or 1 drop essential oil (food grade)

1 scoop JP+ Complete- Chocolate

Pumpkin Gingerbread Smoothie:

1 cup almond milk, plus a bit more if necessary

1/4 cup rolled oats
1 tbsp chia seeds
1/2 cup pureed pumpkin
1 tbsp blackstrap molasses
1 small frozen banana
1 tsp cinnamon
1/2 tsp ginger
pinch nutmeg
Ice, if desired

Soak the oats, almond milk, and chia seeds for at least an hour or overnight. This helps them digest better and it also gives the smoothie a smoother texture.

Place all ingredients into blender and blend until smooth. Add ice if desired.

Pear Ginger

1 pear
1- 1.5 inch of ginger root (peeled)
2 cups of plant based milk plus ice
2 scoops of vanilla Complete
Blend all in blender or Vitamix

Chocolate Covered Cherries

1 cup plant based milk
½ c sweet cherries pitted fresh or frozen
1 scoop Juice Plus Complete Chocolate
Blend in blender or Vitamix and enjoy!