



## Smoothie Recipe Book

**DEREK KURLIOW**

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### **Banana Protein Nog**

#### **Ingredients:**

- 1 scoop Vanilla protein powder
- 1 cup low fat, almond or cashew milk
- A one inch chunk of banana
- 1/8 teaspoon nutmeg
- 1/2 teaspoon vanilla
- Place all ingredients in blender and process until smooth.

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### **Peanut Butter Banana Shake**

#### **Ingredients:**

- 8 ounces low fat, almond or cashew milk
- 1 tablespoon creamy peanut butter
- 1/4 - 1/2 banana
- 1 scoop Vanilla or Chocolate protein powder
- Blend until smooth in blender.

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### **Orange Dreamsicle Smoothie**

#### **Ingredients:**

- 1 scoop vanilla whey protein powder
- sugar-free Sunrise Orange Crystal Light powder
- 8 ounces low fat, almond or cashew milk

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### **Ultimate Peach Smoothie**

#### **Ingredients:**

- 1 scoop vanilla protein powder
- 1 cup Crystal Lite peach tea
- 4-6 frozen peach slices
- 4 ice cubes
- Mix in blender until smooth

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### **Strawberry Lemonade Smoothie**

#### **Ingredients:**

- 1 scoop vanilla protein powder
- 1 cup sugar free lemonade kool-aid
- 4-5 frozen strawberries
- 4-5 ice cubes
- Mix in blender until smooth

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### **Apple Pie Frosty**

#### **Ingredients:**

- 1 1/2 scoops vanilla protein powder
- 1 apple, peeled, cored, and sliced (or 1/2 C no-sugar-added applesauce)
- 2 packets Splenda
- 1/2 t cinnamon
- 1/4 t nutmeg
- 3/4 cup water
- 8-10 ice cubes Blend thoroughly and drink up

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### **Butterscotch Liquid Pecan Pie**

#### **Ingredients:**

- 2 scoops vanilla protein powder
- 8 oz cold water
- 2 T sugar free butterscotch pudding mix
- 4-5 ice cubes
- 1/4 C pecans
- Blend protein powder, water and pudding mix. (The pudding mix thickens the liquid considerably).
- Add ice cubes and blend till ice slivers.
- Add pecans and blend again for a few seconds.
- Pour into nice huge parfait glass and enjoy.

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### **Choco-Mint Shake**

#### **Ingredients:**

- 1 1/2 scoops chocolate protein powder
- 1 packet sugar free hot chocolate mix
- 1 teaspoon mint flavoring
- 1/2 cup of milk
- 1/2 cup of water
- 6 large ice cubes
- Put all ingredients into blender
- And mix to desired consistency. Serve cold.

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### **Chocolate Almond Shake**

#### **Ingredients:**

- 2 scoops chocolate protein powder
- 1 cup of milk
- 2 T sugar free chocolate syrup
- 1 t almond flavoring
- 1/4 cup of almonds
- 6-8 ice cubes
- Blend all ingredients, Except almonds and ice cubes,
- Then add nuts and cubes and blend again

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### **Chocolate coconut shake**

#### **Ingredients:**

- 2 oz Coconut Milk
- 6 oz Cold Water
- 2 scoops Chocolate protein powder
- 1 tsp Chocolate or Banana Sugar-Free pudding
- Hand Shake well.

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### **Chocolate covered cherry shake**

#### **Ingredients:**

- 1 1/2 scoops chocolate protein powder
- 1 cup low fat, almond, or cashew milk
- 2T sugar free chocolate syrup
- 10-12 cherries - (no pits please)
- 8-10 ice cubes
- Put all ingredients into blender
- And mix to desired consistency

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### Chocolate Fudge Smoothie

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#### Ingredients:

- 2 scoops chocolate protein powder
- 2 T chocolate fudge sugar free pudding mix
- 8 oz water
- 5 large ice cubes,
- Blend ProScore, pudding and water, add ice cubes,
- Blend till crushed with ice slivers still un-melted

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### Double Chocolate Fudge Smoothie

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#### Ingredients:

- ½ cup low fat, almond or cashew milk
- 1 packet, no sugar added hot cocoa mix
- 1 scoop Chocolate protein powder
- 4 ice cubes (or ½ - 1 cup crushed ice) Mix in blender.

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### Frappachino Smoothie

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#### Ingredients:

- 1 tbs. instant coffee or a splash of cold coffee
- 1 scoop chocolate or vanilla protein powder
- 2 handfuls ice
- 1/2 cup low fat, almond or cashew milk
- blend thoroughly.

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### Iced Mocha latte

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#### Ingredients:

- 2 scoops chocolate protein powder
- leftover cold coffee (decaf Hazelnut)
- 1 T fat free sugar free vanilla pudding mix
- a splash of sugar free hazelnut coffee syrup and a few ice cubes
- Blend

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### Orange Julius Smoothie

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#### Ingredients:

- 2 Scoops vanilla protein powder
- 6 oz water
- 1 T sugar free vanilla pudding mix
- 1/4 c real orange juice (preferably hand squeezed with pulp, or from store with pulp)
- 1 t good vanilla flavoring
- 3-4 ice cubes
- Blend all ingredients except ice cubes.
- Cold water will cause pudding mix to thicken.
- Add ice cubes and blend till ice slivers.

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### Peach Creamsicle Smoothie

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#### Ingredients:

- 6 oz Crystal Lite Peach Tea
- 2 tablespoon SF Instant Vanilla Pudding
- 1 scoop Vanilla Protein Powder
- 6 packets Splenda
- ice cubes
- Blend thoroughly

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### Peach and Strawberry Yummy

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#### Ingredients:

- 3 slices frozen peaches (or 1/2 frozen banana)
- 3 good sized frozen strawberries
- 1/4 - 1/2 cup water
- 1 packets Splenda

- 1 rounded scoop of Vanilla protein powder
- Blend

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### Peach and Strawberry Yummy

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#### Ingredients:

- 8oz can refrigerated crushed pineapple in natural unsweetened juices
- 1 Tsp coconut flavoring
- 1/2 cup crushed ice
- 1 packet artificial sweetener
- 1 scoop vanilla protein powder of choice
- Combine in blender and blend for 2 minutes on high

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### Root Beer Float

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#### Ingredients:

- 1 scoop vanilla protein powder
- 1 can diet root beer
- Mix thoroughly and pour over ice

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### Vanilla Butterscotch

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#### Ingredients:

- 8 oz cold water
- 2 scoops vanilla protein powder
- 1T butterscotch sugar-free pudding
- 4 ice cubes
- 1 T vanilla sugar free pudding
- 4-5 ice cubes
- Blend it all, and let it set up a little, and it tastes all custardy.

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### Vanilla Chai

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#### Ingredients:

- Vanilla protein powder
- 8 oz iced Chai tea (made from tea bag and refrigerated)
- Dash of cinnamon
- Little Splenda
- Splash of milk
- Blend and enjoy

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### Vanilla Spice Freeze

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#### Ingredients:

- 2 scoops vanilla protein powder
- 2 T vanilla Sugar Free pudding mix
- pinch of cinnamon
- pinch of cloves
- Blend, store in freezer until it gets thick.

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### Peanut Brittle Smoothie

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#### Ingredients:

- 2 scoops vanilla protein powder
- 2 tbsp sugar-free instant butterscotch pudding mix (dry)
- 1 tbsp natural peanut butter (smooth or chunky)
- 8 oz. water (or low-fat milk)
- 3-6 ice cubes
- Add all ingredients to blender, whip, and serve.

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### Cinnamon Roll Protein Shake

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#### Ingredients:

- 2 scoops vanilla protein powder
  - 1 tbsp sugar-free instant vanilla pudding
  - 1/4 tsp cinnamon
  - 1/2 tsp imitation vanilla (or 1/4 tsp extract)
  - 1 packet artificial sweetener
  - a few dashes butter flavor sprinkles or butter-flavor extract
  - 8 oz. water (or low-fat milk)
  - 3 ice cubes
  - Add all ingredients to blender, whip, and serve.
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### The Hulk Protein Shake

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#### Ingredients:

- 2 scoops vanilla protein
  - 1 1/2 tbsp sugar-free pistachio pudding mix
  - 1 mint leaf or a few drops peppermint extract (optional)
  - a few drops green food coloring (optional)
  - 8 oz. cold water (or low-fat milk)
  - 3-5 ice cubes
  - Add all ingredients to blender, blend, and pour into cup.
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### Instant Breakfast

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#### Ingredients:

- 1/4 cup orange juice
  - 1/2 cup low fat milk
  - 1 package of carnation instant breakfast
  - 1 scoop of protein
  - 4 ice cubes
  - Blend
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### Banana Mocha Smoothie

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#### Ingredients:

- 8 oz milk
  - 1 scoop vanilla protein powder
  - 1/2 banana
  - 1 tbsp. instant coffee
  - Ice
  - Blend
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### German Chocolate Cake

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#### Ingredients:

- 12 oz. water
  - 4 ice cubes
  - 1 tablespoon heavy cream
  - 1 tablespoon cream of coconut
  - 2 scoops chocolate protein powder
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### Tangerine Cream

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#### Ingredients:

- 12 oz. Tangerine Diet Rite
  - 4 Ice Cubes
  - 1 to 2 tablespoons Milk
  - 1 1/2 scoops vanilla protein powder
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### Pineapple Blast

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#### Ingredients:

- 4 ice cubes
  - 12 oz. water
  - 2 scoops vanilla protein powder
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- 1/2 cup pineapple chunks
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### Raspberry Chocolate Thick

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#### Ingredients:

- 1 to 2 scoops of chocolate protein powder
  - 6 to 8 ounces of whole (or 2%) milk
  - 6 ice cubes
  - 8 raspberries
  - Mix in a blender on medium for 1 minute. Pour into a tall glass.  
Drink or eat with a spoon!
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### Banana Split

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#### Ingredients:

- 8 oz. water or 4 oz. milk/4 oz. water
  - 1 scoop of vanilla protein powder
  - 1/2 banana
  - 1/4 cup chopped pineapple
  - 2 frozen strawberries
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### Blueberry Bonanza

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#### Ingredients:

- 8 oz. water or 4 oz. milk/4 oz. water
  - 1 scoop of vanilla protein powder
  - 1/2 cup frozen or fresh blueberries
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### Pumpkin Spice Smoothie

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#### Ingredients:

- 8 oz. water or 4 oz. milk/4 oz. water
  - 1 scoop of vanilla protein powder
  - 1/4 cup canned pumpkin (chilled)
  - Dash of pumpkin pie spice
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### Lemon Meringue Smoothie

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#### Ingredients:

- 8 oz. water or 4 oz. milk/4 oz. water
  - 1 scoop of vanilla protein powder
  - 1 T. SF Jello Lemon Pudding Powder
  - 2 Ice Cubes
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### Green Giant

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#### Ingredients:

- 8 oz. water or 4 oz. milk/4 oz. water
  - 1 scoop of vanilla protein powder
  - 1 T. SF Jello Pistachio Pudding Powder
  - 2 Ice Cubes
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### Strawberry Cheesecake Smoothie

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#### Ingredients:

- 8 oz. water or 4 oz. milk/4 oz. water
  - 1 scoop of vanilla protein powder
  - 1 T. SF Jello Cheesecake Pudding Powder
  - 3-4 Frozen or Fresh Strawberries
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### Mango Madness Smoothie

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#### Ingredients:

- 4 oz. water
  - 4 oz. milk
  - 1 scoop vanilla protein powder
  - 1/2 cup fresh or frozen mango chunks
  - 2-3 ice cubes
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### **Carrot Cake Smoothie**

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#### **Ingredients:**

- 4 oz. water
  - 4 oz. milk
  - 1 scoop vanilla protein powder
  - 1/2 cup frozen sliced carrots
  - 1 Tablespoon Cream Cheese
  - 1 Tablespoon Cinnamon
  - 1 Tablespoon Nutmeg
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### **Peach Cobbler Smoothie**

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#### **Ingredients:**

- 8 oz. water or 4 oz. milk/4 oz. water
  - 1 scoop of vanilla protein powder
  - 1/4 cup frozen sliced peaches
  - dash cinnamon
  - dash nutmeg
  - 2-3 ice cubes
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### **Mango Banana Smoothie**

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#### **Ingredients:**

- 8 oz. water or 4 oz. almond milk/4 oz. water
  - 1 scoop of vanilla protein powder
  - 1/4 cup frozen mango chunks
  - 1/2 a banana
  - 2-3 ice cubes
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### **Apple Pie**

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#### **Ingredients:**

- 1 scoop Vanilla Protein powder
  - 4 oz. Apple Juice & 4 oz. water
  - 1 graham cracker (4 sm squares)
  - 4 - 8 ice cubes
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### **Double Apple Smoothie**

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#### **Ingredients:**

- 1 scoop Vanilla Protein powder
  - 4 oz. Apple Juice & 4 oz. water
  - 1/2 Apple, chopped or sliced
  - 4 - 8 ice cubes
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### **Orange Monkey**

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#### **Ingredients:**

- 1 scoop Vanilla Protein powder
  - 8 oz. Orange Juice
  - 1/2 banana
  - 4 - 8 ice cubes
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### **Lemon Squeeze**

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#### **Ingredients:**

- 2 scoops Vanilla Protein powder
  - 3 oz. Lemon Juice & 5 oz. water
  - 1 TBL Honey
  - 4 - 8 ice cubes
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### **Pink Possibility**

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#### **Ingredients:**

- 1 scoop Vanilla Protein powder
  - 8 oz. Pink Grapefruit Juice
  - 4 - 8 ice cubes
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### **Raspberry Rumble**

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#### **Ingredients:**

- 1 scoop Vanilla Protein powder
  - 4 oz. Orange/Pineapple Juice
  - 4 oz. water
  - 1/4 cup frozen Raspberries
  - 1/2 Kiwi
  - 4 - 8 ice cubes
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### **Cranberry-berry Smoothie**

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#### **Ingredients:**

- 1 scoop Vanilla Protein powder
  - 4 oz. Cranberry Juice
  - 4 oz. water
  - 1/4 cup frozen Raspberries
  - 1/4 cup frozen Strawberries
  - 4 - 8 ice cubes
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### **Hawaiian Holiday**

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#### **Ingredients:**

- 1 scoop Vanilla Protein powder
  - 8 oz. Pineapple Juice
  - 4 or 5 frozen Strawberries
  - 1/2 Banana
  - 4 drops Coconut Extract
  - 4 - 8 ice cubes
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### **Papaya Pizzazz**

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#### **Ingredients:**

- 1 scoop Vanilla Protein powder
  - 8 oz. Papaya Juice
  - 1/2 Peach, chopped or sliced
  - 1/2 Banana
  - 4 - 8 ice cubes
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### **Mango Mambo**

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#### **Ingredients:**

- 1 scoop Vanilla Protein powder
  - 4 oz. Pineapple Juice
  - 4 oz. water
  - 1/2 cup Passion fruit Mango
  - 1/2 Peach, chopped or sliced
  - 4 - 8 ice cubes
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### **Chocolate Truffle**

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#### **Ingredients:**

- 1 scoop Chocolate Protein powder
  - 8 oz. Cranberry Juice
  - 4 - 8 ice cubes
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### **Chocolate Almond Oasis**

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#### **Ingredients:**

- 1 scoop Chocolate Protein powder
  - 8 oz. water
  - 1/2 Banana
  - 4 drops Almond Extract
  - 4 - 8 ice cubes
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### **Black Forest Smoothie**

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#### **Ingredients:**

- 1 scoop Chocolate Protein powder
  - 8 oz. water
  - 5 - 10 frozen Strawberries
  - 4 - 8 ice cubes
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### **Juicy Lucy**

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#### **Ingredients:**

- 2 apple juice (can use orange/blend)
  - 1 scoop ice
  - 1/2 large banana
  - 4 frozen strawberries
  - 2 scoops vanilla protein powder
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### **Plum Ice Smoothie**

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#### **Ingredients:**

- mix 2 scoops of vanilla protein powder
  - ripe plum (pitted) juice of 1 lemon
  - 16 ounces of ice water
  - 1.2 cup of ice cubes.
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### **Plum-Lemon Cooler**

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#### **Ingredients:**

- mix 2 scoops of vanilla protein powder
  - ripe plum (pitted) juice of 1 lemon
  - 16 ounces of ice water
  - 1.2 cup of ice cubes.
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### **Ginger Bread Man**

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#### **Ingredients:**

- 1 scoop of vanilla protein powder
  - 1 graham cracker
  - 1/2 tsp cinnamon
  - 1 capful vanilla extract
  - 12oz. of water
  - 4 Ice Cubes
  - Blend 45 seconds
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### **Trail Mix Smoothie**

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#### **Ingredients:**

- 1/4 cup almonds
  - 1/2 cup raisins
  - 1 banana cut into chunks
  - 1 or 2 scoops of vanilla whey protein
  - 1/2 cup milk
  - 1/2 cup ice cubes
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### **Cranberry Apple Smoothie**

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#### **Ingredients:**

- 1 scoop of vanilla protein powder
  - 4 oz of apple juice
  - 4 oz of cranberry juice
  - 4 ice cubes
  - Blend well
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### **Granny Smith Tart**

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#### **Ingredients:**

- 1 scoop of vanilla protein powder
  - 1 cored, peeled granny smith apple
  - 4 oz of lemon juice
  - 8 oz of water
  - Blend well
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### **Canta-Banana-aloup**

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#### **Ingredients:**

- 1 scoop of vanilla protein powder
  - 1/2 cup of cubed cantaloupe
  - 1 full banana
  - 8 oz of water
  - Blend well
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### **Chunky Chocolate Cookies**

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#### **Ingredients:**

- 1 scoop chocolate protein powder
  - 1/2 cup of walnuts
  - 1 graham cracker
  - 4 oz of water/4oz of milk
  - 1 tablespoon of splenda brown sugar
  - Blend well
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### **Strawberry Bliss**

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#### **Ingredients:**

- 1 scoop vanilla protein powder
  - 1/2 cup of frozen strawberries
  - 2 sugar free vanilla wafers
  - 8 oz of milk
  - Blend well
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### **Cravin' Raisin**

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#### **Ingredients:**

- 1 scoop chocolate protein powder
  - 1 package of Sunkist raisins
  - 1/2 cup of almonds, unsalted
  - 8 oz water
  - Blend well
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### **Going Grape Smoothie**

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#### **Ingredients:**

- 1 scoop vanilla protein powder
  - 1/2 of seedless red grapes
  - 1/2 of seedless green grapes
  - 8 oz water
  - 1/2 cup of ice
  - Blend well
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### **Pine-apple apple**

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#### **Ingredients:**

- 1 scoop vanilla protein powder
  - 4 oz of pineapple juice unsweetened
  - 4 oz of apple juice unsweetened
  - 1/2 cup of ice
  - Blend well
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### **REAL Cherry Coke**

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#### **Ingredients:**

- 1 scoop vanilla protein powder
  - 8oz of diet coke or coke zero
  - 1/2 cup of bing cherries
  - 1/2 cup of ice
  - Blend well
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### **Citrus Spritz**

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#### **Ingredients:**

- 1 scoop vanilla protein powder
  - 8oz of diet 7up or Sprite
  - 1/2 orange
  - Splash of lime juice
  - Splash of lemon juice
  - Blend well
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**Sunrise Smoothie**

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**Ingredients:**

- 1 scoop vanilla protein powder
- 1 cup orange juice (or orange tang)
- ½ banana (peeled)
- 1 carton Low Carb Vanilla Yogurt
- 1 tablespoon Splenda
- 4-5 frozen strawberries
- Mix in blender until smooth

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**Tropical Sunrise Smoothie**

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**Ingredients:**

- 1 scoop of vanilla protein powder
- 4 oz orange juice
- 4 oz cherry juice
- 1 large banana
- 4 ice cubes
- Mix and blend well

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**Grape-Grapefruit Bliss**

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**Ingredients:**

- 1 scoop vanilla protein powder
- 4 oz of white grape juice
- 4 oz of ruby red grapefruit juice
- 2 packets of splenda
- 4 ice cubes

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**Plain Jane**

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**Ingredients:**

- 1/2 scoop vanilla protein powder
- ½ scoop of chocolate protein powder
- 8 oz of milk
- 4 ice cubes

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**Melon Ball Madness**

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**Ingredients:**

- 1 scoop vanilla protein powder
- 1/3 cup of chunked honey dew melon
- 1/3 cup of cantaloupe melon
- 1/3 cup of watermelon (unseeded)
- 8 oz of water
- ½ cup ice
- Blend well

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### Chocolate Peanut Butter Death

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#### Ingredients:

- 2 scoops Chocolate Protein Powder
- 8 oz Cold Water
- 2 tsp Chocolate SF Pudding Mix
- 1 packets Splenda
- 1 Generous splash (probably 1 1/2 ounces) of SF DaVinci Peanut Butter Syrup
- 1 Generous splash (probably 1 1/2 ounces) of SF DaVinci Cookie Dough Syrup
- 1 Heaping Tablespoon (Daloop) of sugar free Cool Whip Light
- 1 Heaping Teaspoon of Reduced Fat Creamy Peanut Butter
- approx. 6 oz of crushed ice
- Mix until entirely smooth - pour - sit back and enjoy pure indulgence

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### Creamy Peach Melba

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#### Ingredients:

- 6-8 frozen peach slices
- 4-6 oz water
- 1 tbsp peach mangoTea Flavor
- 1 tsp DaVinci Raspberry flavor
- 2 packets splenda
- 1 tbsp heavy cream
- 2 scoops vanilla Protein Powder
- Blend peaches,
- Water, flavorings, & splenda until liquid.
- Add protein powder.
- Drizzle in cream last. Blend well.

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### Fudgesicle

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#### Ingredients:

- 1 1/2 scoops chocolate protein powder
- 12 oz cold water
- 10 packets splenda
- 1 sugar free fudgesicle
- 1/2 oz DaVinci sugar free vanilla syrup
- 6 ice cubes
- put all ingredients except protein into blender- blend on high until no more pings from ice on blades- turn down blender until top of mixture is moving but not splashing-add protein-replace cover and whirl- but not too high or it will puff up to about 40 oz!

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### Old Fashioned Vanilla Ice Cream Shake

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#### Ingredients:

- 1 1/2 scoop Vanilla Protein Powder
- 4-5 packets of Splenda
- 1 capful DaVinci's Sugar-Free Vanilla Syrup
- lots of ice cubes
- Blend syrup and Splenda together.
- Add protein powder; blend until mixed.
- Add Ice and blend until chopped well.

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### S'mores

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#### Ingredients:

- Splash coffee (optional, but really does taste better!)
- 4 oz of milk, 4 oz of water
- Splash DaVinci Sugar-free Toasted Marshmallow syrup (to taste)
- Chocolate protein powder
- ice
- blend thoroughly

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### Snicker Smoothie

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#### Ingredients:

- splash Snicker doodle coffee
- splash water
- 1 scoop chocolate protein powder
- ice
- Blend thoroughly.
- Don't have Snicker doodle coffee?  
Substitute regular coffee, SF hazelnut syrup and the SF cinnamon sugar.

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### Snickers Bar Smoothie

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#### Ingredients:

- splash chocolate caramel coffee
- splash water
- 1 tsp peanut butter or SF peanut butter syrup
- chocolate protein powder
- ice
- Blend thoroughly.
- Don't have chocolate caramel coffee?
- You can substitute it with regular coffee,
- SF caramel syrup, SF chocolate syrup (optional) if you want even more of a chocolaty taste.

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### Vanilla Frosty

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#### Ingredients:

- 1 1/2 scoops vanilla protein powder
- 1/2 to 1 container Dannon Fit and Light yogurt (any flavor)
- 3/4 c water or almond milk
- 10-12 ice cubes
- Blend in blender until the consistency of a Wendy's frosty

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### Lemon Strawberry Yogurt Frosty

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#### Ingredients:

- 1 cup nonfat vanilla yogurt
- 1 scoop vanilla protein powder
- 1/2 cup lite orange juice
- 1 & 1/2 cup strawberries
- 1/2 cup crushed ice
- 1 T. lemon juice
- 1/2 tsp. lemon zest
- Combine all in blender until smooth.

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### Colossal Cranberry Smoothie

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#### Ingredients:

- 1 1/2 cups lite Cran-Raspberry Juice
- 2 cups frozen mixed berries
- 1 1/2 cups nonfat vanilla frozen yogurt
- 2 scoops vanilla protein powder
- Put all ingredients into blender and blend until smooth

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### Ultimate Oatmeal

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#### Ingredients:

- 1 serving cooked plain oatmeal (1/2 cup precooked)
- 1 to 1 1/2 scoops vanilla protein powder



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### Banana Cheerio Quickfast

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#### Ingredients:

- 1 to 2 scoops of chocolate protein powder
- 6 to 8 ounces of water
- 4 to 6 ice cubes
- 1 banana
- 3/4 cup – 1 cup of original cheerios
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

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### Mango Banana Protein Lassi

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#### Ingredients:

- 4 oz. milk
- 4 oz. water
- 1/4 cup Greek yogurt
- 1 Tbs. SF Vanilla Syrup
- 1 scoop vanilla protein powder
- 1/2 Banana (fresh or frozen)
- 1/2 cup fresh or frozen mango chunks
- 2-3 ice cubes

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### Amaretto

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#### Ingredients:

- 2 scoops Vanilla Royale Protein Powder
- 8 ounces water
- 1 shot Davinci SF Amaretto
- Coffee to taste
- Mix two scoops of protein with 8 ounces of water.
- Add SF syrup
- Add coffee to taste

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### Caramel Hazelnut Shake

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#### Ingredients:

- 2 scoops vanilla protein powder
- 1 c. Milk
- 3 T. Coffee Mate sf Hazelnut non-dairy creamer
- 1 oz. sf Caramel syrup
- Ice (I use an entire tray)

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### Chocolate Caramel Brownie

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#### Ingredients:

- 2 scoops Chocolate protein powder
- 1 cup milk
- 1 shot sf caramel syrup
- 4 sugar free brownie bites
- Ice cubes

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### Whatever flavor you want latte

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#### Ingredients:

- 1 1/2 scoops Vanilla protein powder
- 16 oz cold brewed coffee (I like Starbucks Sumatra blend)
- 4 oz milk (I've added a little half-n-half to make it creamier) skim or 1% are best
- your favorite SF syrup..chocolate, caramel, vanilla.. the possibilities are endless!
- lots of ice

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### Snickers Protein Drink

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#### Ingredients:

- 2 cups Milk

- 2 scoops of vanilla protein
- 1 tablespoons sf chocolate sauce
- 1 tablespoons sf caramel sauce
- 2 pumps sf hazelnut syrup
- 1-3 shots (3-4 ounces) espresso or very strong coffee

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### Cinnamon Protein Shake

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#### Ingredients:

- 2 scoops Vanilla protein powder
- 1 tbsp sugar-free instant vanilla pudding
- 1/4 tsp cinnamon
- 1/2 tsp imitation vanilla (or 1/4 tsp extract)
- 1 packet artificial sweetener
- a few dashes butter-flavor extract
- 8 oz. water (or low-fat milk)
- 3 ice cubes

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### Donna's Delicious Protein Smoothie

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#### Ingredients:

- 6 to 8 oz sunrise orange crystal light (premade)
- 3 ice cubes
- 3 frozen raspberries
- 1 scoop of vanilla protein powder
- Optional: tablespoon of light cool whip
- Mix crystal light with the ice cubes and frozen raspberries,
- Add the scoop of vanilla protein powder
- And mix only for a few seconds (mixing the protein too much causes it to foam)

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### Cookies and Cream

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#### Ingredients:

- Splash of Cookies & Cream coffee
- Splash of water
- 1 tsp. Sugar Free DaVinci Chocolate Chip Cookie Dough Syrup (optional)
- 1/3 scoop vanilla protein powder

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### Coco Loco

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#### Ingredients:

- 1 1/2 scoops Vanilla Protein powder
- 6 packets Splenda
- splash SF Peach Mango Ice Tea flavoring
- 2 drops Coconut extract
- 2 drops Pineapple extract
- 1 drop Rum extract (optional)
- 5 ice cubes
- Blend and chop ice thoroughly

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### Chocolate Covered Raspberries

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#### Ingredients:

- 2 scoops chocolate protein powder
- 8 oz water (or low fat, almond, or cashew milk)
- 1 tsp sugar free raspberry syrup
- Blend and enjoy

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### Chocolate Frosty Shake

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#### Ingredients:

- 1 rounded scoop Chocolate Protein Powder
- 1 rounded tsp. fat free sugar free French Vanilla International Coffee
- 1 rounded tsp. fat free Creamora (non-dairy coffee creamer powder)
- 10 ice cubes
- Use a blender to get a shake-like consistency

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## **Ultra Chocolate Banana**

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### **Ingredients:**

- 1/2 cup banana Fat-Free NutraSweet Sweetened Yogurt
- 1/2 cup Non-fat Milk
- 1/2 cup ripe banana peeled and sliced
- Dash of Vanilla
- 1 Scoop Chocolate Protein Powder
- Put all ingredients except ice in blender,
- Blend until smooth.
- Add ice and blend
- To give it a frozen smoothie consistency.