Arbonne Protein Shake Recipes

**NUTTY APPLE CINNAMON SHAKE**
- 8 oz. Unsweetened or Vanilla Almond Milk + Ice
- ¼ Cup unsweetened Applesauce
- 1 Tbsp Almond Butter
- ¾ Tsp cinnamon

**SUGAR & SPICE & EVERYTHING NICE**
- 8 oz. Coconut Milk + Ice
- Couple of shakes of Pumpkin Pie Spice
- One shake of Nutmeg
- Dash of Pure Vanilla Extract
- 1 Tsp Cinnamon or more

**PUMPKIN PIE**
- ¼ Cup Canned Pumpkin
- 8 oz. Unsweetened, Vanilla or Chocolate Almond Milk + Ice
- Pumpkin Pie spice & Stevia to taste
- 1 Tbsp Pecans or Almonds

**ALMOND CRUNCH**
- 8 oz. Unsweetened, Vanilla, Chocolate Almond or Coconut Milk + Ice
- 1 Tbsp Slivered or Sliced Raw Almonds

**VANILLA CHAI**
- 3 oz. Unsweetened, Vanilla Almond or Coconut Milk
- 1 Cup of Brewed Decaf Chai Tea + Ice

**CARROT CAKE**
- 1 cup cooked, chopped Carrots
- 1 Tbsp Walnuts
- 1 tsp Pumpkin Pie Spice + Cinnamon
- 1 cup of Water + 1 cup Almond milk + Ice
PEANUT BUTTER (Add ½ Banana to Jazz it Up)
- 2 Scoops of Arbonne Essentials Chocolate or Vanilla Protein Powder
- 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla or Chocolate Almond Milk
- 1 Tbsp Smucker’s Natural Creamy Peanut Butter or use Almond Butter
- 1 Scoop non-fat Frozen Yogurt or just ice

ALMOND JOY
- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla Coconut or Almond Milk + Ice
- 1 Tbsp Almond Butter
- ⅛ Tsp Coconut Extract

CINNABUN PROTEIN SHAKE
- 8 oz. Unsweetened, Vanilla or Chocolate Almond Coconut Milk + Ice
- 1 Tsp Cinnamon
- Splash of Vanilla Extract

CHOCOLATE MOCHA COFFEE
- 1 Scoop Arbonne Essentials Vanilla Protein Powder
- 1 Scoop Arbonne Essentials Chocolate Protein Powder
- 1 scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Cup Coffee
- 1 Cup ice

CHOCOLATE BANANA BLISS
- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened, Vanilla or Chocolate Almond or Coconut Milk + Ice
- 1 Medium Banana

CHUNKY MONKEY
- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- ½ Medium Banana
- 1 Tbsp Almond Butter
- 1 Tsp Ground Flax Seed
- 8 oz. Water + Ice

THE MINT COOKIE
- 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
- 8 oz. Unsweetened Almond Milk or Water + Ice
- ¼ Tsp Natural Mint Extract
CHOCOLATE VANILLA CHAI SHAKE
• 1 Scoop Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Essentials Chocolate Protein Powder
• 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• 8 oz. Unsweetened, Vanilla or Chocolate Almond Milk + Ice
• Pumpkin Pie Spice

MOCHA SHAKE
• 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• 8 oz. Unsweetened, Vanilla, Chocolate Almond or Coconut Milk + Ice
• 1 Tbsp of Almond Butter
• 1 Tsp Instant Decaf Coffee Crystals

THE CHOCOLATE MACAROON
• 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• 8 oz. Unsweetened, Vanilla or Chocolate Almond or Coconut Milk
• ¼ Cup of Unsweetened, Shredded Coconut in the blender with Ice

CHOCOLATE SPINACH CRUNCH
• 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• 9 oz. Water + Ice
• 1 ½ - 2 Handfuls of Fresh Spinach
• 6-8 Hazelnuts

DOUBLE CHOCOLATE FIX
• 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• 8 oz. Unsweetened Chocolate Almond or Coconut Milk + Ice
• ¾ Tsp Flax Oil
• Pinch of Unsweetened Cocoa Nibs
• 1 Tsp Unsweetened Cocoa Powder

BLACK FOREST
• 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• 8 oz. Unsweetened Chocolate Almond Milk
• Pinch Unsweetened Cocoa Nibs
• 1 Tsp Unsweetened Cocoa Powder
• ¼ Cup Dark Cherries (NOT Maraschino!)
• 8 oz. Water + Ice
HEAVENLY CHOCOLATE
• 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost
• 8 oz. Unsweetened Chocolate Almond Milk + Ice
• 1 Tbsp Almond Butter
• ¾ tsp Cinnamon

CHOCOLATE BERRY DELIGHT
• 2 Scoops Arbonne Essentials Chocolate Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• ½ Cup Coconut Milk
• ½ Cup Frozen Mixed Berries + Ice

PRETTY IN PINK
• Splash of Pure Cranberry Juice
• Handful of Strawberries and Raspberries (fresh or frozen)
• 8 oz. of Unsweetened, Vanilla Coconut or Almond Milk + Ice

BERRY POWER
• ½ Cup Blueberries
• ¼ Cup Strawberries
• ¼ Cup Blackberries
• 1 Medium Carrot
• 8 oz. Unsweetened, Vanilla Coconut or Almond Milk
• ½-1 Cup Pomegranate Juice (Cranberry is an okay substitute) + Ice

SWEET VERRY BERRY
• ¼ Cup Coconut Milk + ½ cup Unsweetened Almond Milk
• 8 oz Water + Ice
• 1 Tbsp of Almond Butter
• ¼ Cup frozen or fresh Berries
• (optional: a pinch or two of Unsweetened Coconut Shavings)

BANANA & BERRIES
• 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• 8 oz. Unsweetened Almond Milk
• 1 Cup Berries and ½ Banana
• 1 Scoop non-fat Frozen Yogurt, Low-Sugar Sorbet or just Ice
BLACKBERRY TANG
• 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• ¼ Cup Coconut Milk
• ½ Cup Unsweetened Almond Milk. Add ice
• 1 Tbsp Almond Butter
• 1 Arbonne Pomegranate fizzy stick, in ½ Cup of Water
• ½ Cup Blackberries, Unsweetened

LEMON LIME FRESH
• ¼ Cup Coconut Milk or Unsweetened Almond Milk + Ice
• ½ Cup of Water
• 1-2 Tsp of Stevia
• ½ a Lemon/Lime, peeled and sliced (*May add a few rind shavings for zing or use 1-2 Tbsp Fresh Lemon/Lime Juice)

ISLAND LIME
• ½ Peeled Lime and ½ Banana
• 1 Bunch Spinach
• 8 oz water + Ice

KIWI LIME SHAKE
• 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 scoop of Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• Handful of Sliced Kiwis
• Juice of 2 Lime Wedges (to intensify flavor, add lime zest)
• ¼ Cup Unsweetened, Vanilla Coconut or Almond Milk + Ice

THE PINA COLADA
• 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• 8 oz. Unsweetened or Vanilla Coconut Milk
• 1 Cup of Fresh Pineapple (pineapple juice will do in a pinch)
• 1 Tsp. Coconut Extract
• ¼ Cup of Unsweetened, Shredded Coconut in the blender with Ice

“PISTACIO” DREAM
• 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• ½ Cup Water + ½ Cup Coconut Milk + Ice
• ½ Avocado
BAY COOLER
• 4 oz. Water
• 6 Cherries
• ¼ Cup Fresh Pineapple chunks + Ice

ITALIAN MELON
• 1 Small Orange + 1 Cup Cubed Cantaloupe
• 3 Basil Leaves
• 8 oz Water + Ice

ORANGE CREAMSICLE
• 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 Scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• 4 oz. Unsweetened or Vanilla Almond Milk
• 4 oz. Orange Juice
• 1 Scoop low sugar Orange Sorbet

ORANGE PEAR
• ½ Cooked Sweet Potato
• ½ Pear
• Pinch of Orange Zest
• 8 oz. Water + Ice

FUZZY PEACH
• 3 oz. Coconut Milk + 4 oz. Water + Ice
• ½ Cup Frozen Peaches

TRIPLE TROPIC
• ¼ Peeled Kiwi, ¼ Peeled Mango, ½ Cup Fresh Pineapple Chunks
• 4 oz. Water + Ice

PAPAYA LIME
• ½ Lime, ½ cup Papaya Chunks, ½ Golden Passion Fruit
• 8 oz. Water + Ice
VEGGIE MAX
• Lightly Steamed Veggies: ½ Carrot, 2 Broccoli Florets, Handful Fresh Spinach
• ½ Apple, Slice + ½ Small Orange, Peeled
• 8 oz. Water + Ice

THE GRINCH
• 2 Scoops Arbonne Essentials Vanilla Protein Powder + 1 scoop Arbonne Daily Fiber Boost + Arbonne Digestion Plus Packet
• ½ Cup or more of Chopped Spinach
• 1 Packet or serving of Wheat Grass Powder
• 8 oz. of Almond Vanilla Milk
• 1 Green Apple, chopped in small pieces