

“No-Milk” Shakes with Juice Plus+ Complete

Recipes for Vanilla Juice Plus+ Complete:

1. Cinnamon-Blueberry Sensation

- 1 scoop Vanilla Juice Plus+ Complete
- 1/2 cup hemp milk or almond milk
- 1/2 cup frozen blueberries
- 1/4 teaspoon cinnamon, plus more to taste
- 1/2 cup water
- 2 tablespoons hemp seeds

Blend ingredients for 30-40 seconds in a high speed blender such as a Vitamix.

2. Lemon-Peach Pie Smoothie

- 1 scoop Vanilla Juice Plus+ Complete
- 1/2 cup hemp milk or almond milk
- 1/2 cup frozen peaches
- 1/4 teaspoon pure lemon extract
- 1/4 cup water
- 2 tablespoons hemp seeds

Blend ingredients for 30-40 seconds in a high speed blender such as a Vitamix.

3. Raspberries and Cream Smoothie

- 1 scoop Vanilla Juice Plus+ Complete
- 1/2 cup hemp milk or almond milk
- 1/2 cup frozen raspberries
- 1/4 teaspoon pure almond extract
- 1/4 cup water
- 2 tablespoons hemp seeds

Blend ingredients for 30-40 seconds in a high speed blender such as a Vitamix.

4. Coconut-Mango Delight

- 1 scoop Vanilla Juice Plus+ Complete
- 1/2 cup hemp milk or almond milk
- 1/2 cup frozen mango chunks
- 1/4 teaspoon pure lemon extract
- 1/4 cup water
- 2 tablespoons unsweetened, un-sulfured raw shredded coconut

Blend ingredients for 30-40 seconds in a high speed blender such as a Vitamix.

5. Orange Vanilla “Dreamsicle”

- 1 scoop Vanilla Juice Plus+ Complete
- 1/2 cup hemp milk or almond milk
- 1 *whole* orange, peeled and cut into chunks
- 1/4 teaspoon pure lemon extract
- 1/4 cup water
- 1 tablespoon hemp seeds

Blend ingredients for 30-40 seconds in a high speed blender such as a Vitamix.

6. Coconut-Pineapple Lime Slushy

- 1 scoop Vanilla Juice Plus+ Complete
- 1/2 cup hemp milk or almond milk
- 3/4 cup frozen pineapple chunks
- 1/4 teaspoon pure lemon extract
- 1/4 cup water
- 2 tablespoons unsweetened, un-sulfured raw shredded coconut
- Juice from 1/4 of a lime

Blend ingredients for 30-40 seconds in a high speed blender such as a Vitamix.
