

LESS Frappachino:

- ❖ 1 serving MORE (20 grams). This can be omitted if desired.
- ❖ 1 serving LESS Vanilla (30 grams).
- ❖ ½ cup water.
- ❖ ½ cup milk.
- ❖ 1 tablespoon instant coffee granules.
- ❖ 2 tablespoons favorite flavor of fat-free or sugar-free liquid coffee creamer.
- ❖ ½ teaspoon vanilla extract.
- ❖ ½ teaspoon almond extract.
- ❖ add ice to your liking (approximately 2 cups).
- ❖ blend.

Nussentials Smoothie:

- ❖ 1 serving MORE (20 grams). This can be omitted if desired.
- ❖ 1 serving LESS Vanilla (30 grams).
- ❖ 1 heaping tablespoon mango/raspberry sherbert.
- ❖ 1 cup mixed berries; fresh or frozen (if frozen, no need to add ice); blueberries, raspberries, strawberries.
- ❖ ¼ cup pomegranate or pomegranate/cranberry/raspberry juice.
- ❖ ¼ cup orange juice.
- ❖ 1 banana or mango. This can be omitted if desired.
- ❖ add ice to your liking (approximately 2 cups).
- ❖ blend until smooth.

Yogurt Shake:

- ❖ 1 serving LESS Vanilla (30 grams).
- ❖ orange/pinapple juice.
- ❖ 1 splash Dannon smoothie pina colada.
- ❖ 1 container of yogurt; banana/strawberry/peach or any flavor yogurt.
- ❖ 2 cups ice.
- ❖ blend until smooth.

Orange Shake:

- ❖ 1 serving LESS Vanilla (30 grams).
- ❖ 8 oz orange juice.
- ❖ add ice to your liking (approximately 2 cups).
- ❖ blend until slushy.

Frozen Chocolate Peanut Butter Pops:

- ❖ 1 serving LESS Chocolate (33.5 grams).
- ❖ ¾ cup fat-free milk.
- ❖ 2 tablespoons peanut butter.
- ❖ In blender combine all the ingredients. Cover and blend for 2 minutes.
- ❖ Divide the mixture into 3 ice pop molds.
- ❖ Freeze until firm.

High-Protein Shake:

- ❖ 1 serving MORE (20 grams).
- ❖ 1 serving LESS Vanilla (30 grams).
- ❖ 8 oz soy milk.
- ❖ 1 packet Carnation Instant Breakfast™,
- ❖ blend well.

Health Shake:

- ❖ 1 serving of LESS Vanilla (30 grams) or LESS Chocolate (33.5 grams).
- ❖ 1 fresh or frozen banana.
- ❖ 1 to 2 cups of liquid (water, skim / soy / almond / coconut milk).
- ❖ Flavor options:
 - ❖ 1 tbsp. peanut butter.
 - ❖ ¼ cup fat free Greek yogurt.
 - ❖ Frozen mixed berries.
 - ❖ Ice cubes to taste.
- ❖ Add sweeteners to taste (honey, agave nectar, Stevia, etc.).
- ❖ Add any combinations of the following Nussentials products for optimal health and wellness:
 - ❖ MORE
 - ❖ MULTI
 - ❖ CORE
 - ❖ RESTORE
 - ❖ ALERT

Vanilla Shake:

- ❖ 1 serving LESS Vanilla (30 grams).
- ❖ ½ cup fat-free, sugar free vanilla ice-cream or frozen yogurt.
- ❖ ½ cup fat-free milk.
- ❖ In a blender, combine all the ingredients. Cover and process for 1-2 minutes to get frothy.

Vanilla Cappuccino Frappe:

- ❖ 1 serving LESS Vanilla (30 grams).
- ❖ 1 cup ice.
- ❖ 2/3 cup fat-free milk.
- ❖ 1/3 cup brewed espresso or other strong coffee (cold).
- ❖ In a blender, combine all the ingredients. Cover and process for 1-2 minutes.

Vanilla Fizz:

- ❖ 1 serving LESS Vanilla (30 grams).
- ❖ 1 cup of ice.
- ❖ ½ cup of diet soda (any flavor; cherry or the chocolate work best).
- ❖ ¼ cup fat free milk
- ❖ ¼ cup thawed frozen non dairy light whipped topping
- ❖ In blender combine all the ingredients. Cover and process 1-2 minutes.

To pack any recipe with antioxidants and nutrition, add a serving of MORE, MULTI or CORE.