



NUTRISH MISH

SPRING SHAKES



Nutrish Mish

TABLE OF CONTENTS

Spring Cleansing Shake.....	p.1
Spring Fever Fighter.....	p.2
Anti-Aging Acai Shake.....	p.3
Blackberry Vanilla Energizer.....	p.4
Carrot Cake Shake.....	p.5
PB&J Protein Shake.....	p.6
Banana Zucchini Bread Shake.....	p.7
Peaches & Cream Shake.....	p.8
Sunflower Butter Shake.....	p.9
Strawberry Shortcake Shake.....	p.10



SPRING CLEANSING SHAKE



INGREDIENTS

- 1 cup unsweetened nut milk
- 1 cup frozen mango
- 1 scoop NM Vanilla Protein
- 1 scoop NM Cleanse
- 1/4-1/2 tsp grated ginger
- 1 cucumber
- 2 tsp flax seeds

1 red, 1 yellow, 2 greens

SPRING FEVER FIGHTER



INGREDIENTS

- 1.5 cup unsweetened almond or cashew milk
- 1 tsp chia seeds
- 1 scoop NM Immunity
- 1 scoop NM Vanilla Protein
- 1 cup frozen raspberries
- optional: few slices frozen banana

1 red, 1 yellow, 2 greens

ANTI-AGING ACAI SHAKE



INGREDIENTS

- 1 cup unsweetened almond or cashew milk
- 1 scoop NM Vitality
- 1 scoop NM Vanilla Protein
- 1 frozen unsweetened acai packet
- 1 frozen banana

1 red, 1 yellow, 2 greens

BLACKBERRY VANILLA ENERGIZER



INGREDIENTS

- 1 cup unsweetened almond or cashew milk
- 1 cup frozen blackberries
- 1 handful spinach or kale
- 1 tbsp flax or chia seeds
- 1 scoop NM Vanilla Protein
- 1/2 frozen banana

1 red, 1 yellow, 2 greens

CARROT CAKE SHAKE



INGREDIENTS

- 1 cup unsweetened almond or cashew milk
- 1 carrot
- 1 scoop NM Vanilla Protein
- 1 tbsp almond butter
- 1/2 frozen banana
- 1/2 tsp cinnamon

1 red, 1 yellow, 2 greens

PB&J PROTEIN SHAKE



INGREDIENTS

- 1-1.5 cup unsweetened almond or cashew milk
- 1 scoop NM Vanilla Protein
- 1 tbsp peanut butter
- 1 cup frozen mixed berries
- 2 tbsp rolled oats

1 red, 1 yellow, 1 blue

BANANA ZUCCHINI BREAD SHAKE



INGREDIENTS

- 1-1.5 cup unsweetened almond or cashew milk
- 1 scoop NM Vanilla Protein
- 1/2 frozen banana
- 2 tsp almond butter
- 2 tbsp rolled oats
- 1 tsp cinamon
- 1/4 tsp butter extract
- 1/2 cup shredded zucchini

1 red, 1 yellow, 1 blue

PEACHES & CREAM SHAKE



INGREDIENTS

1 cup unsweetened

- almond or cashew milk
- 1/4 cup plain greek yogurt

3/4 scoop NM Vanilla

- Protein
- 1 cup frozen peaches
- 2 tsp chia seeds

CHOCOLATE SUNBUTTER SHAKE



INGREDIENTS

- 1-1.5 cup unsweetened almond or cashew milk
- 1 scoop NM Chocolate Protein
- 1 tbsp Sunflower Seed butter
- 1 frozen banana
- ice if needed

STRAWBERRY SHORTCAKE SHAKE



INGREDIENTS

- 1 cup unsweetened almond/cashew milk
- 1 cup frozen strawberries
- 1 scoop NM Vanilla Protein
- 2 tbsp rolled oats
- 1/4 cup plain greek yogurt
- 1/4 tsp butter extract