

# Naturade® Protein Powder Shake Recipes



Use any Naturade protein powder to mix these mouth watering recipes!

## PROTEIN "FRUIT SMOOTHIES"

### Peach Flip

1 ripe peach (washed and sliced)  
1/3 cup Naturade protein powder  
6 oz milk  
1 tsp. honey or turbinado sugar

### Banana Flip

1 small banana  
1/3 cup Naturade® protein powder  
6 oz milk  
1 tsp. honey or turbinado sugar

### Hawaiian Delight

2 oz papaya juice  
2 oz pineapple juice  
2 oz coconut juice  
1/3 cup Naturade® protein powder

### California Hawaiian

2 oz carrot juice  
2 oz papaya juice  
2 oz coconut juice  
1/3 cup Naturade® protein powder

### Applejack

6 oz apple juice  
1/3 cup Naturade® protein powder  
(you can substitute any juice such as; grape, orange or pineapple in place of apple juice.)

## PROTEIN "MILK SHAKES"

### Tropical Smoothie

5 oz milk  
1/3 cup Naturade® protein powder  
1/2 cup fresh or frozen berries  
(add a scoop of ice cream for a special treat)

### Chocolate-Banana Smoothie

5 oz milk  
1/2 banana  
1/3 cup Naturade® protein powder  
(Chocolate)

### Coconut Shake

5 oz milk  
1 rounded tsp. unsweetened coconut  
1 tsp. pure coconut extract  
1 tsp. honey  
1/3 cup Naturade® protein powder

### Vanilla Shake

5 oz milk  
1/4 tsp. pure vanilla extract  
1/3 cup Naturade® protein powder

### Honey-Molasses

6 oz milk  
1 tsp. molasses  
1/2 tsp. honey  
1/3 cup Naturade® protein powder

## PROTEIN "SPECIALTY SHAKES"

### Hawaiian Delight

2 oz papaya juice  
2 oz pineapple juice  
2 oz coconut juice  
1 small banana  
1/3 cup Naturade® protein powder

### Date Shake

6 oz milk  
4 pitted dates (or 1 tbsp. date butter)  
1/3 cup Naturade® protein powder  
(add a scoop of ice cream for a special treat)

### Body Builder

4 oz apple juice  
2 oz pineapple juice  
1/2 banana  
1 tsp. yeast powder  
1 tsp. wheat germ  
5 grams of creatine  
1/3 cup Naturade® Weight Gain

### Low-Cal

6 oz non-fat milk  
1 tbsp. dietetic maple syrup  
1/3 cup Naturade® protein powder

### Islander

2 oz papaya juice  
2 oz coconut juice  
2 oz orange juice  
1 scoop ice cream  
1/3 cup Naturade® protein powder

## PROTEIN "YOGURT SHAKES"

### Orange Cream

1/2 cup plain yogurt (4 oz)  
6 oz orange juice (can also be made with any sweet fruit juice - pineapple, grape, etc.)  
1/3 cup Naturade® protein powder

### Strawberry Cream

1/2 cup plain yogurt (4 oz)  
5 oz milk  
1 tsp. honey  
6 fresh strawberries  
(can also be made with other fresh fruits or out-of-season frozen strawberries or blueberries)  
1/3 cup Naturade® protein powder



For best results, pour the juice or milk into the blender first, turn the blender on, add fruits, yogurt, etc. and then add Naturade® protein powder last. This will keep your protein drinks delicious creamy, & smooth!



# Protein: The Building Blocks of Life

Protein is essential to every body as it provides the building blocks for bones, muscles, skin, cartilage, and blood. Protein also helps our bodies make enzymes and hormones that keep us functioning at our best.

Because protein is the most filling and satisfying of all the nutrients, it can potentially help curb calorie intake and help us achieve or maintain a healthier body weight. Protein can also help boost energy by stabilizing blood sugar levels throughout the day.

Naturade® offers a variety of protein powders designed to support your unique health needs. [Learn more at www.naturade.com](http://www.naturade.com)



## 100% Soy® Protein Booster

Naturade 100% Soy provides a balanced profile of all the amino acids required daily. A single serving of 100% Soy delivers 25g of protein which may help reduce the risk of heart disease.



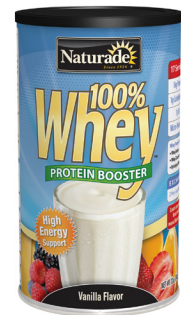
## Veg® Protein Booster

Naturade Veg is an all vegetable protein blend that is rich in phytonutrients and contains lysine and methionine to ensure you get the full profile of the daily required amino acids.



## Soy-Free Veg® Protein Booster

Pure vegetable protein with no animal, egg or dairy derivatives. This unique phytonutrient blend of high-quality protein from pea, rice, potato and barley, provides a balanced supply of daily essential amino acids.



## 100% Whey® Protein Booster

Whether you are a serious athlete looking for increased energy and performance or you are simply trying to incorporate more protein into your diet, 100% Whey contains a premium whey blend to give you exactly what your body needs.



## NRG® Protein Booster

The best of everything! A unique blend of soy, whey, milk and egg protein that delivers the complete amino acid profile your body needs on a daily basis. Naturade N-R-G tastes great and is cholesterol-free.



## Naturade® Total Soy®

Lose Weight and Reduce Cholesterol the delicious, nutritious way! 13 grams of protein, 24 vitamins and minerals per serving. Total Soy fills you up, keeps you satisfied and fuels your body all day long. Available in Chocolate, Vanilla and Strawberry.



## Naturade® Weight Gain

Maximize your calorie consumption and bulk-up with Naturade® Weight Gain. Packed with protein, carbohydrates, and calories, Naturade® Weight Gain will enhance your fitness and weight training routine and deliver more mass and energy.



## Naturade® Pea Protein™

Naturade Pea Protein™ is formulated using only the highest quality pea protein isolate available. Its phenomenal amino acid profile includes nine essential amino acids. This product is highly soluble, easy to digest, hypoallergenic – and it tastes great!