

## Juice PLUS+ Chocolate Deliciousness

### INGREDIENTS:

- 3/4 cup unsweetened vanilla almond milk
- 3/4 cup frozen cherries
- 1 tablespoon almond butter
- 1 tablespoon oats
- 1 scoop Juice Plus+® Chocolate Complete

### INSTRUCTIONS:

Dump everything in your blender. Blend until smooth, or until it reaches your favorite consistency. (Amounts are approximate.) After blending for about 15 seconds, check the consistency. Add more liquid if you like it more like a drink. Add more “stuff” if you like it more like a milkshake. Enjoy!

## Juice PLUS+ Strawberry Julius

### BLEND TOGETHER:

- 1 cup orange juice
- 1 cup frozen strawberries
- 1 handful of spinach
- 1/3 cup Juice Plus+® French Vanilla Complete
- Several ice cubes

## Juice PLUS+ Smoothie Plus+

### BLEND TOGETHER:

- 1 cup almond milk
- 1 frozen banana
- 1/2 cup frozen mixed berries
- 2 tablespoons flaxseed
- 2-3 kale leaves
- 1/3 cup Juice Plus+® Dutch Chocolate Complete
- Several ice cubes

## Juice PLUS+ Mango Berry Smoothie

### BLEND TOGETHER:

- 1 cup coconut milk
- 1/2 cup frozen mango
- 1/2 cup frozen pineapple
- 1/2 cup frozen strawberries
- 4-6 organic baby carrots
- 1/3 cup Juice Plus+® French Vanilla Complete

