

Combine your ingredients into your shaker bottle and shake thoroughly until completely blended... if desired, serve over ice.



Super Meal™

RECIPE IDEAS

SHAKER CREATIONS

L.O.V.E. - Vanilla Spice Cake

- 16 oz Vanilla Almond Milk
- 1/3 tsp Cinnamon
- 1/3 tsp Ginger
- 5 drops of L.O.V.E. Vanilla Cheesecake Flavor
- 4 scoops L.O.V.E. Super Meal



L.O.V.E. - Pina Colada On The Rocks

- 10 oz Coconut Water
- 1 dropper full of Tropical Coconut (or to taste)
- 6 oz Pineapple juice, fresh or frozen pineapple
- 4 scoops L.O.V.E. Super Meal



Chocolate Raspberry L.O.V.E.

- 16 oz plain Almond, Hemp, Oat, or Rice Milk
- 1 tbsp organic raw cacao
- 1 - 2 droppers of L.O.V.E. Chocolate Raspberry (to taste)
- 4 Scoops of L.O.V.E.



Combine your ingredients into your blender, wet ingredients first. Blend thoroughly until completely smooth... if desired, serve over ice.



Super Meal™

RECIPE IDEAS

BLENDER CREATIONS

Vanilla-Strawberry Dream

8 oz Vanilla Almond Milk
1/4 Cup Frozen Organic Strawberries
6 oz Water or 1 Cup Crushed Ice
4 scoops L.O.V.E. Super Meal



Tropical Teaser

8 oz Orange Juice
1/4 Cup Frozen Pineapple
2 Inches Banana
6 oz Water or 1 Cup Crushed Ice
4 scoops L.O.V.E. Super Meal



Mango Tango

8 oz Orange / Mango Juice
1/4 Cup Frozen Mango
2 Inches Banana
6 oz Water or 1 Cup Crushed Ice
4 scoops L.O.V.E. Super Meal



Combine your ingredients into your blender, wet ingredients first. Blend thoroughly until completely smooth... if desired, serve over ice.



Super Meal™

RECIPE IDEAS

BLENDER CREATIONS

Vanilla-Coconut Cooler

- 2 Cups Young, Fresh Coconut Water
- 1 1/2 Cups Coconut Meat
- 1 tsp Tahitian Vanilla
- 1 tbsp Raw Agave Nectar
- 4 scoops L.O.V.E. Super Meal



Chocolate-Dipped Strawberry L.O.V.E. Smoothie

- 8 oz Chocolate Almond Milk
- 1/4 Cup Organic Frozen Strawberries
- 2 Inches Banana
- 6 oz Water or 1 Cup Crushed Ice
- 4 scoops L.O.V.E. Super Meal



Apple-Berry-Banana

- 8 oz Apple Juice (unfiltered)
- 1/4 Cup Organic Frozen Strawberries
- 2 Inches Banana
- 6 oz Water or 1 Cup Crushed Ice
- 4 scoops L.O.V.E. Super Meal

