Holiday Shake Recipes

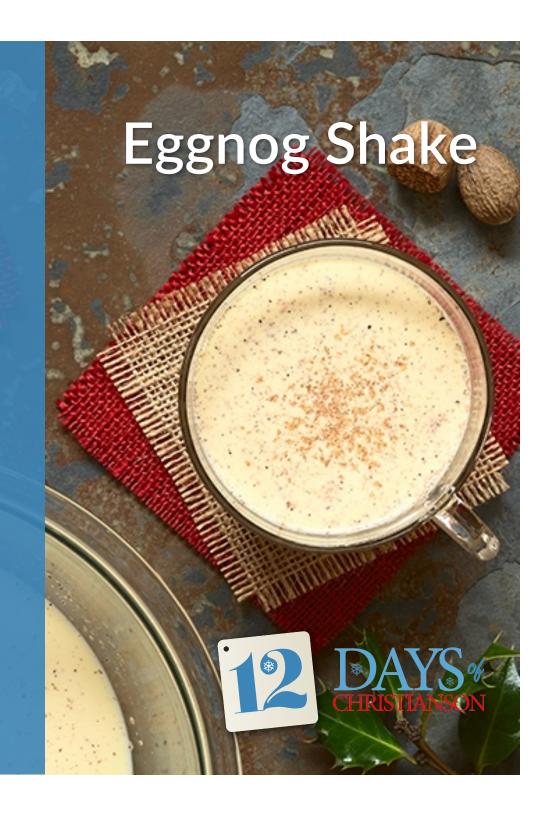
12 Holiday Recipes for a Happy, Healthy Holiday Season

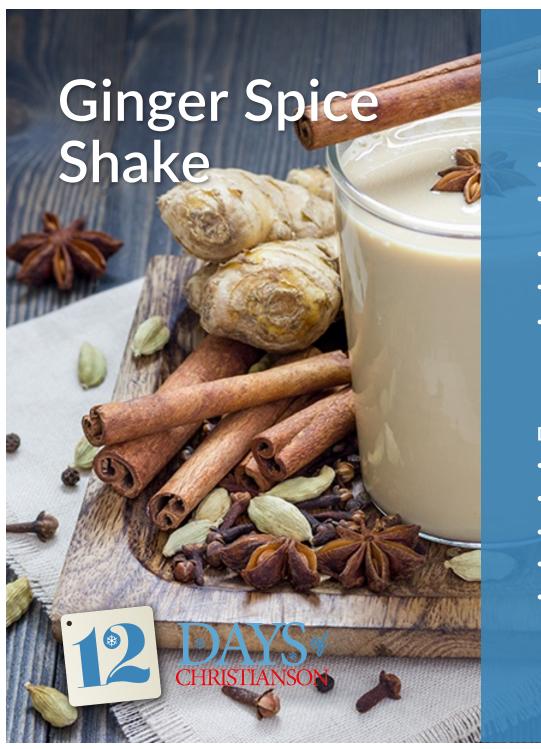




- Daily Reset Shake 1 serving (2 scoops)
- 1 cup unsweetened flax milk
- 2 medjool dates, pitted
- 1/4 cup raw cashews
- 1/4 tsp fresh ground nutmeg
- 1/4 tsp allspice
- (optional) 1/4 tsp butter extract
- 1 cup crushed ice

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth



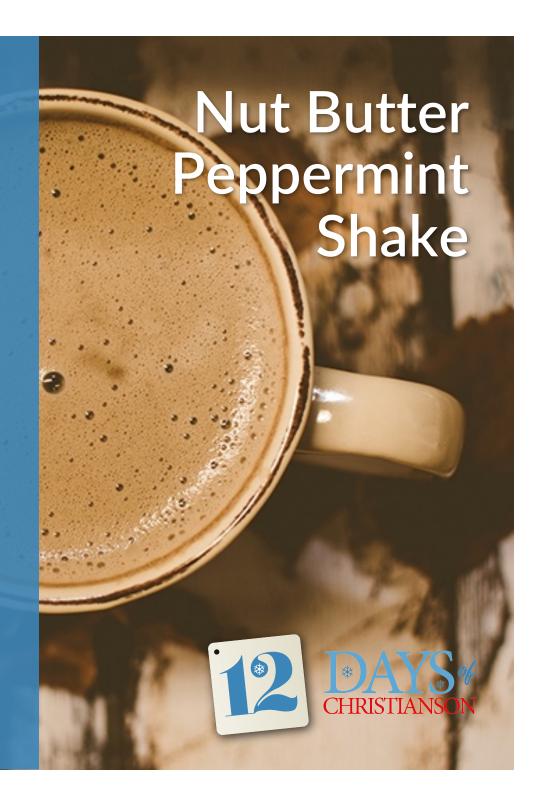


- Daily Reset Shake 1 serving (2 scoops)
- 11/2 cups water
- ½ cup unsweetened almond milk or coconut milk
- Freshly grated ginger to taste
- Cinnamon to taste
- 1 cup crushed ice

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth

- Daily Reset Shake 1 serving (2 scoops)
- 3 cups of water
- 1 tbsp red maca root
- ½ tsp. Himalayan salt
- ½ tbsp. Organic nut butter
- 2 tsp. Raw cocoa powder
- 2-3 drops peppermint oil
- 1 cup crushed ice

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth



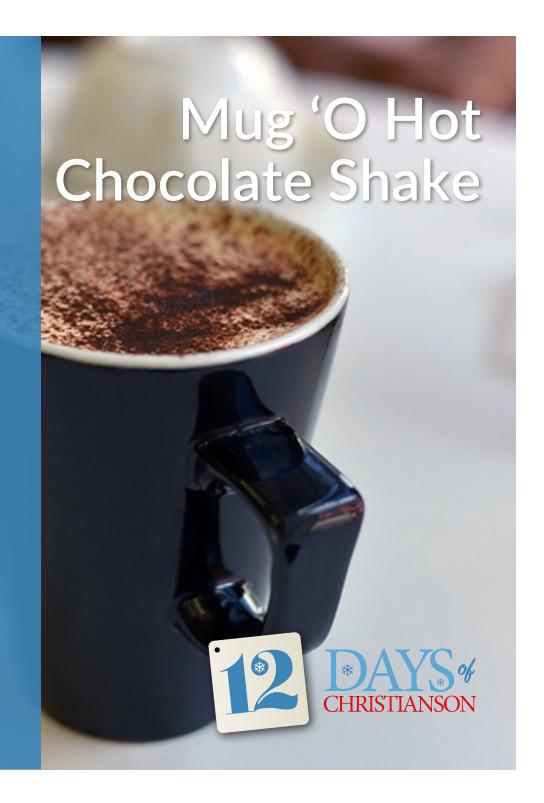


- Daily Reset Shake 1 serving (2 scoops)
- 1 cup unsweetened flax milk
- 1/2 cup organic pure pumpkin puree
- 1/2 organic banana, frozen with skin
- 1/2 tbsp organic honey
- 1/2 tsp pumpkin pie spice
- 1 tbsp toasted pumpkin seeds
- 1 cup crushed ice

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth
- Add pumpkin seeds and lightly blend a few seconds

- 2 cups water heated to 110F
- Daily Reset Shake 1 serving (2 scoops)
- 2 heaping tbsp. Unsweetened cocoa

- Add liquids ingredients first
- Add powder
- Blend all ingredients in high powered blender until smooth

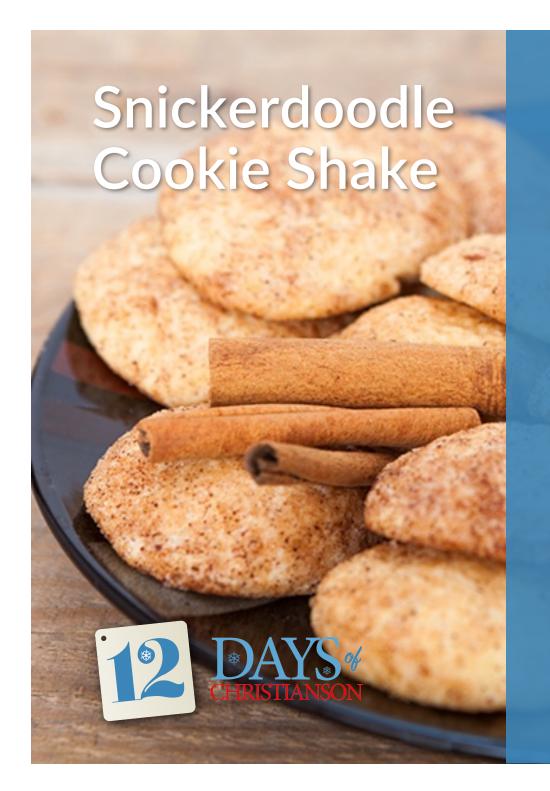




- Daily Reset Shake 1 serving (2 scoops)
- 1 cup unsweetened flax milk
- 1 granny smith apple, peeled and cored
- 1/4 cup raw oats
- 1/4 cup unsweetened coconut yogurt
- 1 tbsp cashew butter
- 1/2 tsp ground cinnamon (ceylon)

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth



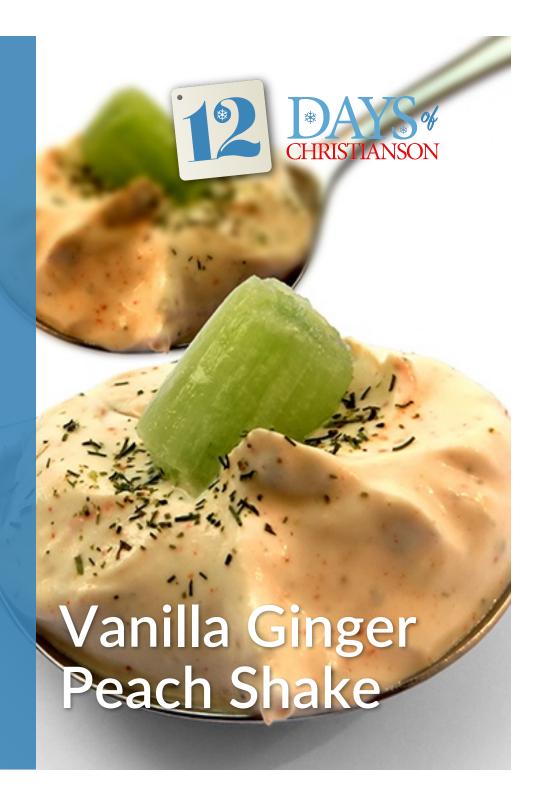


- Daily Reset Shake 1 serving (2 scoops)
- 1 ½ cups water
- ½ cup unsweetened almond milk
- ½ avocado
- ¼ tsp. Cinnamon
- 1 cup crushed ice

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth

- Daily Reset Shake 1 serving (2 scoops)
- 1 peach, halved
- ¾ inch piece of fresh ginger
- ½ cup coconut milk
- 1 cup crushed ice

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth





- Daily Reset Shake 1 serving (2 scoops)
- ½ cup unsweetened almond or coconut milk
- 2 cups water
- ¼ tsp. ground cinnamon
- ¼ tsp. ground ginger
- ½ ground cardamon
- 1/2 tsp. ground cloves
- 1 cup crushed ice

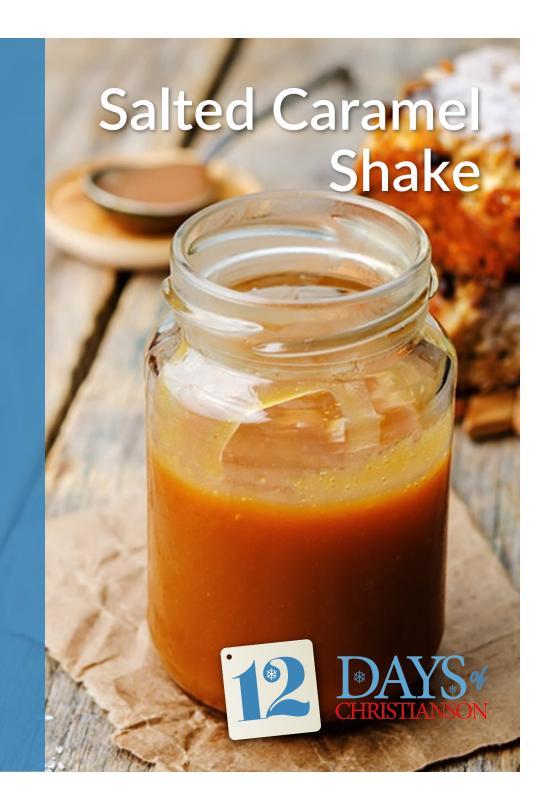
Directions

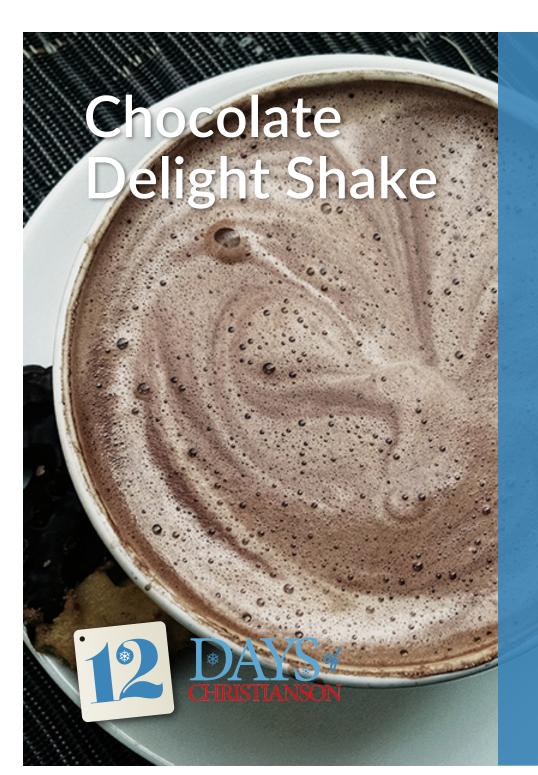
If you prefer an intense, spicy chai flavor, double the amount of each spice.

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth

- Daily Reset Shake 1 serving (2 scoops)
- 2-2 ½ cups water
- 2 tsp. of caramel extract
- Pinch of Himalayan sea salt
- 1 cup crushed ice

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth
- Add ¼ cup of navy beans (or ½ green banana) to make it a lunch serving
- Add a side of greens (½ cup frozen spinach) to make it a complete meal





- 1 ½ cups of water
- Daily Reset Shake 1 serving (2 scoops)
- 1-1 ½ teaspoons of arriba cacao powder
- 1 teaspoon Daily Greens
- 1 cup crushed ice

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth