

Holiday Shake Recipes

12 Holiday Recipes
for a Happy, Healthy
Holiday Season



DAYS^{of}
CHRISTIANSON



Eggnog Shake

Ingredients

- 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

Directions

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



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Ginger Spice Shake

A glass of ginger spice shake is the central focus, surrounded by fresh ginger, cinnamon sticks, and star anise on a rustic wooden surface. The background is a dark blue gradient with a subtle pattern of the same ingredients.

Ingredients

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

Directions

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



Nut Butter Peppermint Shake

Ingredients

- 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

Directions

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



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Pumpkin Pie Delight Shake

Ingredients

- 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

Directions

- 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



Mug 'O Hot Chocolate Shake

Ingredients

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

Directions

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



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Orange Spice Delight Shake

Ingredients

- Daily Reset Shake - 1 serving (2 scoops)
- ½ tsp. orange extract (to taste)
- ¼ tsp. cinnamon
- ⅛ tsp. ground clove
- 1 cup crushed ice

Directions

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



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Spice Apple Pie Shake

Ingredients

- 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)

Directions

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



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Snickerdoodle Cookie Shake

Ingredients

- Daily Reset Shake - 1 serving (2 scoops)
- 1 ½ cups water
- ½ cup unsweetened almond milk
- ⅓ avocado
- ¼ tsp. Cinnamon
- 1 cup crushed ice

Directions

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



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Ingredients

- Daily Reset Shake - 1 serving (2 scoops)
- 1 peach, halved
- $\frac{3}{4}$ inch piece of fresh ginger
- $\frac{1}{2}$ cup coconut milk
- 1 cup crushed ice

Directions

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



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Vanilla Ginger Peach Shake

Almond Ginger Chai Shake



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Ingredients

- 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
- ⅛ ground cardamom
- ⅛ 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

Salted Caramel Shake

Ingredients

- 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

Directions

- 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



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Chocolate Delight Shake

Ingredients

- 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

Directions

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



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