

GR² CONTROL SHAKE PARTY RECIPES

Each shake makes about 5-6 cups for Shake Party sampling.

For an individual meal shake, cut recipe into thirds.

<p>Refreshing Salad Shake</p> <ul style="list-style-type: none"> • 4 Scoops of Vanilla GR2 • 1 Cup of Ice • 2 1/2 Cups of Water • 2-3 Cups of Organic Romaine Lettuce • 1 1/2 Table spoons of Sesame Seeds 	<p>Creative Fruity Shake</p> <ul style="list-style-type: none"> • 4 Scoops of Vanilla GR2 • 1 Cup of Ice • 1 Cup of Water • 4 Cups of any fruit(s) desired, fresh or frozen.
<p>Strawberry-Grape Fruity Shake</p> <ul style="list-style-type: none"> • 4 Scoops of Vanilla GR2 • 1 Cup of Ice • 2 Cups of Water • 1 ½ Cup of Frozen Strawberries • 1 ½ Cup of Grapes 	<p>Mocha-Nut Mint Dessert Shake</p> <ul style="list-style-type: none"> • 4 Scoops of Chocolate GR2 • 2 Cups of Ice • 2 1/2 Cups of Water • 2 Teaspoons of Instant Coffee • ½ cup Crushed Almonds • 6-12 fresh mint leaves, or dry mint, or mint extract to taste
<p>Peachy-Citrus Fruity Shake</p> <ul style="list-style-type: none"> • 4 Scoops of Vanilla GR2 • 1 Cup of Ice • 1 Cup of Water • 2 Cups of Oranges with a little bit of peel • 2 Cups of Frozen Peaches 	<p>Piña Colada Shake #1</p> <ul style="list-style-type: none"> • 4 Scoops of Vanilla GR2 • 1 Cup of Ice • 2 Tablespoons of Coconut flakes (opt) • 2 cans very cold <u>Coconut Milk</u> • 3 cups Fresh Pineapple chunks (if frozen- this will be nice & thick) • ½ Teaspoon Rum Flavoring (optional) <p>-----</p> <p>Piña Colada Shake #2</p> <ul style="list-style-type: none"> • 6 Scoops of Vanilla GR2 • 1 Cup of Ice • 2 Cups of Cold Milk • 2 Tablespoons of Coconut Flakes • 2 Cups of fresh or canned Pineapple • 2 or 3 mint leaves - optional
<p>Cinna-Banana Shake</p> <ul style="list-style-type: none"> • 3 Scoops of Vanilla GR2 • & 2 Scoops of Chocolate GR2 • 1 Cup of Ice • 3 Cups of Water • 2-3 Bananas-frozen • Teaspoon of Cinnamon 	
<p>Tips: For thicker shakes, use frozen ingredients. Blend for 1 minute or more. Any tasty liquid can substitute for water, if not counting calories. Be creative! And Enjoy 😊</p>	

The following amounts are for individual shakes. Enjoy! ☺

<p>Vegetable-Fruit Shake</p> <ul style="list-style-type: none"> ▪ 2 scoops of vanilla GR2 ▪ 2 handfuls of washed fresh spinach or kale ▪ 1 cup strawberries or 1 cup blueberries or one ripe banana (choose one fruit) ▪ ½ ripe avocado ▪ 1 tablespoon of ground flax seed, freshly ground in the coffee grinder (I usually grind up a good bit and put in a small container in the freezer to dip out of when I need it) <p>Tip: You may use frozen blue berries or frozen strawberries as "ice". If I use a ripe banana, I add some ice cubes</p> <p>Invented by: Charlotte Manis</p>	<p>Extra-Super-Rich Choco-Banana-Nut Double Frostee Style Shake</p> <p>First Blend to powder:</p> <ul style="list-style-type: none"> • 1/8 cup raw almonds (a small handful), or other nuts, ideally frozen • A small amount (1 square) of dark chocolate, or a few dark-chocolate-covered nuts [optional] <p>Add and blend until smooth:</p> <ul style="list-style-type: none"> • 1 cup of ice (8-10 cubes) • 1/2 banana, frozen • 1/4 cup cold milk (or more as needed) • 2 tablespoons chilled nut butter (cashew, almond, or natural peanut) <p>At this point, if you used the chocolate, you should have something that looks roughly like an Oreo Blizzard.</p> <p>Add and blend to smoothness:</p> <ul style="list-style-type: none"> • 2 scoops of Chocolate GR2 • ½ teaspoon almond flavoring [optional] <p>Serve with spoons.</p>
<p>Waiting for your original recipe!</p>	<p>Mocha Coffee Shake</p> <ul style="list-style-type: none"> • 2 Scoops of Chocolate GR2 • 4-6 ice cubes • 1 ½ Cups of cold coffee • ½ tsp cinnamon, if desired
<p>Mexican Salad Shake</p> <ul style="list-style-type: none"> • 2 Scoops of Vanilla GR2 • 4-6 ice cubes • 1 Cup of Tomato or V-8 juice • ½ Cup of Organic Romaine Lettuce • 1/4 cup of Salsa 	<p>Mocha Coffee Shake</p> <ul style="list-style-type: none"> • 2 Scoops of Chocolate GR2 • 4-6 ice cubes • 1 ½ Cups of cold coffee • ½ tsp cinnamon, if desired