

**What you need:**

**A BLENDER**

1 Can of GNLD's GR2 Chocolate Shake

1 Can of GNLD's GR2 Vanilla Shake

1 Caramel GR2eat Bar *(cut into small pieces for samples)*

1 Lemon GR2eat Bar *(cut into small pieces for samples)*

**SHOPPING LIST:**

*Refer to recipes for quantity*

Cubed Ice

Water

Bag Shredded Iceberg Lettuce

Sesame Seeds

Seedless Oranges

Grapes

Strawberries

Peaches (we use frozen peaches)

Bananas

Cinnamon

Instant Coffee

Fresh Mint leaves

Almonds

Cups 4-5 oz (serving size is about 3-4 oz per person per shake. If there is leftover offer it to your guest.)

Napkins

**Optional for Snacks:**

Have extra strawberries, grapes, oranges and almonds for guest to snack on during the party. Put on a platter/plate somewhere close to where you are making shakes. This keeps everyone close by and observing/listening. You should also have GR2 Bar samples.

You can also do Popcorn and peanuts or a vegetable tray. This adds something crunchy and salty without much cost.

Plan according to how many guest you will have. Each shake serves 8-10 people.