

Breakfast Smoothie



Why try the Almased meal replacement shake: Designed only with the best of non-GMO plant-based protein, cultured skim yogurt, and nature's own gold - pure raw honey. It contains essential amino acids and vital nutrients, such as enzymes and prebiotics, needed by the body for healthy digestion.

Breakfast Smoothie



STRAWBERRY ALMOND FLAXTINI INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 12 oz almond milk
- 1 Tbsp flaxseeds, cold-milled and ground
- 1 tsp strawberry extract

1 portion contains 255 calories, 30 g protein, 18 g carbs, and 7 g fat.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away.

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ALMA-COLADA

INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 1/2 cup unflavored coconut water
- 1 cup bottled or filtered water
- 1 tsp pineapple extract
- 1 tsp stevia (optional)
- 1 tsp coconut oil

1 portion contains 250 calories, 30 g protein, 19 carbs, 6.5 fat, and 4 g fiber.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice if desired. Blend or shake until smooth and enjoy right away.

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BLISSFUL LAVENDER INGREDIENTS (FOR 1 PERSON):

8 Tbsp Almased
12 oz almond milk, unsweetened
1 tsp lavender, dried
1 tsp chia seeds

1 portion contains 250 calories, 40g protein,
19g carbs, 6.5 fat 4g fiber

PREPARATION

In a blender, combine Almased, liquid and other ingredients. Blend or shake until smooth. Pour into a glass and enjoy.

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PROTEIN-PACKED SHAKE INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 10-12 oz skim milk or unsweetened nut milk
- 1 Tbsp peanut butter, natural
- 1 Tbsp flaxseeds, ground
- 1 tsp oil (olive, flaxseed or walnut oil)
- 1/2 tsp banana extract
- 1/2 tsp vanilla extract

1 portion contains 343 calories, 39 g protein, 18 g carbs, 6 g fat, and 2 g fiber.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. Blend until smooth. Pour into a glass and enjoy.

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RASPBERRY YOGURT

INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 10 oz bottled or filtered water
- 6 oz plain fat-free yogurt
- 1/4 cup fresh raspberries
- 1 tsp vanilla extract

1 portion contains 294 calories, 39 g protein, 32 g carbs, and 6 g fat.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away.

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ALMASED WITH LIME INGREDIENTS (FOR 1 PERSON):

10 Tbsp Almased
5 oz low-fat milk
5 oz plain fat-free yogurt
1 lime (squeezed)

1 portion contains 379 calories, 46 g protein,
43 g carbs, and 3 g fat.

PREPARATION

in blender, blend milk and yogurt with the juice of
squeezed 1 lime and Almased. Drink quickly
because the acid makes the milk curdle.

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CHOCO SHAKE

INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 6.5 oz low fat milk
- 1 Tbsp non-fat yogurt (plain)
- 1/2 cup cold coffee
- 1/2 tsp unsweetened cocoa powder

1 portion contains 274 calories, 35 g protein, 26 g carbs, and 3 g fat.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away.

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CINNAMON APPLE PIE INGREDIENTS (FOR 1 PERSON):

8 Tbsp Almased
12 oz water
2 Tbsp unsweetened apple sauce
1 tsp ground cinnamon
vanilla extract to taste

1 portion contains 190 calories, 27 g protein,
18 g carbs, and 1 g fat.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away.

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CREAMY STRAWBERRY INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 12 oz unsweetened coconut milk
- 1/4 cup fresh strawberries halves
- 1 tsp vanilla extract
- 1 Tbsp ground flaxseeds
- 1 tsp stevia (optional)

1 portion contains 290 calories, 29 g protein, 22 g carbs, and 10 g fat.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away.

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ALMASED CLASSIC RECIPE

INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 1 tsp olive, walnut or flaxseed oil
- 10-12 oz bottled or filtered water

1 portion contains 230 calories, 27 g protein, 17 g carbs, and 6 g fat.

PREPARATION

Mix all ingredients in a blender. Then pour into a glass to enjoy!

You can flavor the classic recipe with cinnamon and other spices, instant coffee powder (or use cold coffee instead of water for mixing), unsweetened cocoa powder or a few drops of your favorite extracts, like vanilla, almond or lemon.

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PUMPKIN SPICE

INGREDIENTS (FOR 1 PERSON):

8 Tbsp Almased

10 oz unsweetened vanilla almond milk

2 Tbsp fresh or plain canned pumpkin puree

1 tsp stevia (optional)

1 dash of pumpkin spice or ground cinnamon,
for taste

1 portion contains 228 calories, 29 g protein,
19 g carbs, and 4 g fat.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away.

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YOGURT-BLUEBERRY INGREDIENTS (FOR 1 PERSON):

8 Tbsp Almased
10 oz water
6 oz plain fat-free yogurt
1/4 cup fresh or frozen blueberries
1/2 tsp vanilla extract
1 tsp stevia (optional)

1 portion contains 304 calories, 28 g protein,
24 g carbs, and 1 g fat.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away. Blend or shake until smooth and enjoy right away.

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HONEY NUT BANANA INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 Tbsp peanut butter powder
- 1 Tbsp ground flaxseeds
- 1 tsp olive, flaxseed, or walnut oil
- 1 tsp cinnamon
- 1/2 tsp banana extract 1 tsp stevia (optional)

1 portion contains 355 calories, 34 g protein, 27 g carbs, and 13 g fat.

PREPARATION

Pour almond milk, oil, and extract into a blender or shaker cup. Then scoop in Almased, peanut butter, flaxseeds, and cinnamon. Mix well. Pour into a glass and enjoy.

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COCOA FLAX

INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 12 oz unsweetened coconut milk
- 2 tsp unsweetened cocoa powder
- 1 Tbsp ground flaxseeds
- 1/2 tsp nutmeg
- 1 tsp stevia (optional)

11 portion contains 248 calories, 27 g protein, 18 g carbs, and 8 g fat.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away.

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CARAMEL LATTE

INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 6 oz unsweetened almond milk
- 4 oz cold coffee
- 1 tsp caramel extract

1 portion contains 220 calories, 28 g protein, 20 g carbs, and 3 g fat.

PREPARATION

Pour ice cold coffee into a shaker cup with almond milk. Then add Almased and caramel extract. Shake until blended then pour into a glass and enjoy!

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BELL PEPPER AND CHILI INGREDIENTS (FOR 1 PERSON):

10 Tbsp Almased
5 oz low fat milk
5 oz plain fat-free yogurt
1 bell pepper

1 portion contains 400 calories, 40 g protein,
44 g carbs, and 3 g fat.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away. hake until blended then pour into a glass and enjoy!

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PEACH COBBLER

INGREDIENTS (FOR 1 PERSON):

8 Tbsp Almased

12 oz unsweetened vanilla almond milk

1/2 cup fresh peach slices

1/2 tsp cinnamon

1 tsp stevia (optional)

1 portion contains 270 calories, 30 g protein, 25 g carbs, and 5.5 g fat.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth. Wait about 10 min before drinking for the peach flavor to unfold.

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GREEN ENERGY

INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 cup raw spinach leaves
- 1/2 pear
- 1 tsp stevia (optional)

1 portion contains 292 calories, 29 g protein, 32 g carbs, and 6 g fat.

PREPARATION

In a blender, combine Almased, liquid and other ingredients. You may add ice if desired. Blend or shake until smooth and enjoy right away.

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CHOCOLATE SMOOTHIE

INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 8 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- 1 Tbsp cacao nibs
- 1 Tbsp flaxseeds
- 1 Tbsp chia seeds

1 portion contains 396 calories, 34 g protein, 30 g carbs, and 16 g fat.

PREPARATION

Add almond milk in a blender. You may add up to 12 oz of almond milk. Then add Almased, cocoa powder, cacao nibs, flaxseeds and chia seeds. Blend well then pour in a glass and serve.

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PEANUT BUTTER BANANA SMOOTHIE BOWL INGREDIENTS (FOR 1 PERSON):

- 8 Tbsp Almased
- 10 oz unsweetened vanilla almond
- 1 Tbsp peanut butter powder
- 1 tsp banana extract
- 1 packet stevia
- 1 tsp cinnamon
- 1 Tbsp pumpkin seeds
- 1 Tbsp whole flaxseeds or chia seeds
- 1 Tbsp coconut flakes

1 portion contains 355 calories, 33 g protein, 16 g carbs, and 11 g fat.

PREPARATION

This recipe can be made into a smoothie or smoothie bowl. The choice is yours!

Smoothie bowl instructions:

To a blender add Almased, almond milk, banana extract, cinnamon, and stevia. Blend for a few seconds then pour smoothie mix into a bowl. Top bowl of smoothie with a row of flaxseeds or chia seeds, then goji berries, pumpkin seeds, and coconut flakes.