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.
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.
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.
Breakfast Smoothie

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.
Breakfast Smoothie

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.
**Breakfast Smoothie**

**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.
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.
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.
BREAKFAST SMOOTHIE

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.
Breakfast Smoothie

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.
Breakfast Smoothie

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.
Breakfast Smoothie

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.
BREAKFAST SMOOTHIE

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.
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.
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!
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. Take until blended then pour into a glass and enjoy!
Breakfast Smoothie

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.
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.
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.
BREAKFAST SMOOTHIE

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.