

BLUEBERRY-PEACH SHAKE

BY JJ VIRGIN

SERVES 1

1-2 scoops vanilla protein blend
1 scoop fiber blend
½ cup fresh or frozen blueberries
½ medium peach, peeled, pitted, and sliced
¼ teaspoon almond extract
8-10 ounces unsweetened coconut milk
5 or 6 ice cubes

In a blender, combine all the ingredients and blend on high until smooth. **Tip:** with cold water, if desired.

CHOCOLATE, FLAX, AND AVOCADO SHAKE

BY JJ VIRGIN

SERVES 1

1-2 scoops chocolate protein blend
1 scoop fiber blend
¼ small avocado
2 teaspoons freshly ground flaxseeds
2 teaspoons almond butter
8-10 ounces unsweetened coconut milk
5 or 6 ice cubes

In a blender, combine all the ingredients and blend on high until smooth. **Tip:** with cold water, if desired.