



*Meet Gwen Mariana*  
 Certified RAW Vegan Chef & Garden of Life Educator

**Garden of Life**

*Cookie Dough Smoothie*

This smoothie reminds me of raw cookie dough, but it is vegan, high protein, low sugar and packed with nutrients... It doesn't get better than that!

- 1 scoop Garden of Life® RAW Fit™ RAW Chocolate
- 1 scoop Garden of Life Perfect Food® RAW Chocolate
- 1 ½ cup frozen organic banana chunks
- 2 cups unsweetened almond milk
- 8-10 drops SweetLeaf® Vanilla Cream Stevia

**Serves:** 1-2  
**Preparation:** Place all ingredients into blender, blend until smooth, drink and savor the deliciousness of cookie dough without any guilt!

**Garden of Life**

*Chocolate Tofee Smoothie*

- Vegan, low sugar, unbelievably delicious and healthy!
- 2 cups unsweetened chocolate
- almond milk
- 1 ½ cup frozen organic banana chunks
- 1 scoop Garden of Life® RAW Protein Chocolate
- 1 scoop Garden of Life Perfect Food® RAW Chocolate
- 8-10 drops of SweetLeaf® liquid Stevia, English Toffee Flavor

**Serves:** 1-2  
**Preparation:** Put everything into a blender, blend until smooth, taste and be amazed.

**Garden of Life**

*Green Goddess Chocolate Pudding*

- 1 medium, ripe avocado
- (about 1 ½ cup mashed)
- 1 scoop Garden of Life® Perfect Food® RAW Chocolate
- 1 Tbsp. Garden of Life Extra Virgin Coconut Oil
- ¼ cup raw cacao
- 3 Tbsp. raw honey
- ¼ cup unsweetened almond milk
- ¼ tsp. vanilla extract
- Dash of sea salt

**Serves:** 2  
**Preparation:** Place all ingredients into a food processor using the "s" blade, or into a high speed blender. Blend until smooth and store in refrigerator for up to three days.

**Garden of Life**

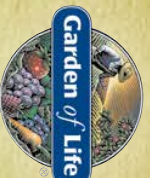
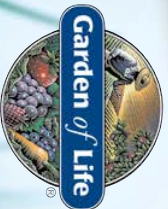
*Chocolate Banana Breakfast*

- Packs over 25 grams of protein, 12 grams of fiber, and is dairy free with a taste that will guarantee you'll never want to skip breakfast again!
- 2 ½ cups unsweetened almond milk
- 1 scoop Garden of Life® RAW Protein Powder Chocolate
- 1 scoop Garden of Life Perfect Food® RAW Chocolate

- 1 scoop Garden of Life Super Seed®
- 2 cups frozen organic banana chunks
- 1 Tbsp. raw honey (optional)
- 1 handful of greens such as spinach or kale

**Serves:** 2  
**Preparation:** Place all ingredients into a blender and blend until smooth and creamy. Enjoy right away!

[www.GardenOfLife.com](http://www.GardenOfLife.com)



**Perfect Food®**  
 RAW Organic Green Super Food



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