

COMBINE ALL
INGREDIENTS IN
BLENDER AND SERVE.

Stan's Super Smoothie

- 1 scoop RAW Protein Vanilla
- 1/4 cup each:
 - Organic pineapple
 - Organic blackberries
 - Organic strawberries
 - Organic blueberries
 - Organic pears
- 1/2 cup rice milk
- 1 personal serving of plant Greek yogurt



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Pre Workout Smoothie

- 2 scoops RAW Protein, any flavor
- 1 cup organic spinach
- 1 cup organic strawberries
- 1 organic banana
- 2 Tablespoons flaxseeds or flaxseed oil
- 10 oz. water

Johanna Koppertare
@VanMachine on Twitter

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Chocolate Delight

- 1 scoop RAW Protein Chocolate
- 1/2 frozen organic banana
- 1 cup organic chocolate almond milk
- 1/2 cup organic frozen blueberries
- 5 Tablespoons flaxseeds

Bethie Keith

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Berry Carrot Smoothie

- 1 scoop RAW Protein
- 1 cup organic blueberries
- 1 cup organic carrot juice
- 8 oz. organic carrot juice
- 1 Tablespoon Perfect Food® RAW

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Banana Oat Flax Morning Protein Muffins

- 1 scoop RAW Protein Vanilla
- 1 1/2 cups Buckwheat flour
- 1/3 cup ground flax
- 1 cup rolled oats
- 1 1/2 cup turbinado or rapadura sugar
- 1 1/2 teaspoon baking powder
- 1 1/2 teaspoon baking soda

Combine flour, oats, sugar, baking powder, soda, flax, RAW Protein and salt in a large bowl, beat the egg lightly. Stir in the milk, coconut oil and vanilla. Add the mashed banana and combine until thoroughly. Stir the flour mixture into the banana mixture baking just combined. Line a 12-cup muffin tin with paper baking cups and divide the batter among them. Bake at 400 degrees F (205 degrees C) for 18 to 20 minutes.

Cool & enjoy

RAW Fuel Recipes For Your Fast-Paced Life

www.Gardenoflife.com



Why is RAW PROTEIN™

the #1-Selling Protein?



RAW It's RAW

It's Plant-Based Complete Protein

It's USDA Certified Organic

It's Non-GMO Verified

It Tastes Great!

