

# GR<sup>2</sup> CONTROL SHAKE PARTY RECIPES

*Each shake makes about 5-6 cups for Shake Party sampling.*

*For an individual meal shake, cut recipe into thirds.*

<p><b>Refreshing Salad Shake</b></p> <ul style="list-style-type: none"> <li>• 6 Scoops of Vanilla GR2</li> <li>• 1 Cup of Ice</li> <li>• 2 1/2 Cups of Water</li> <li>• 2-3 Cups of Organic Romaine Lettuce</li> <li>• 1 1/2 Table spoons of Sesame Seeds</li> </ul>	<p><b>Creative Fruity Shake</b></p> <ul style="list-style-type: none"> <li>• 6 Scoops of Vanilla GR2</li> <li>• 1 Cup of Ice</li> <li>• 1 Cup of Water</li> <li>• 4 Cups of <b>any fruit(s)</b> desired, fresh or frozen.</li> </ul>
<p><b>Strawberry-Grape Fruity Shake</b></p> <ul style="list-style-type: none"> <li>• 6 Scoops of Vanilla GR2</li> <li>• 1 Cup of Ice</li> <li>• 2 Cups of Water</li> <li>• 1 1/2 Cup of Frozen Strawberries</li> <li>• 1 1/2 Cup of Grapes</li> </ul>	<p><b>Mocha-Nut Mint Dessert Shake</b></p> <ul style="list-style-type: none"> <li>• 6 Scoops of Chocolate GR2</li> <li>• 2 Cups of Ice</li> <li>• 2 1/2 Cups of Water</li> <li>• 2 Teaspoons of Instant Coffee</li> <li>• 1/2 cup Crushed Almonds</li> <li>• 6-12 fresh mint leaves, or dry mint, or mint extract to taste</li> </ul>
<p><b>Peachy-Citrus Fruity Shake</b></p> <ul style="list-style-type: none"> <li>• 6 Scoops of Vanilla GR2</li> <li>• 1 Cup of Ice</li> <li>• 1 Cup of Water</li> <li>• 2 Cups of Oranges with a little bit of peel</li> <li>• 2 Cups of Frozen Peaches</li> </ul>	<p><b>Piña Colada Shake #1</b></p> <ul style="list-style-type: none"> <li>• 6 Scoops of Vanilla GR2</li> <li>• 1 Cup of Ice</li> <li>• 2 Tablespoons of Coconut flakes (opt)</li> <li>• 2 cans very cold <u>Coconut Milk</u></li> <li>• 3 cups Fresh Pineapple chunks (if frozen-this will be nice &amp; thick)</li> <li>• 1/2 Teaspoon Rum Flavoring (optional)</li> </ul>
<p><b>Cinna-Banana Shake</b></p> <ul style="list-style-type: none"> <li>• 3 Scoops of Vanilla GR2</li> <li>• &amp; 2 Scoops of Chocolate GR2</li> <li>• 1 Cup of Ice</li> <li>• 3 Cups of Water</li> <li>• 2-3 Bananas-frozen</li> <li>• Teaspoon of Cinnamon</li> </ul>	<p><b>Piña Colada Shake #2</b></p> <ul style="list-style-type: none"> <li>• 6 Scoops of Vanilla GR2</li> <li>• 1 Cup of Ice</li> <li>• 2 Cups of Cold Milk</li> <li>• 2 Tablespoons of Coconut Flakes</li> <li>• 2 Cups of fresh or canned Pineapple</li> <li>• 2 or 3 mint leaves - optional</li> </ul>
<p>Tips: For thicker shakes, use frozen ingredients. Blend for 1 minute or more. Any tasty liquid can substitute for water, if not counting calories. Be creative! And Enjoy 😊</p>	

**The following amounts are for individual shakes. Enjoy! 😊**

<p><b>Vegetable-Fruit Shake</b></p> <ul style="list-style-type: none"> <li>▪ 2 scoops of vanilla GR2</li> <li>▪ 2 handfuls of washed fresh spinach or kale</li> <li>▪ 1 cup strawberries or 1 cup blueberries or one ripe banana (choose one fruit)</li> <li>▪ ½ ripe avocado</li>   <li>▪ 1 tablespoon of ground flax seed, freshly ground in the coffee grinder (I usually grind up a good bit and put in a small container in the freezer to dip out of when I need it)</li> </ul> <p><b>Tip:</b> You may use frozen blue berries or frozen strawberries as "ice". If I use a ripe banana, I add some ice cubes</p> <p>Invented by: Charlotte Manis</p>	<p><b>Extra-Super-Rich Choco-Banana-Nut Double Frostee Style Shake</b></p> <p>First Blend to powder:</p> <ul style="list-style-type: none"> <li>• 1/8 cup raw almonds (a small handful), or other nuts, ideally frozen</li> <li>• A small amount (1 square) of dark chocolate, or a few dark-chocolate-covered nuts [optional]</li> </ul> <p>Add and blend until smooth:</p> <ul style="list-style-type: none"> <li>• 1 cup of ice (8-10 cubes)</li> <li>• 1/2 banana, frozen</li> <li>• 1/4 cup cold milk (or more as needed)</li> <li>• 2 tablespoons chilled nut butter (cashew, almond, or natural peanut)</li> </ul> <p>At this point, if you used the chocolate, you should have something that looks roughly like an Oreo Blizzard.</p> <p>Add and blend to smoothness:</p> <ul style="list-style-type: none"> <li>• 2 scoops of Chocolate GR2</li> <li>• ½ teaspoon almond flavoring [optional]</li> </ul> <p>Serve with spoons.</p>
<p><b>Waiting for your original recipe</b></p>	
<p><b>Mexican Salad Shake</b></p> <ul style="list-style-type: none"> <li>• 2 Scoops of Vanilla GR2</li> <li>• 4-6 ice cubes</li> <li>• 1 Cup of Tomato or V-8 juice</li> <li>• ½ Cup of Organic Romaine Lettuce</li> <li>• 1/4 cup of Salsa</li> </ul>	<p><b>Mocha Coffee Shake</b></p> <ul style="list-style-type: none"> <li>• 2 Scoops of Chocolate GR2</li> <li>• 4-6 ice cubes</li> <li>• 1 ½ Cups of cold coffee</li> <li>• ½ tsp cinnamon, if desired</li> </ul>