



**RADO**  
COMPLETE NUTRITION

## SHAKE RECIPES



### \* CHERRY BUZZ SHAKE

Detox Shake  
3/4 cup frozen cherries  
1 scoop Strawberry Kiwi Superfood  
1 tsp freshly grated ginger



### \* MOCHA MAGIC SHAKE

Detox Shake  
1 frozen banana  
1 scoop Mocha Espresso Superfood



### \* BERRY DELICIOUS SHAKES

Detox Shake  
1 cup frozen or fresh mixed berries  
1 scoop Strawberry Kiwi Superfood  
Pinch of cinnamon



### \* GEORGIA PEACH SHAKE

Detox Shake  
3/4 cup fresh or frozen peaches  
1 scoop Strawberry Kiwi Superfood  
Pinch of cinnamon



### \* CHOCOLATE BANANA SHAKE

Detox Shake  
1 fresh or frozen banana  
1 scoop Chocolate Superfood



### \* CHOCOLATE CHERRY SHAKE

Detox Shake  
3/4 cup frozen cherries  
1 scoop Chocolate Superfood



### \* HAWAIIAN BREEZE SHAKE

Detox Shake  
3/4 cup mango or pineapple  
1/4 cup shredded unsweetened coconut  
1 scoop Strawberry Kiwi Superfood



### \* APPLE PIE SHAKE

Detox Shake  
2 tbsp of unsweetened applesauce  
1/2 cored apple  
1 scoop Strawberry Kiwi Superfood  
Pinch of cinnamon

BOOST YOUR DAILY FIBER BY ADDING 2 TSP OF GROUND CHIA TO ANY SHAKE RECIPE.

MAKE YOUR OWN FLAVORED SMOOTHIES — BE CREATIVE!

FOR ADDED FLAVOR, TRY DRIED COCONUT, NUT BUTTERS, CACAO, CINNAMON AND OTHER SPICES!

ICE THICKENS AND CHILLS YOUR SMOOTHIES — GIVE IT A TRY!

\*REFINE & REJUVENATE HAVE SCOOPS INCLUDED — YOU MAY HAVE TO FISH AROUND WITH A KNIFE TO FIND IT.