

SHAKE IT OFF®

Smoothie Recipe eBook

*9 Easy Peasy
Low Carb, Low Cal, High Protein,
High Vitamin Smoothies
and Bites*



Hello Friends

We're so excited to bring you Shake It Off® to help you avoid being 'hangry' (angry with hunger) and dose your body up with protein and lots of vitamins. Shake It Off® is not just a nutritional shake it's also a powerful multi-vitamin offering you - what we like to call - nutritional insurance.

In addition Shake It Off® has been designed to wage war on:

- The pesky blood sugar spikes that can result in the production of fat along with unwanted weight gain.
- That uncomfortable feeling in your gut that comes from a sluggish digestive system.
- A restrictive lack of energy.
- Diminishing bone strength that could lead to osteoporosis. Strong bones are where it's at ladies.
- Thinning skin - a thick skin is helpful in more ways than one.
- Dry, coarse hair - bring on the lustrous locks we say.
- Declining cognition - let's keep our minds bright, agile and alert.

These recipes are tried and tested in my kitchen so I can vouch for their yummy factor. They're super simple - for most of them all you need is an inexpensive blender to whizz and go. I've put them together after making most of them countless times myself (with the exception of the Strawberry Mojito which I found somewhere long ago and filed away for future consumption).

They're also nutritionally good for you and pretty much guilt-free, although I have to say that the Lemon & Coconut Bites are a treat. A heavenly treat, but a treat all the same. One or two is fine, but it's so tempting to have more!

A Bit Of House Keeping

Where I've stated 1-2 scoops of Shake It Off®, it depends on your individual taste. The options I've listed are also subject to taste plus they're garnish suggestions.

I've used unsweetened almond milk for most of the recipes as it's pretty low in calories (kilojoules), tasty and most people can tolerate it well, but if you don't like almond milk for some reason you can swap it out for traditional milk, soy, rice or coconut milk if they suit your constitution.

Personally, I actually usually use plain old water or coconut water as I find milky things a bit heavy. That said, if I really want to stave off hunger for a while almond milk is my go to. If I have too much coconut milk I put on weight, and dairy isn't my best foodie partner. With that said, that's just me, everybody is different.

A word to the wise: water would not work with the Chai recipe, only milk will suffice.

Most of the recipes are one serving so just double it for two and so on. If you have any questions or feedback email me [here](#).

We always love hearing from you so stop by our Facebook page [here](#) and say hi. Or if you make something in these pages tag us on [Instagram](#) or [Facebook](#) and share :-). Or stay in touch with new products and comps by signing up to our newsletter [here](#) or join our private group: 40+club for Ageless Goddesses [here](#).



LOVE YOUR BODY, LOVE YOUR LIFE
Enjoy :) Shaking It Off...
Wishing you happiness and sunshine

Jenna IINHC
Certified Holistic Health Coach

Overnight Oat Sensation

Ingredients

SERVES: 2
PREP TIME: 5 MINS
TIME TO SERVE: OVERNIGHT

- 2 scoops Shake It Off®
- $\frac{3}{4}$ - 1 C unsweetened almond milk
- $\frac{1}{2}$ C wholegrain rolled oats
- $\frac{1}{2}$ tsp cinnamon

Optional:

- Walnuts, almonds or any other kind of nuts
- Cacao Nibs
- Berries
- Bananas

This is a super-delicious breakfast. Actually, it's delicious anytime in my book! It has a nutty, creamy texture and if you add berries or fruit a lovely fresh sweetness that only fruit can give.

TO MAKE

Overnight oats are so simple to make. Simply place all of the ingredients (including the nuts and/or cacao nibs if you're using them, but not the other optional choices) in a bowl, glass or jar and cover the oats with milk. Mix together. If you're using the jar option and it has a lid shake. Pop in the fridge till morning.

Garnish with optional extra's or enjoy as it is.



Berrylicious Smoothie

Ingredients

SERVES: 1
PREP TIME: 5 MINS

1 C berries, fresh or frozen.

Choose your favourites:
blueberries, strawberries,
blackberries or a mixture.

1C unsweetened almond
milk

1-2 scoops Shake It Off®

Optional:

Some ice cubes

½ banana

I used blueberries because they are a taste sensation in my book and a superfood. I've heard them being called 'God's Candy', which is so apt, but any berries are gorgeous and work beautifully.

TO MAKE

Whizz in the blender. How simple is that?



Chai Smoothie

Ingredients

SERVES: 1
PREP TIME: 7 MINS

1 C unsweetened almond milk

½ C brewed tea (black is traditional for Indian Chai, but we used green)

¼ tsp cloves

¼ tsp cardamom

¼ tsp cinnamon

or

1 ¼ pre-packed Chai Spice Mix

¼ tsp vanilla essence

1 scoop Shake It Off®

Optional:

Garnish with cinnamon sticks

This is a take on traditional Indian Chai, which I'm not sure my yogi friend would approve of! Traditionally Chai is hot and made with cow's milk, but the ingredients translate well to a smoothie and the combo of almond milk and spices is truly satisfying. The dash of vanilla essence is the piece de resistance.

TO MAKE

Firstly, make some tea and let it brew for three minutes then put all of the ingredients in your trusty blender and whiz.



Bananarama

Ingredients

SERVES: 1
PREP TIME: 5 MINS

1 C unsweetened almond milk

1 banana

¼ tsp cinnamon

¼ tsp nutmeg

Dash of vanilla essence

1-2 scoops of Shake It Off®

Optional:

A few nuts

Ice

TO MAKE

Add to the blender and press on. :-)



Green Goddess

Ingredients

SERVES: 1
PREP TIME: 5 MINS

- 1 C coconut water
- 1 C spinach
- ½-1 banana
- 1-2 scoops Shake It Off®

Optional:

- Ice
- A handful of fresh herbs
- A touch of cucumber

This nutrition packed smoothie is soooo good. The coconut water lends it a lighter texture than its milkier sisters and the spinach delivers oodles of goodness while the addition of banana and Shake It Off still gives it plenty of satisfying substance.

TO MAKE

Yes, you guessed it. Pop everything into your blender and whizz.



Strawberry & Vanilla Mojito

Ingredients

SERVES: 1
PREP TIME: 5 MINS

- 1 C strawberries
- 1 C sparkling water
- 1 generous handful of chopped mint leaves
- 1 lime or lemon zest
- 1 lime or lemon juice
- 1-2 scoops Shake It Off®

Optional:

- Ice
- Garnish with mint leaves and a lime wedge

This was the long awaited, non-alcoholic Mojito recipe I'd yet to try and let me tell you it didn't disappoint. Nothing beats strawberries right? Add all the sparkle and zest of lemon and mint and this wee cocktail was so darned good I drank two of them in the test kitchen!

TO MAKE

Hull the strawberries, chop the mint, grate and squeeze the lemon and blend.



Cinnamon & Vanilla Breakfast Bites

Ingredients

SERVES: 6-12
PREP TIME: 7 MINS

¾ C unprocessed rolled oats

½ C almond meal

1 tsp cinnamon

1 tsp vanilla essence

1-2 scoops Shake It Off®

Optional:

1 tbsp maple syrup

1 tbsp peanut, almond or cashew butter

These little balls of goodness are tasty and easy to eat on the run. I made mine in the food processor but if you want a coarser, more rustic offering mix them in a bowl. Either way works well. If you want more sweetness or moistness add maple syrup or a nut butter.

TO MAKE

Add all of the ingredients to the food processor or mixing bowl. Roll into balls and place on baking paper on a tray.



Lemon & Coconut Balls

Ingredients

SERVES: 6-12
PREP TIME: 7 MINS

- 1 lemon - juiced
- 1 C dates
- ½ C almonds
- ½ C pumpkin seeds
- ⅓ C shredded coconut
- 1 scoop Shake It Off®

These are **OMG** delicious. The piquant taste of lemon combined with the sweetness of dates and nuttiness of almonds, pumpkin seeds and coconut. Mmmmmm.

TO MAKE

Pop everything into a food processor and whizz together. Roll into balls with your hands. Spread some coconut on a sheet of baking paper or a tray and roll the balls in the coconut to coat them.



Green Smoothie Bowl

Ingredients

SERVES: 1
PREP TIME: 5 MINS

- 1 granny smith apple
- ¾ C kale
- ½ banana
- ⅛ C avocado
- 1 C coconut water
- ½ C ice
- 1 scoop Shake It Off®

Garnish:

- Toasted sunflower seeds
- Apple slices

Smoothie bowls are very trendy at the moment and they are certainly very pretty and full of goodness. This one is no exception. The freshness of the apple and coconut water are given depth and texture by the banana and avocado.

TO MAKE

Put everything into the blender and whizz, but instead of transferring the smoothie to a glass use a bowl and garnish with apple slices and sunflower seeds and/or slivered almonds.



