



# Game Changer

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## **POST WORK OUT SMOOTHIE**

- 6 Game Changer Cubes
- 6 Chocolate PB Cubes
- 1-1/4 Cup of Plant Based Milk
- Blend for 10-15 Seconds

## **SHAKE & GO SMOOTHIE**

- 10 Game Changer Cubes
- 1 Cup of Plant Based Milk
- Sit in Mason Jar for 15 Minutes - 1 Hour
- Shake and Drink!

## **GAME CHANGER SMOOTHIE BOWL**

- 15 Game Changer Cubes
- 1 TBS of Peanut Butter
- 1/2 Cup of Plant Based Milk
- Blend for 20 Seconds
- Scoop into Bowl and Top with Live Pure Granola, Sliced 1/2 Banana, Peanut Butter & Honey Drizzle.

## **SUPERFOOD MASON JAR OATS**

- 5 Game Changer Cubes
- 1/2 Cup Organic Oats
- 2/3 Cup of Plant Based Milk
- Let Sit for 1 Hour + or Prep Before
- Top with Berries, Granola & Honey
- Scoop with a Spoon and Enjoy!

## **SHAKE & GO SMOOTHIE BOWL**

- 10 Game Changer Cubes
- 1/2 Cup of Plant Based Milk
- Sit in Mason Jar for 15 Minutes - 1 Hour
- Layer With Live Pure Granola & Berries
- Shake and Spoon!

## **SKINNY MYLK**

- 5 Game Changer Cubes
- 1 Cup of Plant Based Milk
- Blend for 10-15 Seconds