



Chocolate PB Protein

CHOCOLATE PROTEIN SMOOTHIE

- 10 Chocolate PB Protein Cubes
- 1 TBS of Peanut Butter
- 1-1/4 Cup of Plant Based Milk
- Blend for 10-15 Seconds

CHOCOLATE PB NICE-CREAM

- 10 Chocolate PB Protein Cubes
- 1/4 Cup of Plant Based Milk
- 1 Frozen Banana
- Blend About 25 Seconds Until Super Thick (Will Need A Blender with Tamper or High Powered Blender for This)
- Top with Shaved Coconut & Granola

CHOCOLATE RASPBERRY SMOOTHIE BOWL

- 7 Chocolate PB Protein Cubes
- 7 Pitaya Protein Cubes
- 1/2 Cup of Plant Based Milk
- Top with Berries, Live Pure Granola & Peanut Butter Drizzle

SHAKE & GO SMOOTHIE

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

SUPERFOOD MASON JAR OATS

- 5 Chocolate PB Protein 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!

SKINNY MYLK

- 5 Chocolate PB Protein Cubes
- 1 Cup of Plant Based Milk
- Blend for 10-15 Seconds