



The Churro

CHURRO + PITAYA CHIA PUDDING

- 5 Churro Cubes
- 5 Pitaya Protein Cubes
- 1/4 Cup of Chia Seeds
- 1 Cup of Water
- Add Churro Cubes + 1/8 Cup of Chia Seeds + 1/2 Cup Water to a Bowl and Mix
- Add Pitaya Cubes + 1/8 Cup of Chia Seeds + 1/2 Cup Water to another Bowl and Mix
- Wait 10 Minutes and Layer in Mason Jar

MAPLE SNICKERDOODLE NICE-CREAM

- 20 Churro Cubes
- 2 TBS. of 100% Maple Syrup
- 2 Pinches of Pink Himalayan Sea Salt
- 1 Frozen Banana
- 1 Cup of Plant Based Milk
- Blend About 25 Seconds Until Super Thick (Will Need A Blender with Tamper or High Powered Blender for This)
- Top with Shaved Coconut & Granola

POST WORKOUT SMOOTHIE

- 5 Churro Cubes
- 5 Game Changer Cubes
- 1-1/4 Cup of Plant Based Milk
- Blend for 10-15 Seconds

SUPERFOOD CHURRO FRAPPE

- 5 Churro Cubes
- 5 Chocolate PB Cubes
- 1/2 Cup of Cold Brew
- 1/2 Cup of Plant Based Milk
- Blend About 25 Seconds

APPLE PIE OATS

- 5 Churro Cubes
- 1/2 Cup Organic Oats
- 1 TSP Apple Pie Spice
- 1 Cup of Plant Based Milk
- 1/2 Medium Chopped Apple
- Let Sit for 1 Hour + or Prep Before
- Top with Granola, Pecans & Honey
- Scoop with a Spoon and Enjoy!

SKINNY MYLK

- 5 Churro Cubes
- 1 Cup of Oat Milk
- Blend for 10-15 Seconds