

Shake ideas

SP Complete Dairy Free can be substituted for SP Complete in any of these recipes.

Original Recipe

- 8 oz. water (increase for desired consistency)
- 1 tablespoon high-quality oil (e.g., flax oil)
- 1-1½ cups of your favorite fresh or frozen fruit or vegetables* (optional)
- 2 rounded tablespoons (scoops) SP Complete



Strawberry Twist

- 1 cup strawberries
- 1 cup freshly juiced carrots*
- 1 tablespoon flax oil
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

Triple Delight

- 1/2 cup fresh pineapple chunks
- 1/2 banana
- 1/2 cup frozen peaches
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

Carrot Shake

- 1 cup freshly juiced carrots
- 1 teaspoon roasted-sesame oil
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water



Raw Soup

- 1 pear (cored and peeled)
- 1 apple (cored and peeled)
- 2 tablespoons of your favorite oil
- 1 cucumber (peeled)
- 1 head of parsley chopped
- 1 lemon (juiced)
- 2 rounded tablespoons SP Complete
- 2 cups cold water

The No-Milk Shake

Makes 2 servings



- 1/2 or 1 sliced ripe banana
- 1 cup frozen peaches (or other frozen fruit)
- 2 tablespoons high-lignan flax oil
- 2 tablespoons cod liver oil
- 4 rounded tablespoons SP Complete
- 2 cups cold water

Banana Berry Blast

- 1/2 cup blueberries
- 1/2 cup strawberries
- 1/2 banana
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

Flecks o' Flax

- 1 small or 1/2 large banana
- Handful of sweet grapes
- 1/2 ripe pear or apple (cored and peeled)
- 1 cup water
- 2 heaping tablespoons organic milled flaxseed (not oil)
- 2 rounded tablespoons SP Complete

Triple Berry Banana Bliss

- 1/2 cup sliced ripe banana
- 1 cup organic mixed berries (such as blueberries, raspberries, and huckleberries)
- 1/2 tablespoon flaxseed oil
- 2 rounded tablespoons SP Complete
- Ice cubes or cold water

Directions for All Shakes

Thoroughly blend all ingredients together, adding ice cubes or cold water

until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep it refrigerated and remix as needed before pouring.

Tips for your shake:

- Use frozen fruit and eliminate water/ice for a frosty, thick smoothie.
- Mangos or peaches give your shake a nice zing.
- Slice extra ripe bananas and freeze for easy use.
- Increasing fruit will increase the sweetness but will also increase the calories and may interfere with weight management.

*If vegetables are used, there is no restriction regarding the quantity. When blending vegetables, it is recommended that a high-performance commercial drink blender be used.

Certain individuals may require additional protein during the program. Please consult with your health care professional about adding Whey Pro Complete to any SP Complete shake.