

Bluebonnet Whey Protein Isolate

No-Fuss Basic Recipe

Mix in Shaker cup:

1 Scoop of Bluebonnet Whey Protein Isolate Powder-any Flavor

8 oz of water, Almond Milk, skim milk or the milk of your choice

Ice

French Vanilla Blast

Mix in Blender:

1 Scoop of Bluebonnet French Vanilla Whey Isolate Protein Powder

½ cup unsweetened Almond Milk – or the milk of your choice

½ banana

¼ cup Ice

¼ cup water

Optional: 1 Tablespoon Udo's 3-6-9 Oil Blend for your daily EFA's

Cherry Vanilla Blast

Mix in Blender:

1 Scoop of Bluebonnet French Vanilla Whey Protein Isolate Powder

½ Cup unsweetened Almond milk – or milk of your choice

1/3 Cup of Organic frozen cherries

¼ Cup of Ice

¼ Cup of water

Optional: 1 Tablespoon Udo's 3-6-9 Oil Blend for your daily EFA's

French Vanilla Latte – feel the buzz

Mix in blender:

1 Scoop of Bluebonnet French Vanilla Whey Protein Isolate Powder

½ Cup unsweetened Almond milk – or milk of your choice

1 Teaspoon organic instant coffee

¼ Cup of Ice

¼ Cup of water

Optional: add ½ banana

Chocolate Truffle Blitz

Mix in Blender:

1 Scoop of Bluebonnet Chocolate Protein Powder

½ Cup unsweetened Almond milk – or milk of your choice

½ banana

1 Tablespoon Udo's 3-6-9 Oil Blend for your daily EFA's

¼ Cup of Ice

¼ Cup of water

Big Berry Blast

Mix in Blender:

1 Scoop of Bluebonnet Whey Protein Isolate Powder in Mixed Berry Flavor or Strawberry Flavor

½ Cup unsweetened Almond milk – or milk of your choice

½ Cup Organic Frozen berries (Strawberries or Blueberries or Raspberries)

Optional: 1 Tablespoon Udo's 3-6-9 Oil Blend for your daily EFA's

¼ Cup of Ice

¼ Cup of water

Tropical Summer Cooler – very popular & so refreshing!

Mix in Blender:

1 Scoop of Bluebonnet Whey Protein Isolate Powder in Original flavor or French Vanilla

½ Cup frozen or fresh pineapple chunks

½ Cup Organic Orange juice

Ice

Optional: 1 Tablespoon Udo's 3-6-9 Oil Blend for your daily EFA's

Berry Banana Delight

Mix in Blender:

1 Scoop of Bluebonnet Whey Protein Isolate Powder in Mixed Berry Flavor or Strawberry Flavor

½ Organic banana

½ Cup Almond Milk

¼ Cup of Ice

¼ Cup of water