# monni SHAKES e-book cookbook



## ALMOND BUTTER CHOCOLATE BANANA SHAKE

ACTIVE: :5
TOTAL: :5

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi chocolate protein powder

1/2 medium banana, frozen

2 Tbsp. almond butter

1/3 cup low-fat milk

1 tsp. vanilla extract

1/2 cup ice cubes

\*Additional banana slices and crushed almonds for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with banana slices and crushed almonds
- 3. Enjoy!





## CHOCOLATE PEANUT BUTTER SHAKE

ACTIVE: :5 TOTAL:

MAKES: 1 SERVING

#### **INGREDIENTS:** DIRECTIONS:

1 serving Mommi chocolate protein powder

1/2 medium banana, frozen

1 Tbsp. peanut butter (or 2 Tbsp. powdered peanut butter)

1/3 cup low-fat milk/chocolate milk

1/2 Tbsp. chia seeds

1/2 cup ice cubes

\*Fresh banana slices for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with banana slices
- 3. Enjoy!

## HAZELNUT CHOCOLATE SHAKE

ACTIVE: :5
TOTAL: :5

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi chocolate protein powder

1/2 medium banana, frozen

1/3 cup hazelnuts, roasted and unsalted

1/2 cup low-fat milk

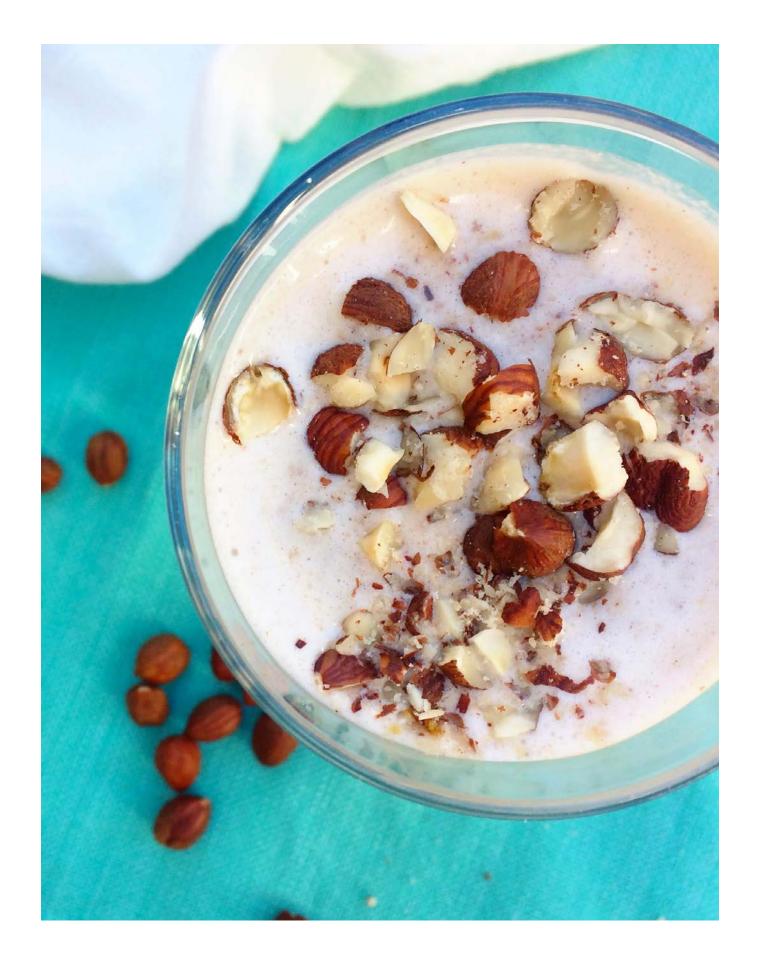
1 tsp. vanilla extract

1/2 cup ice cubes

\*1 Tbsp. Nutella (optional)

\*Additional crushed hazelnuts for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with crushed hazelnuts
- 3. Enjoy!





## MINT CHOCOLATE CHIP SHAKE

ACTIVE: :5 TOTAL: :5

TOTAL: :5
MAKES: 1 SERVING

#### INGREDIENTS: DIRECTIONS:

1 serving Mommi chocolate protein powder

1/3 cup plain greek yogurt

3/4 cup spinach

1-2 Tbsp. dark chocolate chips or cocoa nibs

1/2 tsp. peppermint extract

1/3 cup low-fat milk

1/2 cup ice cubes

\*1/2 tsp. stevia or other sweetener (optional)

\*Additional dark chocolate chips or cocoa nibs for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with dark chocolate chips or cocoa nibs
- 3. Enjoy!

## CHERRY CHOCOLATE SHAKE

ACTIVE: :5
TOTAL: :5

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi chocolate protein powder

1½ Tbsp. cocoa powder

1 cup cherries, fresh or frozen

1/3 cup cherry or vanilla greek yogurt

1/4 cup low-fat milk/chocolate milk

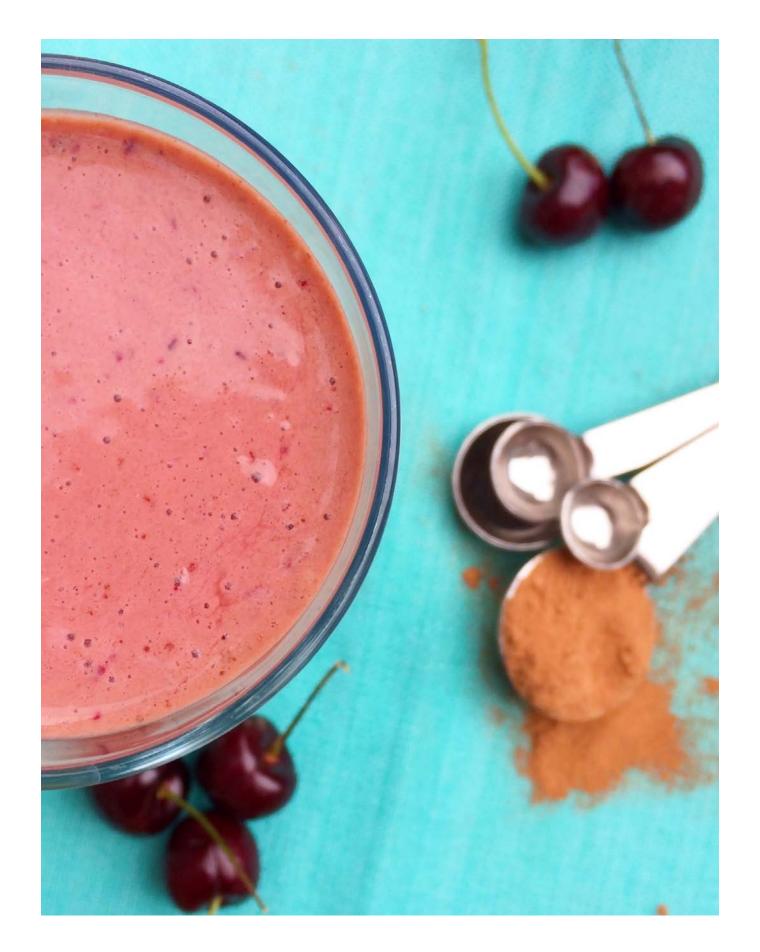
1 tsp. chia seeds

1/2 cup ice cubes

\*1/2 Tbsp. honey (optional)

\*Additional cherries for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with cherries
- 3. Enjoy!





## **APPLE CINNAMON SHAKE**

ACTIVE: :5

TOTAL: :5
MAKES: 1 SERVING

#### INGREDIENTS: DIRECTIONS:

1 serving Mommi vanilla protein powder

1/2 medium apple, chopped

1/3 cup plain (or vanilla) greek yogurt

1/2 tsp. cinnamon

Dash of nutmeg

1/3 cup low-fat milk

1/2 cup ice cubes

\*Apple slices for garnish (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with a dash of cinnamon and some apple chunks
- 3. Enjoy!

### **BANANA CREAM PIE SHAKE**

ACTIVE: :5
TOTAL: :5

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi vanilla protein powder

1/2 medium banana, frozen

1/3 cup plain (or vanilla) greek yogurt

2 Tbsp. oats

1/2 cup ice cubes

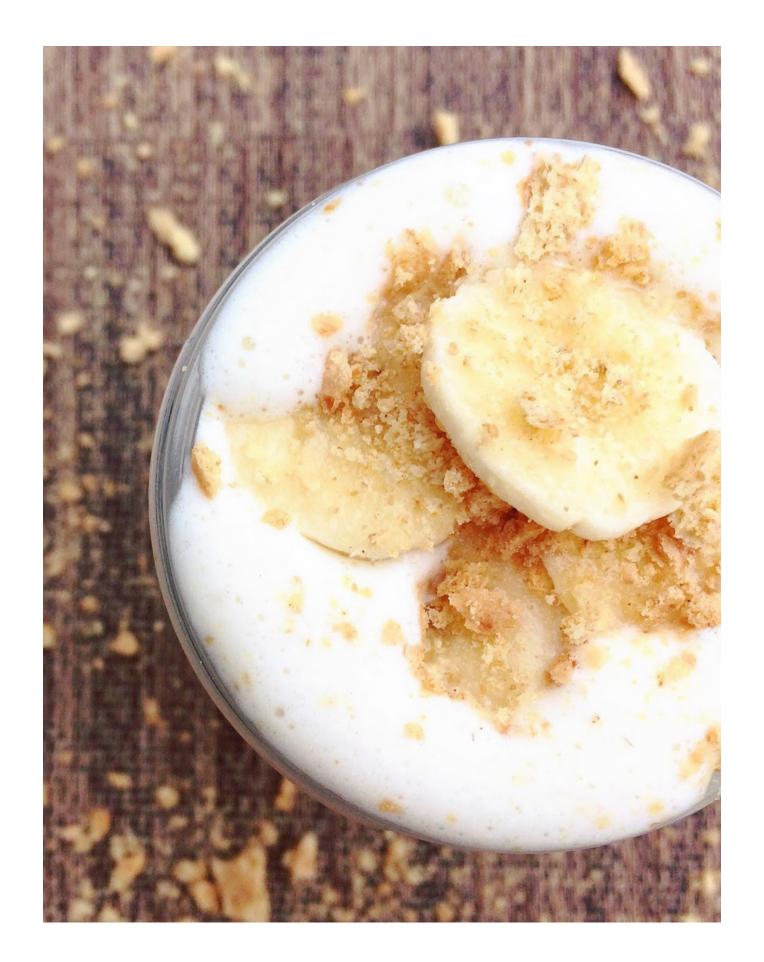
\*1-2 Tbsp. sugar free banana cream pudding mix/powder (optional)

\*1/2 tsp. vanilla extract (optional)

\*Pinch of crushed graham crackers for garnish (optional)

\*Fresh banana slices for garnish (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with banana slices and crushed graham cracker crumbs
- 3. Enjoy!





## **BERRY COCONUT SHAKE**

ACTIVE: TOTAL:

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MAKES: 1 SERVING

#### INGREDIENTS:

1 serving Mommi vanilla protein powder

1 cup frozen berries (strawberries, raspberries, blueberries, blackberries)

1/3 cup coconut flavored yogurt

1 Tbsp. shredded coconut

1/2 tsp. vanilla extract

1/4 cup non-fat milk (or milk of choice)

1/2 cup ice cubes

\*Additional shredded coconut for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with additional shredded coconut
- 3. Enjoy!

## **BLUEBERRY BANANA SHAKE**

ACTIVE: :5
TOTAL: :5

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi vanilla protein powder

1/2 medium banana, frozen

1/2 cup blueberries, frozen or fresh

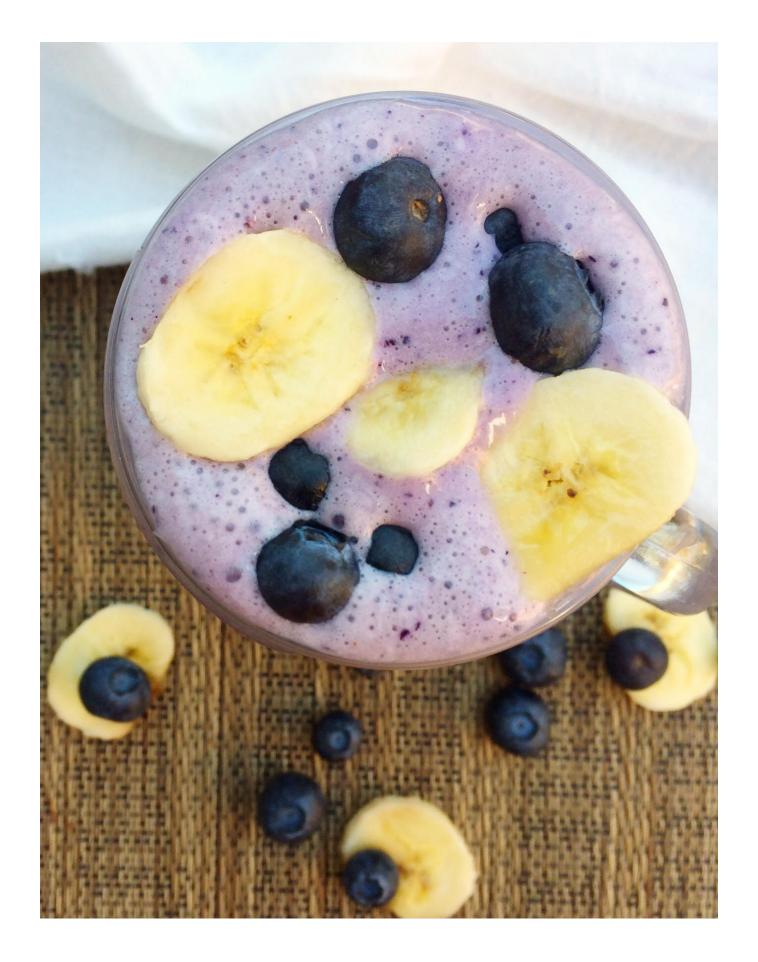
1/3 cup blueberry yogurt

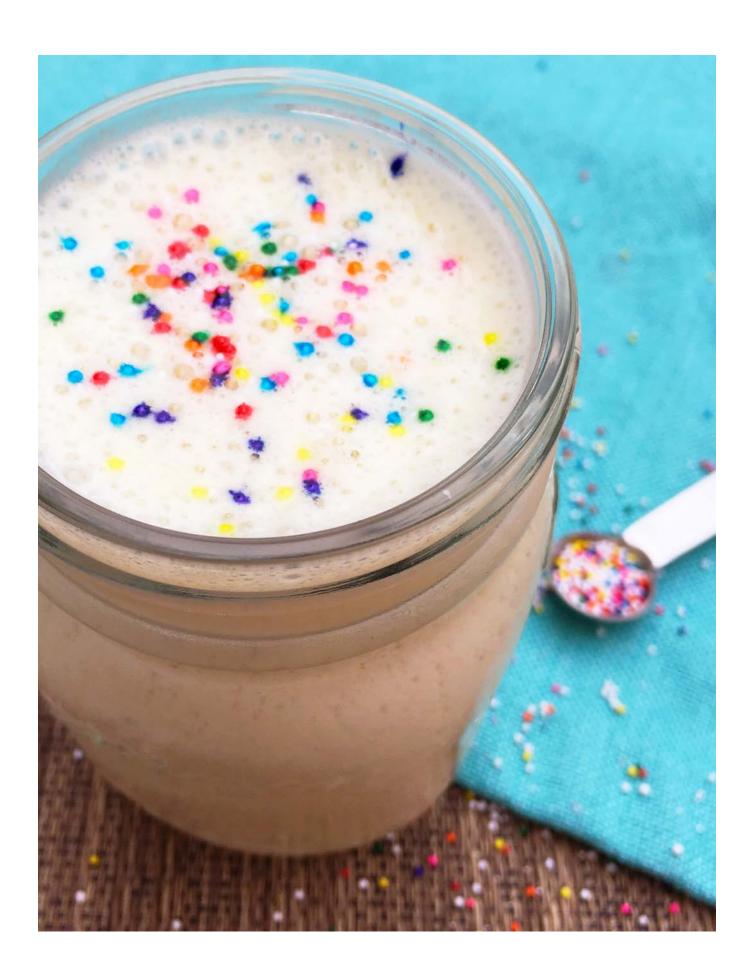
1/4 cup non-fat milk (or milk of choice)

1/2 cup ice cubes

\*Fresh blueberries and banana slices for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with blue berries and banana slices
- 3. Enjoy!





## **CAKE BATTER SHAKE**

ACTIVE: :5 TOTAL: :5

TOTAL: :5
MAKES: 1 SERVING

#### INGREDIENTS: DIRECTIONS:

1 serving Mommi vanilla protein powder

1/2 medium banana, frozen

1/3 cup vanilla greek yogurt

1/8-1/4 tsp. almond extract

1-2 Tbsp. sugar free vanilla pudding mix/powder

1/4 cup almond milk (or milk of choice)

1-2 Tbsp. rainbow sprinkles

1/2 cup ice cubes

\*Additional sprinkles for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with sprinkles
- 3. Enjoy!

## CHOCOLATE CHIP COOKIE DOUGH SHAKE

ACTIVE: :5
TOTAL: :5

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi vanilla protein powder

1/2 medium banana, frozen

2-3 Tbsp. oats

1/2 tsp. vanilla extract

1/4 tsp. cinnamon

1/3 cup low-fat milk

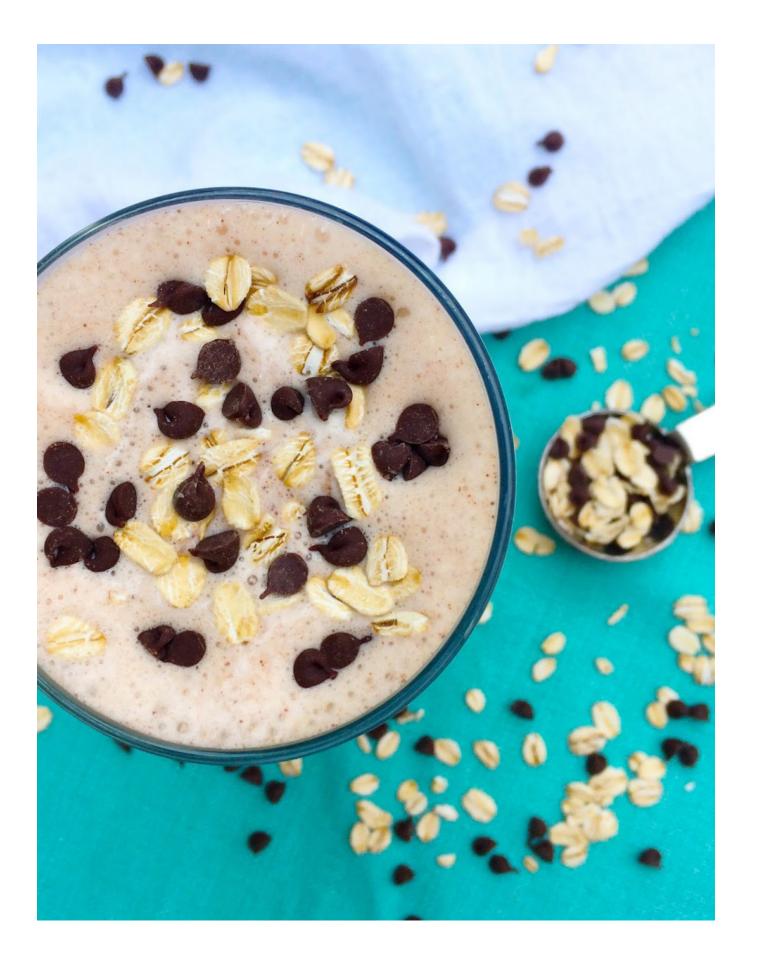
2 Tbsp. dark chocolate chips or cocoa nibs

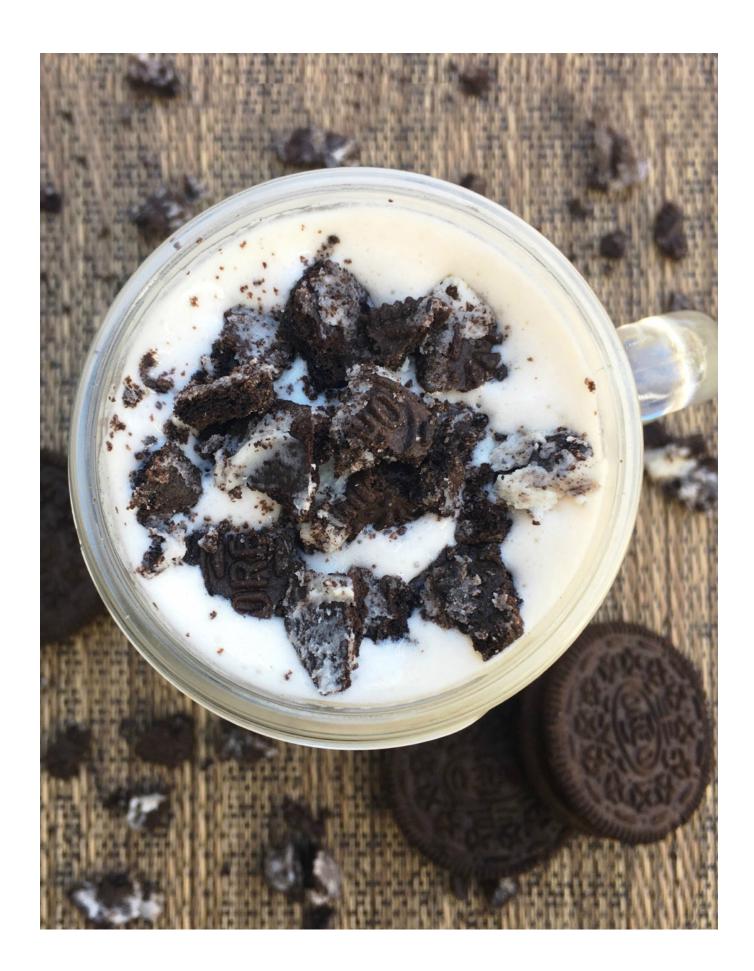
1/2 cup ice cubes

\*1/2 tsp. stevia or other sweetener (optional)

\*Additional chocolate chips or cocoa nibs for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with chocolate chips or cocoa nibs
- 3. Enjoy!





## **COOKIES & CREAM SHAKE**

ACTIVE: :5 TOTAL:

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi vanilla protein powder

2 Tbsp. sugar free Oreo pudding mix/powder mix

1/2 cup low-fat milk

1 tsp. vanilla

1/2 cup ice cubes

\*1/2 tsp. stevia or other sweetener (optional)

\*Low-fat chocolate sandwich cookie, crushed for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with crushed low-fat chocolate sandwich cookie
- 3. Enjoy!

## **GREEN POWER SHAKE**

ACTIVE: :5 TOTAL: :5

MAKES: 1 SERVING

#### **INGREDIENTS:**

#### DIRECTIONS:

1 serving Mommi vanilla protein powder

1/2 medium banana, frozen

1/2 cup pineapple chunks, fresh or frozen

1 cup spinach

1/3 cup plain (or vanilla) greek yogurt

1 tsp. chia seeds

1/2 cup ice cubes

1. Combine all ingredients together in a blender and blend until smooth

2. Pour into a glass and enjoy!





## OATMEAL COOKIE SHAKE

ACTIVE: :5 TOTAL:

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi vanilla protein powder

1/2 medium banana, frozen

3 Tbsp. oats

1/4 tsp. cinnamon

Dash of nutmeg

1 Tbsp. sugar free vanilla

1/2 cup low-fat milk

1 tsp. vanilla extract

1/2 cup ice cubes

\*Pudding mix/powder (optional)

\*1/2 tsp. stevia or other sweetener (optional)

\*Cinnamon for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with a sprinkle of cinnamon
- 3. Enjoy!

## OATS & HONEY SHAKE

ACTIVE: :5
TOTAL: :5

MAKES: 1 SERVING

#### **INGREDIENTS:**

## 1 serving Mommi vanilla protein powder

1/4 cup oats

1/4 cup plain (or vanilla) greek yogurt

1 Tbsp. honey

1 Tbsp. almond butter

1/3 cup low-fat milk

1/2 cup ice cubes

\*Additional oats and honey for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with a sprinkle of oats and honey
- 3. Enjoy!





## **ORANGE DREAM SHAKE**

ACTIVE: :5 TOTAL:

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi vanilla protein powder

1/2 medium orange, peeled and sectioned

1/3 cup plain (or vanilla) greek yogurt

1/3 cup low-fat milk

1/2 cup ice cubes

\*1 tsp. orange peel, grated (optional)

\*Orange slice for topping/garnish (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with an orange slice
- 3. Enjoy!

## PEACH RASPBERRY SHAKE

ACTIVE: :5 TOTAL: :5

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi vanilla protein powder

1/2 cup plain (or vanilla) greek yogurt

1/3 cup raspberries

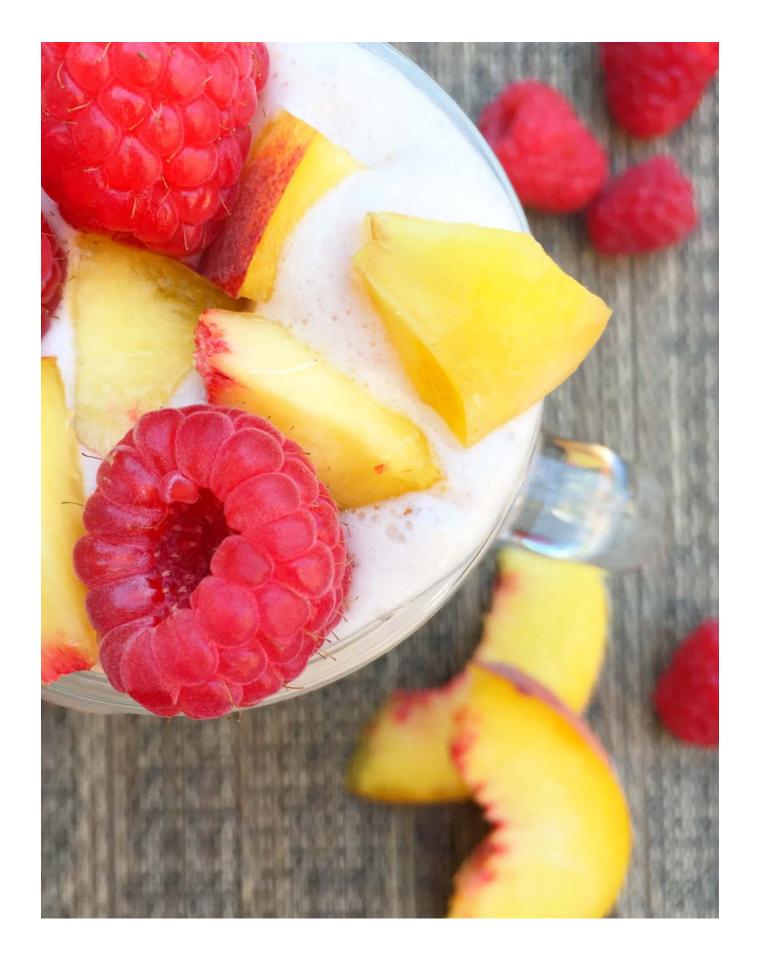
1/2 medium peach, sliced

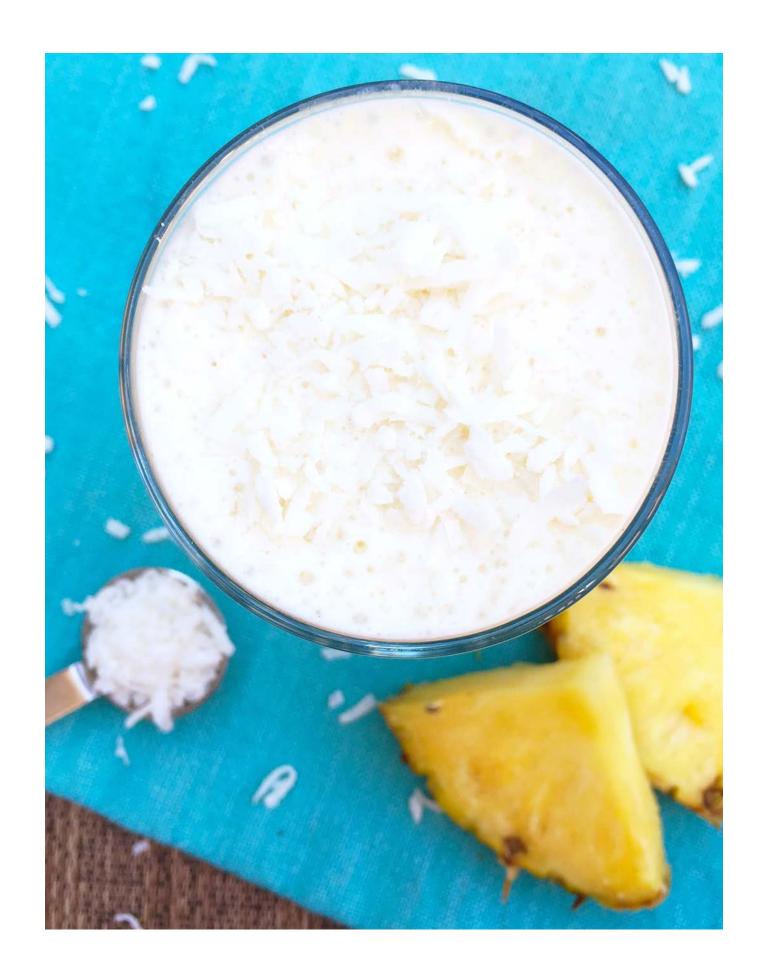
1 tsp. vanilla extract

1/2 cup ice cubes

\*Additional raspberries and peach slices for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with raspberries and peach slices
- 3. Enjoy!





## PINEAPPLE COCONUT SHAKE

ACTIVE: :5 TOTAL:

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi vanilla protein powder

3/4 cup pineapple chunks, fresh or frozen

2 tsp. shredded coconut

1/4 cup coconut or vanilla flavored greek yogurt

1/4 cup low-fat milk

1/2 cup ice cubes

\*Additional pineapple chunks and shredded coconut for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with pineapple chunks and shredded coconut
- 3. Enjoy!

## SNICKERDOODLE SHAKE

ACTIVE: :5
TOTAL: :5

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi vanilla protein powder

1 Tbsp. peanut butter (or 2 Tbsp. powdered peanut butter)

2 tsp. cinnamon

1 tsp. vanilla extract

1 tsp. honey

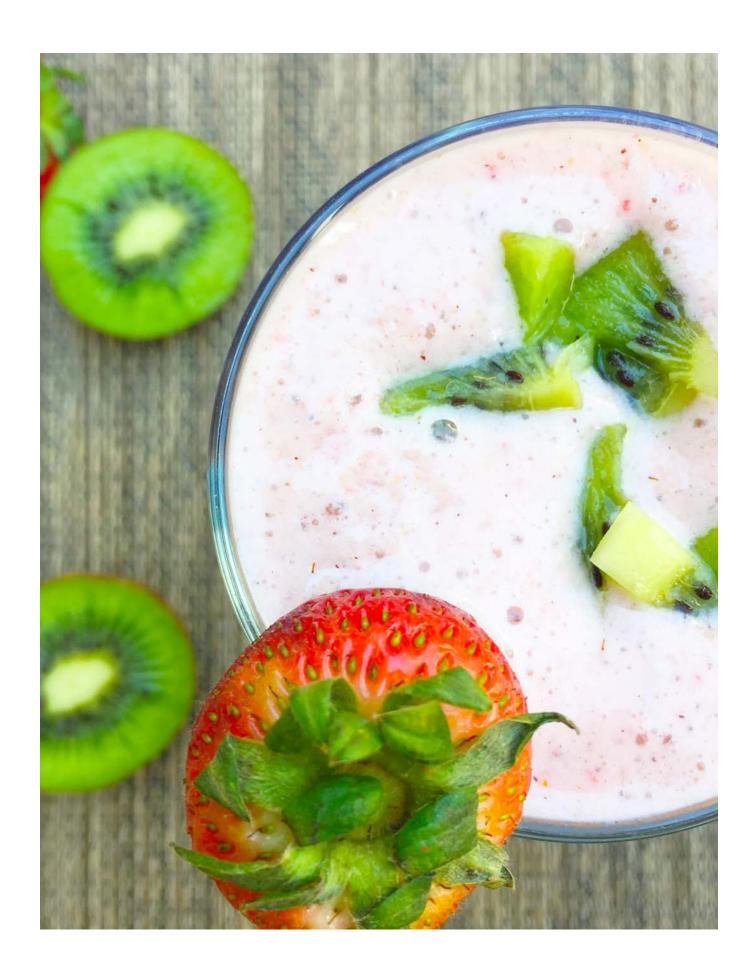
1/2 cup vanilla almond milk (or use low-fat regular milk)

1/2 cup ice cubes

\*Additional cinnamon for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with a dash of cinnamon
- 3. Enjoy!





## STRAWBERRY KIWI SHAKE

ACTIVE: :5 TOTAL:

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi vanilla protein powder

1 kiwi, peeled

1/2 cup strawberries, fresh or frozen

1/3 cup low-fat milk

1/3 cup plain (or vanilla greek yogurt)

1/2 cup ice cubes

\*Additional kiwi and strawberry sliced for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with strawberry and kiwi slices
- 3. Enjoy!

## **VERY BERRY SHAKE**

ACTIVE: :5
TOTAL: :5

MAKES: 1 SERVING

#### **INGREDIENTS:**

1 serving Mommi vanilla protein powder

1 cup frozen berries (i.e. raspberries, strawberries, blueberries, blackberries)

3/4 cup low-fat milk

1/2 cup ice cubes

\*1/2 cup spinach (optional)

\*1 tsp. stevia or other sweetener (optional)

\*Fresh berries for topping (optional)

- 1. Combine all ingredients together in a blender and blend until smooth
- 2. Pour into a glass and garnish with fresh berries
- 3. Enjoy!

