monni SHAKES e-book cookbook



ALMOND BUTTER CHOCOLATE **BANANA SHAKE**

ACTIVE: :5 TOTAL:

MAKES: 1 SERVING

INGREDIENTS:

2 scoops 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

DIRECTIONS:

2 scoops Mommi chocolate protein powder

INGREDIENTS:

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:

2 scoops Mommi chocolate protein powder

1/2 medium banana, frozen

1/3 cup hazelnuts, roasted and unsalted

1/2 cup low-fat milk

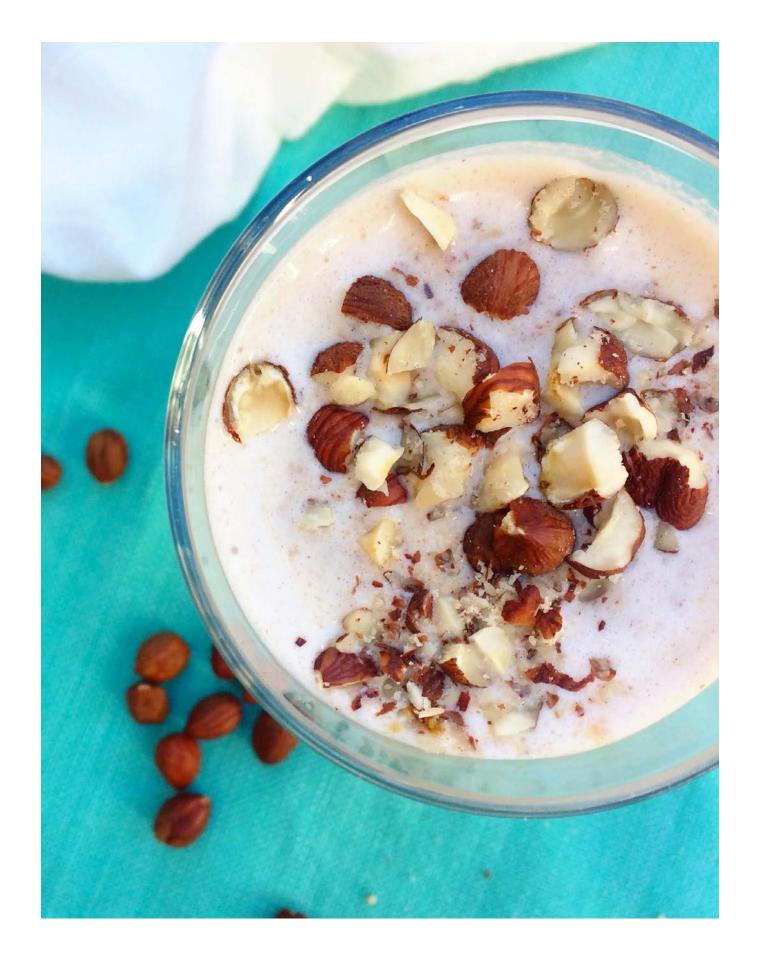
1 tsp. vanilla extract

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:

2 scoops 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:

2 scoops 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

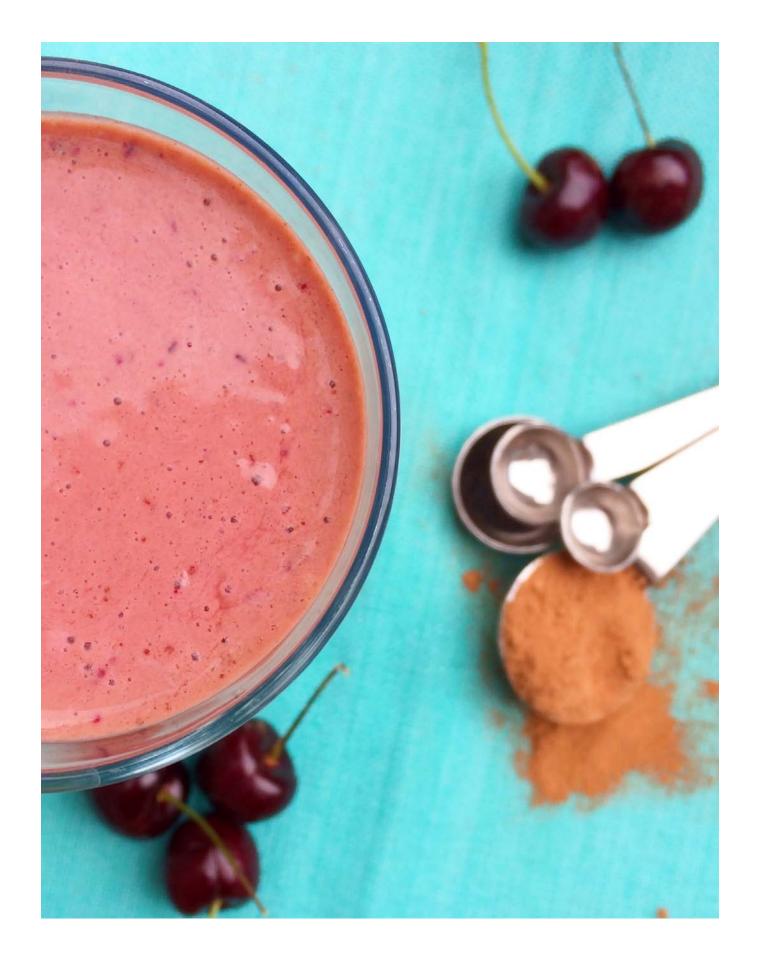
1 tsp. chia seeds

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: TOTAL:

MAKES: 1 SERVING

INGREDIENTS: DIRECTIONS:

2 scoops 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:

2 scoops 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)

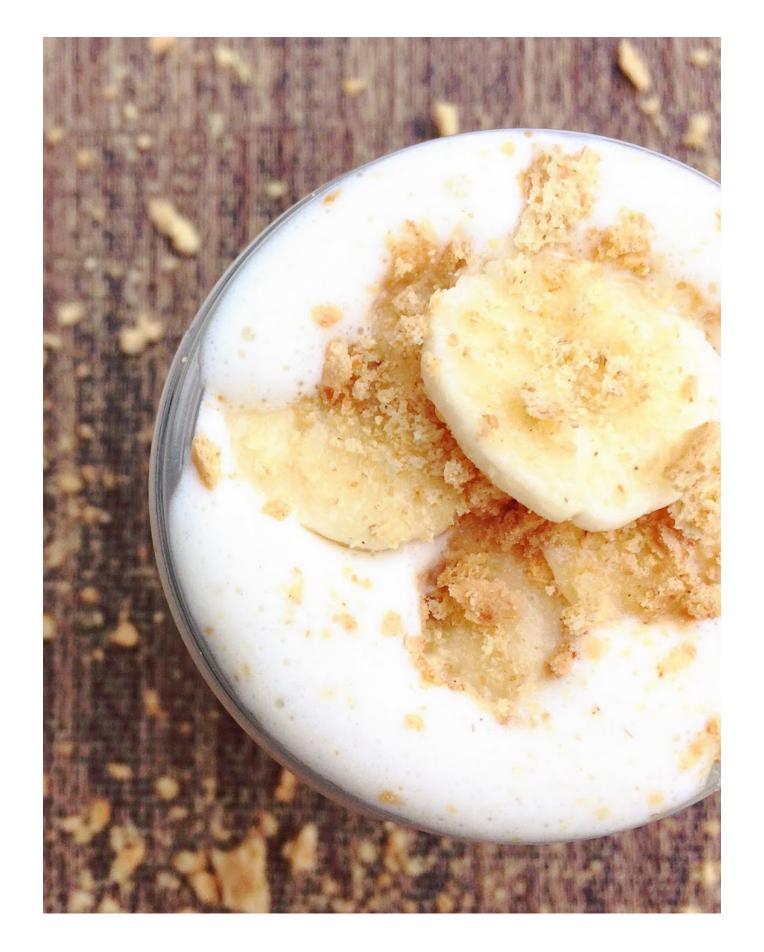
*Pinch of crushed graham crackers for garnish (optional)

*Fresh banana slices for garnish (optional)

DIRECTIONS:

- 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:

MAKES: 1 SERVING

DIRECTIONS:

2 scoops Mommi vanilla protein powder

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

INGREDIENTS:

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:

2 scoops Mommi vanilla protein powder

1/2 medium banana, frozen

1/2 cup blueberries, frozen or fresh

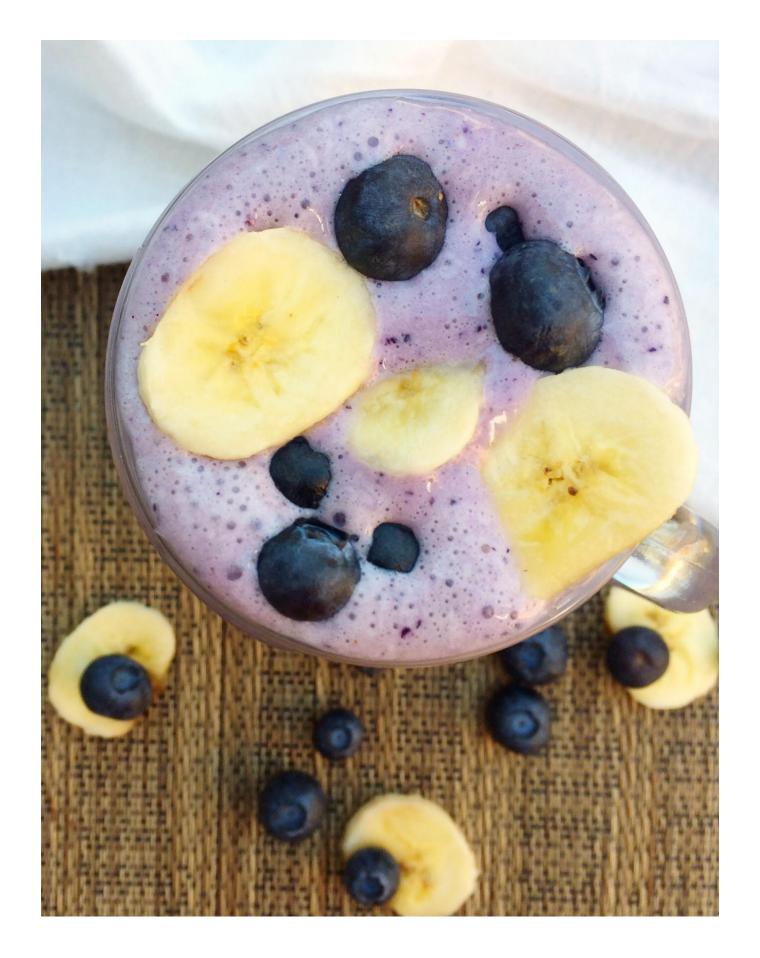
1/3 cup blueberry yogurt

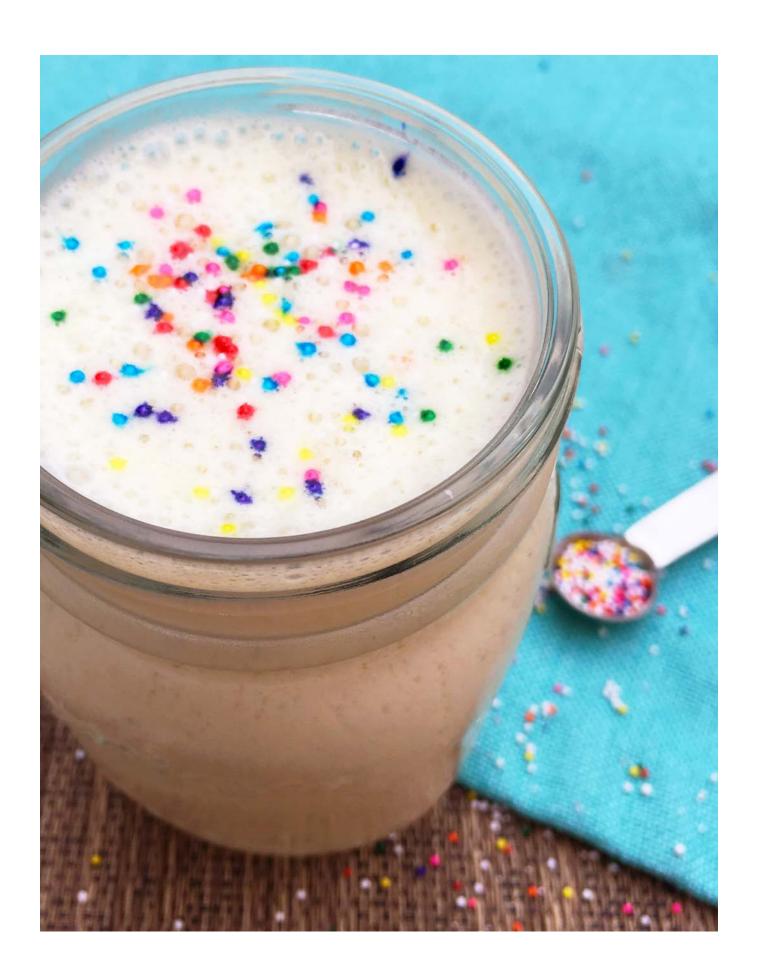
1/4 cup non-fat milk (or milk of choice)

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: DIR

2 scoops 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)

- DIRECTIONS:
- 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:

2 scoops 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

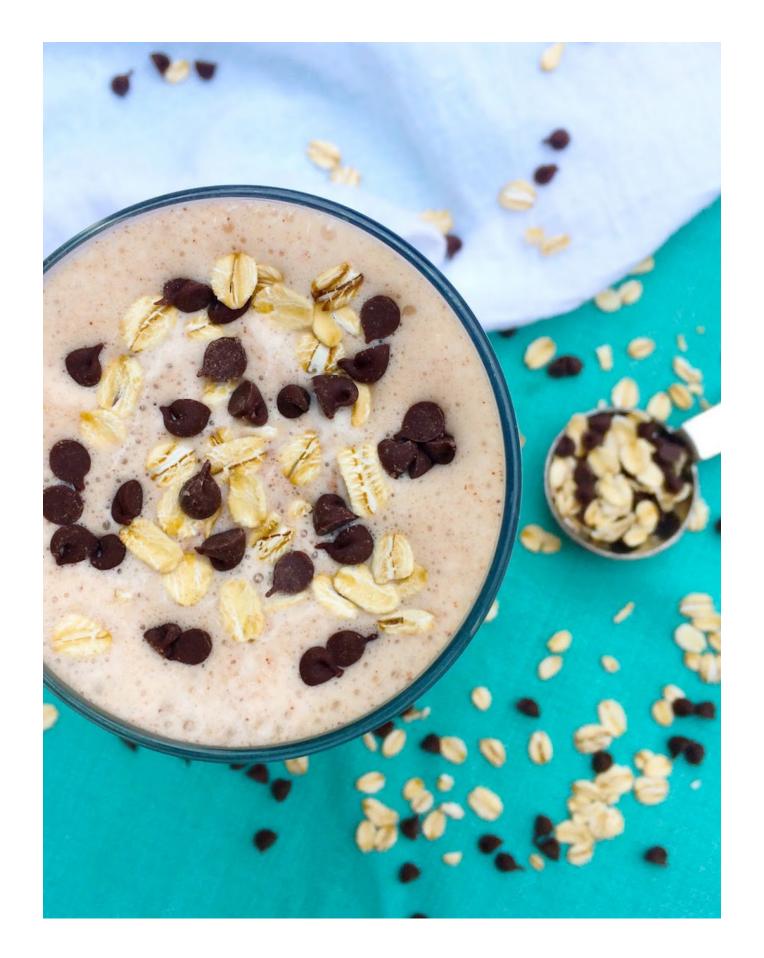
2 Tbsp. dark chocolate chips or cocoa nibs

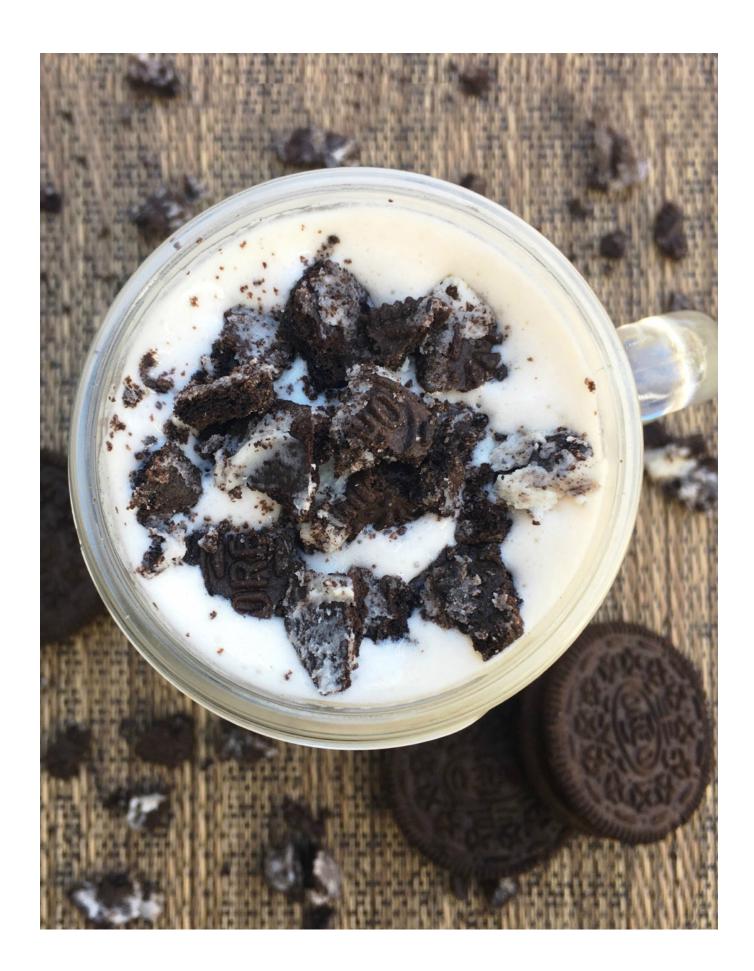
1/2 cup ice cubes

*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:

2 scoops 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:

2 scoops Mommi vanilla protein powder

1/2 medium banana, frozen

1/2 cup pineapple chunks, fresh or frozen

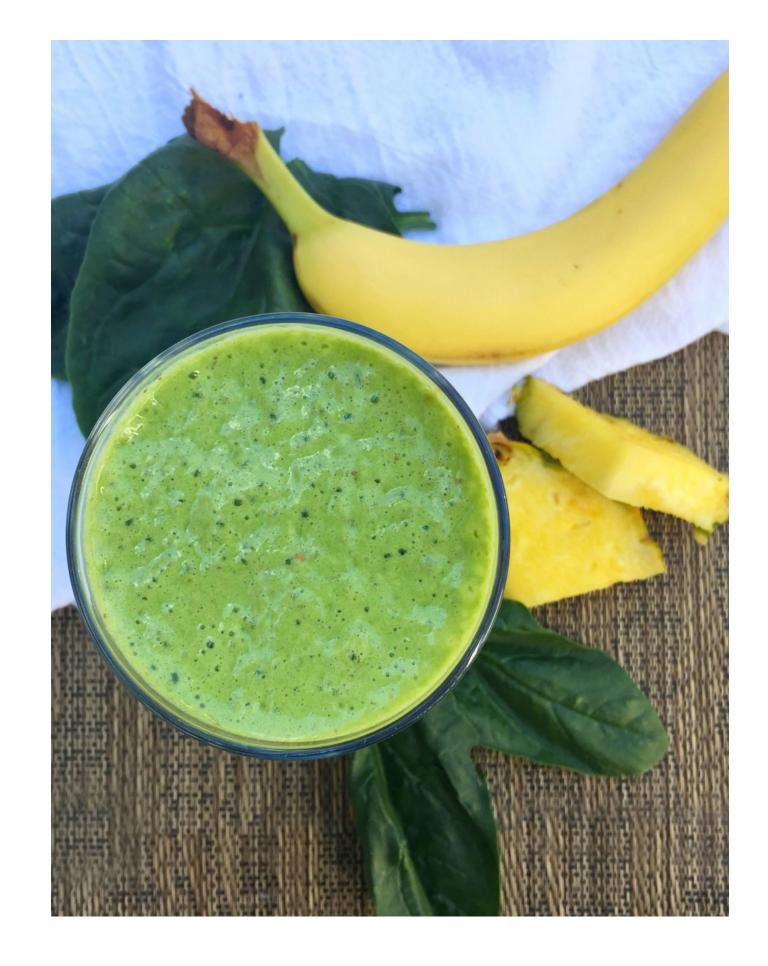
1 cup spinach

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: DIRECTIONS:

2 scoops 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:

2 scoops 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:

2 scoops 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:

2 scoops Mommi vanilla protein powder

1/2 cup plain (or vanilla) greek yogurt

1/3 cup raspberries

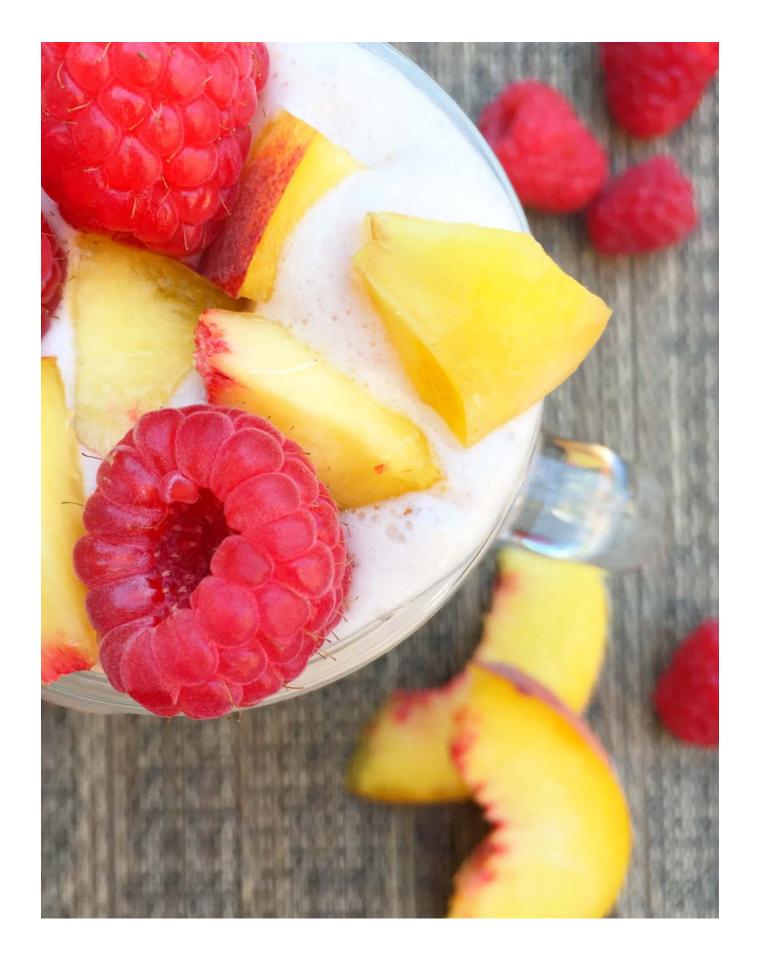
1/2 medium peach, sliced

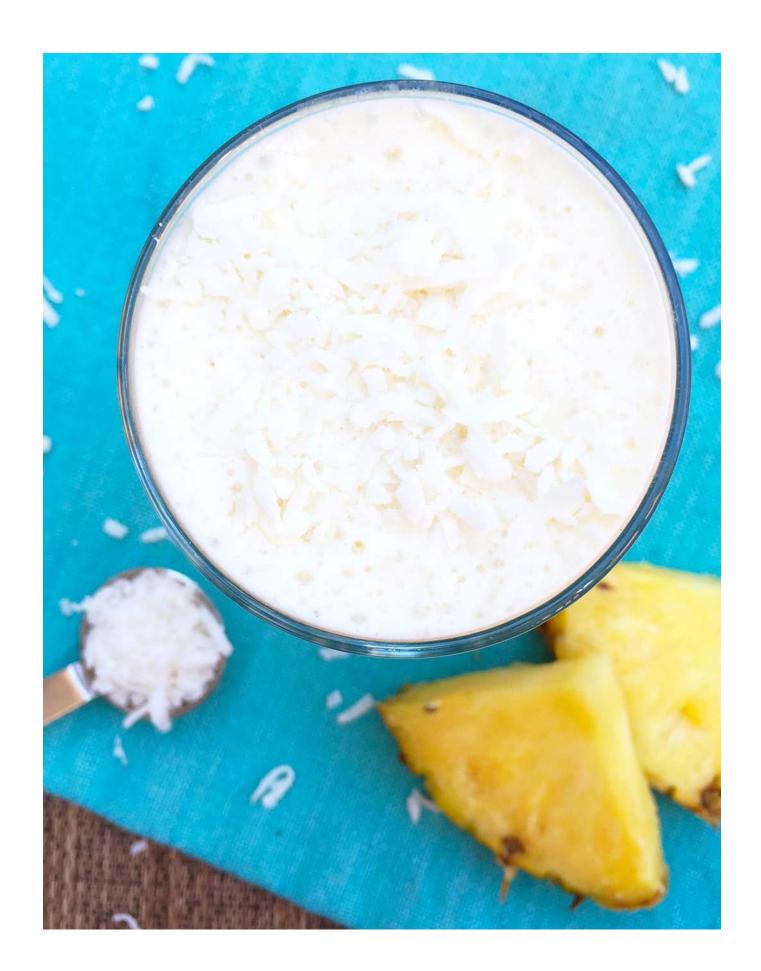
1 tsp. vanilla extract

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: :5

TOTAL: :5
MAKES: 1 SERVING

DIRECTIONS:

2 scoops Mommi vanilla protein powder

3/4 cup pineapple chunks, fresh or frozen

INGREDIENTS:

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:

2 scoops Mommi vanilla protein powder

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

2 tsp. cinnamon

1 tsp. vanilla extract

1 tsp. honey

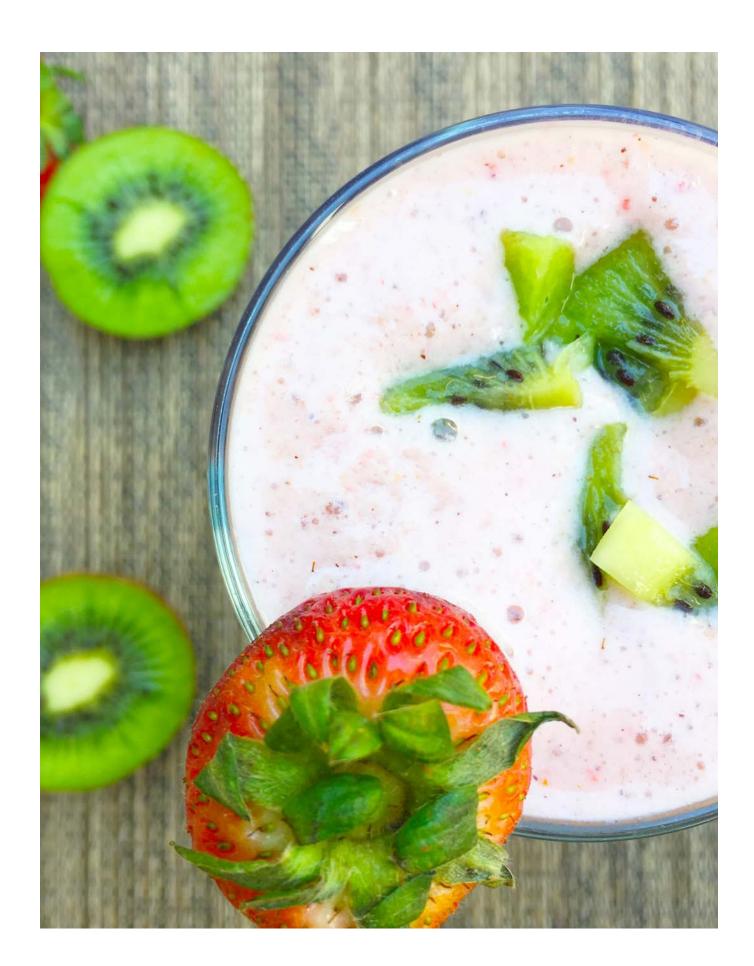
1/2 cup vanilla almond milk (or use low-fat regular milk)

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:

2 scoops 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:

2 scoops 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!

