

mommi SHAKES

e-book cookbook



ALMOND BUTTER CHOCOLATE
BANANA SHAKE

ACTIVE: :5
TOTAL: :5
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)

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 almonds
3. Enjoy!





CHOCOLATE PEANUT BUTTER SHAKE

ACTIVE: :5
TOTAL: :5
MAKES: 1 SERVING

INGREDIENTS:

- 2 scoops 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)

DIRECTIONS:

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)

DIRECTIONS:

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
MAKES: 1 SERVING

INGREDIENTS:

- 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)

DIRECTIONS:

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)

DIRECTIONS:

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:

- 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)

DIRECTIONS:

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: :5
TOTAL: :5
MAKES: 1 SERVING

INGREDIENTS:

- 2 scoops 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)

DIRECTIONS:

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)

DIRECTIONS:

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
MAKES: 1 SERVING

INGREDIENTS:

- 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)

DIRECTIONS:

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: :5
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)

DIRECTIONS:

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

DIRECTIONS:

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: :5
MAKES: 1 SERVING

INGREDIENTS:

- 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)

DIRECTIONS:

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)

DIRECTIONS:

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: :5
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)

DIRECTIONS:

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)

DIRECTIONS:

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
MAKES: 1 SERVING

INGREDIENTS:

- 2 scoops 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)

DIRECTIONS:

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)

DIRECTIONS:

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 KIW SHAKE

ACTIVE: :5
TOTAL: :5
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)

DIRECTIONS:

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)

DIRECTIONS:

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

