Holiday Shake Recipes

12 Holiday Recipes for a Happy, Healthy Holiday Season
Eggnog Shake

Ingredients
• Daily Reset Shake - 1 serving (2 scoops)
• 1 cup unsweetened flax milk
• 2 medjool dates, pitted
• 1/4 cup raw cashews
• 1/4 tsp fresh ground nutmeg
• 1/4 tsp allspice
• (optional) 1/4 tsp butter extract
• 1 cup crushed ice

Directions
• Add liquids ingredients first
• Add powder
• Add solids
• Add ice
• Blend all ingredients in high powered blender until smooth
Ginger Spice Shake

Ingredients
- Daily Reset Shake - 1 serving (2 scoops)
- 1 1/2 cups water
- 1/2 cup unsweetened almond milk or coconut milk
- Freshly grated ginger to taste
- Cinnamon to taste
- 1 cup crushed ice

Directions
- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth
Nut Butter Peppermint Shake

Ingredients

- Daily Reset Shake - 1 serving (2 scoops)
- 3 cups of water
- 1 tbsp red maca root
- ½ tsp. Himalayan salt
- ½ tbsp. Organic nut butter
- 2 tsp. Raw cocoa powder
- 2-3 drops peppermint oil
- 1 cup crushed ice

Directions

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth
Pumpkin Pie Delight Shake

**Ingredients**
- Daily Reset Shake - 1 serving (2 scoops)
- 1 cup unsweetened flax milk
- 1/2 cup organic pure pumpkin puree
- 1/2 organic banana, frozen - with skin
- 1/2 tbsp organic honey
- 1/2 tsp pumpkin pie spice
- 1 tbsp toasted pumpkin seeds
- 1 cup crushed ice

**Directions**
- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth
- Add pumpkin seeds and lightly blend a few seconds
Mug ‘O Hot Chocolate Shake

**Ingredients**
- 2 cups water heated to 110°F
- Daily Reset Shake - 1 serving (2 scoops)
- 2 heaping tbsp. Unsweetened cocoa

**Directions**
- Add liquids ingredients first
- Add powder
- Blend all ingredients in high powered blender until smooth
Orange Spice Delight Shake

Ingredients
- Daily Reset Shake - 1 serving (2 scoops)
- ½ tsp. orange extract (to taste)
- ¼ tsp. cinnamon
- ⅛ tsp. ground clove
- 1 cup crushed ice

Directions
- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth
Spice Apple Pie Shake

Ingredients

- Daily Reset Shake - 1 serving (2 scoops)
- 1 cup unsweetened flax milk
- 1 granny smith apple, peeled and cored
- 1/4 cup raw oats
- 1/4 cup unsweetened coconut yogurt
- 1 tbsp cashew butter
- 1/2 tsp ground cinnamon (ceylon)

Directions

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth
Snickerdoodle Cookie Shake

Ingredients
• Daily Reset Shake - 1 serving (2 scoops)
• 1 ½ cups water
• ½ cup unsweetened almond milk
• ⅛ avocado
• ¼ tsp. Cinnamon
• 1 cup crushed ice

Directions
• Add liquids ingredients first
• Add powder
• Add solids
• Add ice
• Blend all ingredients in high powered blender until smooth
Vanilla Ginger Peach Shake

Ingredients
• Daily Reset Shake - 1 serving (2 scoops)
• 1 peach, halved
• ¾ inch piece of fresh ginger
• ½ cup coconut milk
• 1 cup crushed ice

Directions
• Add liquids ingredients first
• Add powder
• Add solids
• Add ice
• Blend all ingredients in high powered blender until smooth
Almond Ginger Chai Shake

Ingredients

• Daily Reset Shake - 1 serving (2 scoops)
• ½ cup unsweetened almond or coconut milk
• 2 cups water
• ¼ tsp. ground cinnamon
• ¼ tsp. ground ginger
• ⅛ ground cardamom
• ⅛ tsp. ground cloves
• 1 cup crushed ice

Directions

If you prefer an intense, spicy chai flavor, double the amount of each spice.

• Add liquids ingredients first
• Add powder
• Add solids
• Add ice
• Blend all ingredients in high powered blender until smooth
Salted Caramel Shake

Ingredients

- Daily Reset Shake - 1 serving (2 scoops)
- 2-2 ½ cups water
- 2 tsp. of caramel extract
- Pinch of Himalayan sea salt
- 1 cup crushed ice

Directions

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth
- Add ¼ cup of navy beans (or ½ green banana) to make it a lunch serving
- Add a side of greens (½ cup frozen spinach) to make it a complete meal
Chocolate Delight Shake

Ingredients

- 1 ½ cups of water
- Daily Reset Shake - 1 serving (2 scoops)
- 1-1 ½ teaspoons of arriba cacao powder
- 1 teaspoon Daily Greens
- 1 cup crushed ice

Directions

- Add liquids ingredients first
- Add powder
- Add solids
- Add ice
- Blend all ingredients in high powered blender until smooth