

Juice Plus+ French Vanilla Complete® Recipes

French Vanilla Smoothie

Blend together:

- 1 c. almond or cashew milk
- 1 scoop/packet Vanilla Complete
- 3-5 ice cubes

Variations: add frozen cherries, strawberries, raspberries, blueberries, pineapple, mango, banana, or a combination of these for a creamy fruit smoothie!

Pumpkin Pie Smoothie

Blend together:

- 1 1/2 c. almond or soy milk
- 1/2 can pumpkin puree
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. ginger
- 1/4 tsp. honey
- 1 scoop/packet Vanilla Complete
- 1/4 c. ice cubes
- 1/2 c. pecans (add at end so the pecans are not pulverized)

Strawberry Julius

Blend together:

- 1 c. orange juice
- 1 c. frozen strawberries
- 1 handful spinach
- 1 scoop/packet Vanilla Complete
- 3-5 ice cubes

Purple Passion

Blend together:

- 1 c. coconut water
- 2-3 kale leaves
- 1/2 frozen banana
- 1 c. frozen blueberries
- 1 tsp. chia seed
- 1-2 tsp. cinnamon
- 1 scoop/packet Vanilla Complete

Chai Fire Smoothie

Blend together:

- 1 c. cold strong herbal chai tea
- 1/4 tsp. cinnamon (possibly more if you wish)
- 1/4 tsp. ginger
- 1/8 tsp. ground clove
- 1/8 tsp. allspice
- 1/4 tsp. turmeric
- a dash of cayenne
- juice from one small lemon
- 1 scoop/packet Vanilla Complete
- 3-5 ice cubes

Green Garden Smoothie

Blend together:

- 1 c. unsweetened rice milk
- 2 inch piece of cucumber
- 2-3 kale leaves
- 1 1/2 c. spinach
- 1 c. frozen pineapple
- 2 Tbsp. flaxseed
- 1/2 c. water
- 1-2 dates (optional for sweetness)
- 1 scoop/packet Vanilla Complete

Tropical Vanilla Delight

Blend together:

- 1/2 c. coconut milk
- 1/2 c. water
- 1/2 frozen banana
- 1/4 c. frozen pineapple
- 1/4 c. frozen mango
- 1/4 c. frozen strawberries
- 1/4 tsp. cinnamon
- 1 scoop/packet Vanilla Complete

Creamy & Dreamy

Blend together:

- 1/2 c. almond or cashew milk
- 1/2 avocado
- 1 c. spinach
- 1/2 frozen banana
- 1 scoop/packet Vanilla Complete
- 3-5 ice cubes

