

# NutraLinea<sup>®</sup>

ULTRA NUTRIENTS



**12 healthy shake recipes**

Top 12 recipes with  
NutraLinea PerfectProtein Vanilla



**Good to know:**

The NutraLinea PerfectProtein Vanilla is gluten-free, suitable for vegetarians and contains no added sugars.

[www.nutralinea-usa.com](http://www.nutralinea-usa.com)

# NutraLinea®

## ULTRA NUTRIENTS

### **Congratulations on your purchase of NutraLinea!**

Today you took a very important step towards a healthy life. Your body is your most important asset and you know that nutrition is extremely important. But you also want to continue to enjoy delicious snacks. With NutraLinea you give your body what it needs, without depriving yourself of everything. Become fitter, more energetic and healthier. You deserve that!

### **NutraLinea: the power of Mother Nature**

You do your best to eat healthy and consume everything your body needs. That turns out to be quite tricky; nowadays our food contains much less nutrients than it did 20 years ago. And healthy food is not always easy to fit into your lifestyle.

NutraLinea consists of a range of natural products with an extremely high level of essential nutrients, the so-called Ultra Nutrients. With NutraLinea you can be sure that your body gets everything it needs to stay healthy; through specially selected, natural and powerful Ultra Nutrients with vitamins, minerals and trace elements in effective doses. In short, everything you need, without a rigorous diet and without turning your life upside down.

Check all NutraLinea products at [www.nutralinea-usa.com](http://www.nutralinea-usa.com)

# Recipe 1: Tasty Almond Shake

## Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- 1 cup almond milk
- ½ cup (frozen) raspberries
- 2 tablespoons almonds
- 1 teaspoon ground cinnamon

## Preparation:

Combine all ingredients (except ground cinnamon) and mix it in the blender. Pour the shake into a large glass. Sprinkle a teaspoon of ground cinnamon on top of the shake.

## Serving tip:

Ideal shake for every moment of the day!



## Recipe 2: Banana Split Shake

Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- 1 cup fat free milk
- 1 banana
- 1 teaspoon ground dark chocolate

Preparation:

Combine all ingredients except the ground dark chocolate and mix it in the blender. Pour the shake into a large glass. Sprinkle ground dark chocolate on top of the shake.

Serving tip:

A delicious shake that can be served as dessert.





## Recipe 3: Frozen Sorbet Shake

### Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- 1 cup fat free milk
- ½ cup (frozen) red summer fruits
- 5 ice cubes

### Preparation:

Mix all ingredients including the ice cubes in the blender. Pour the shake into a large glass.

### Serving tip:

A delicious and fresh shake for a beautiful summer evening.



## Recipe 4: Breakfast Shake

### Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- 1 cup plain yoghurt (lowfat)
- ½ banana
- ¼ cup granola
- 1 tablespoons ground cinnamon

### Preparation:

Peel the banana and use half. Combine all the ingredients and mix it in a bowl. Pour the shake into a large glass and sprinkle a teaspoon of ground cinnamon on top.

### Serving tip:

Healthy shake for every moment of the day.



## Recipe 5: Berry Dream Shake

### Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- 1 cup fat free milk
- ½ cup blueberries (alternative: raspberries or blackberries)
- 1 tablespoon chia seed

### Preparation:

Combine all the ingredients and mix it in the blender. Besides fresh fruit, you can also choose frozen fruit. Pour the shake into a large glass.

### Serving tip:

Ideal fruit shake for lunch.





## Recipe 6: Coconut Dream

### Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- 1 cup greek yoghurt (lowfat)
- 1 peach
- 1 tablespoon coconut milk
- 1 tablespoon shredded coconut

### Preparation:

Peel the peach and cut it into small pieces. Mix all ingredients with a spoon to a nice mix. Pour the mixture into a large glass. Sprinkle the coconut over the shake as a finishing touch.

### Serving tip:

Have a relaxing moment. Ideal for after a long working day.



## Recipe 7: Vitality Shake

### Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- 1 cup fat free milk
- ½ ripe mango
- 5 ice cubes

### Preparation:

Peel the mango and use a half. Combine all the ingredients and mix it in the blender. Pour the shake into a large glass.

### Serving tip:

Lovely refreshment for the end of the day.



## Recipe 8: Hot Coffee Creation

### Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- ½ cup coffee
- 1 cup fat free milk
- 1 teaspoon cocoa powder

### Preparation:

Put 1 cup fat free milk in a pan, add the PerfectProtein Vanilla. Heat and stir with a whisk. Pour the shake into a large glass and add the coffee slowly. Sprinkle cocoa powder as a 'finishing touch'.

### Serving tip:

Delicious shake as an alternative to an afternoon cup of coffee.



## Recipe 9: Sweet Vanilla Deal

### Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- 1 cup fat free milk
- 2 tablespoons cocoa powder
- 1 tablespoon honey
- 1 pinch of ground vanilla

### Preparation:

Combine all ingredients (except the vanilla) and mix it in the blender. Pour the shake into a large glass. Sprinkle a pinch of ground vanilla as decoration on the shake.

### Serving tip:

Healthy snack for anyone with a sweet tooth.



## Recipe 10: Night Shake

### Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- 1 cup orange juice
- ½ cup plain yoghurt (lowfat)
- 1 tablespoon cacao powder
- 1 pinch of cinnamon

### Preparation:

Combine all ingredients (except the cinnamon) and mix it in the blender. Pour the shake into a large glass. Sprinkle a pinch of cinnamon on the shake.

### Serving tip:

Pure enjoyment after a busy day.





## Recipe 11: Wake-up Shake

### Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- 1 cup greek yoghurt (lowfat)
- 1 apple (peeled)
- 3 tablespoons oatmeal
- 1 tablespoon cinnamon

### Preparation:

Peel the apple and cut it into small pieces. Mix all ingredients with a spoon to a nice mix. Pour the mix into a large glass. Garnish the shake with a pinch of cinnamon.

### Serving tip:

In the morning for a perfect start to the day.



## Recipe 12: Power Fruit Shake

### Ingredients:

- 1 sachet of PerfectProtein Vanilla 0.6 oz
- 1 cup fat free milk
- 1 banana
- ½ cup (frozen) red summer fruits
- ¼ cup (frozen) acai berries

### Preparation:

Combine all the ingredients and mix it in the blender. Pour the shake into a large glass.

### Serving tip:

Vitamin boost for every moment of the day.

