

BEAUTY BOOSTING RECIPES

Cooking With Shalee

BEAUTY BOOST





BOOSTING GREEN SMOOTHIE

BREAKFAST

Beauty-Boosting Green Smoothie

LUNCH
1 serving

Ingredients:

- ½ avocado
- ½ banana, frozen
- 1 handful spinach
- 2 scoops Shaklee Collagen-9
- 1.5 cups coconut water

Directions:

1. Blend all ingredients together until smooth and serve.



TBeauty

BOOSTING TOAST

Beauty-Boosting Toast

Submitted by: Rachel Harshfield

1 serving

Ingredients:

- **One slice of preferred bread (Shaklee pick: Ezekial or sourdough)**
- **2 tablespoons ricotta cheese**
- **Optional: one scoop Shaklee Life Shake**
- **1 tsp Vivix Liquid Dietary Supplement**
- **Toppings: berries, honey drizzle, cacao nibs**

Directions:

1. **Toast your bread.**
2. **If using Life Shake, whip with ricotta cheese until blended well.**
3. **Once the toast is toasted to your liking, spread ricotta cheese and protein mixture.**
4. **Drizzle with one teaspoon of Vivix, honey, berries, and cacao nibs.**

1.



BERRY BEAUTY COLLAGEN POPSICLES

BREAKFAST

Berry Beauty Collagen Popsicles

LUNCH

Ingredients:

- 1 cup nut milk of choice
- 2 cups mixed berries
- 4 scoops Shaklee Collagen-9
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Directions:

SNACK

1. Blend nut milk, berries, and collagen until smooth.
2. Pour into popsicle molds and let set for at least 3 hours until completely frozen.
Enjoy!



VACAY BEAUTY SMOOTHIE

BREAKFAST

Vacay Beauty Smoothie

1 serving

Ingredients:

- 1 cup water
- 2 tablespoons Greek yogurt
- ½ cup frozen pineapple
- ½ cup frozen mango
- 2 scoops Shaklee Collagen-9
- 1 tablespoon nut butter of choice

Directions:

1. Put all ingredients in a blender.
2. Blend until smooth. Serve and enjoy.



BREAKFAST

LUNCH

I hope you enjoy these recipes, they are from the Naturally Shaklee Blog. I am a Shaklee Ambassador helping you Make Healthy Happen.

SNACK

<https://pws.shaklee.com/lisaburbach>