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|  C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Chocolate Almond Crunch Protein Bars****1 16 oz. jar organic almond butter****¼ cup agave syrup****1 cup finely chopped raw almonds****8 scoops Arbonne Chocolate Protein Powder (or vanilla)****4 scoops Arbonne Fiber Boost****4 tablespoons wheat germ****¼ cup Half & Half****Melt almond butter in a bowl to make or easier blending. Combine all ingredients and mix with a beater to insure even distribution of the crunch. Spread into a 9X13 pan and refrigerate until firm. Cut into bars.** |  C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Pumpkin/Carrot/Almond Protein Bars****1 c. almond butter****½ cup agave syrup****1 ½ c. canned pumpkin****¾ c. shredded carrot (use food processor)****1 t. cinnamon****½ t. nutmeg****6 scoops Arbonne vanilla protein powder****1/3 c. Arbonne fiber or ground flax seeds****½ cup slivered almonds****2 cups oats****In a large bowl, blend together almond butter & agave. Add pumpkin, carrot and spices. Blend well and continue to fold in the rest of the ingredients one at a time. Press into a 9X13 pan and refrigerate until firm. Sprinkle with cinnamon. Cut into bars.** |
| C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Crunchy Protein Bars****1 16 oz. jar of organic crunchy peanut or almond butter****1 ½ cups honey or agave nectar****2 ½ cups multigrain oatmeal****2 ½ cups Arbonne Vanilla or Chocolate Protein powder****Place peanut butter & honey in microwave bowl on high in microwave for 90 seconds. Pour in mixing bowl and mix. Add oatmeal and mix. Add powder and mix.****Pour in 9X13 cookie sheet covered with wax paper (for thinner bars use 11X17 cookie sheet). Spread evenly and cover with wax paper. Refrigerate until firm and cut into bars.** | C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Trail Mix Protein Bars** **1 cup almond butter****1 cup agave****6 scoops Arbonne Vanilla Protein Powder****2 cups gluten free oatmeal****½ cup craisins****½ cup raisins****½ cup chopped walnuts****½ cup sliced almonds****Melt almond butter to make blending easier. Combine all ingredients and mix with a beater. Spread into a 9X13 pan and refrigerate until firm. Cut into bars.** |
| C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Detox Protein Bars** **2 cups almond butter****1 ¾ cups agave nectar****2 ¼ cups Arbonne Protein Powder (chocolate, vanilla, or mixed)****3 cups gluten free oats (may substitute with 2 ½ cups puffed brown rice cereal)****Melt almond butter with agave nectar in sauce pan on low heat. In a large bowl mix Arbonne Protein Powder & oats. Add melted almond butter and agave mixture to protein powder mixture & stir well. Pour into pan & pat down. Refrigerate 1 hour. Makes 24 bars.** | C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Basic Arbonne Pancake Recipe** **1 Scoop Arbonne Protein Powder** **1 Egg** **¼ cup Water** **Makes about 4 small pancakes. Top with brown rice syrup, brown agave (maple** **flavor) or light agave (honey flavor).** |
| C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Apple Cinnamon Pancakes****Use Basic Arbonne Pancake Recipe (vanilla powder)****Add 1 apple peeled & processed****1 t. ground cinnamon****1 t. ground nutmeg****1 t. vanilla extract****Top with brown agave, sliced almonds and chopped apple.** | C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Lemon Poppy Seed Pancakes****Use Basic Arbonne Pancake Recipe (vanilla powder)****¼ c. poppy seeds****Zest from one lemon****Top with fresh strawberries and agave nectar.** |
| C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Almond Butter Banana Pancakes****Use Basic Arbonne Pancake Recipe (vanilla or chocolate)****1 T. almond or peanut butter****Ripe Banana (half in pancake mix & half sliced for topping)****Brown rice syrup or brown agave topping.** | C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Pumpkin Spice Pancakes****Use Basic Arbonne Pancake Recipe (vanilla or chocolate)****1 T. canned pumpkin****½ T. cinnamon****Top with brown rice syrup or brown agave and sliced almonds.** |
| C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Mint Chocolate Pancakes****Use Basic Arbonne Pancake Recipe (chocolate powder)****½ t. mint extract****½ t. vanilla extract****Top with Brown agave and chopped Andes mints (if it’s a cheat day!)**  | C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Basic Arbonne Protein Shake****2 Scoops of Arbonne Protein Powder****1 Scoop of Arbonne Fiber Boost****Blend with ice and water to desired thickness.****Any shake may be varied however you like! The sky’s the limit! Add fresh or frozen fruit to make it frosty and yummy. Add a bit of orange juice, or even non-dairy Almond Milk (30 calorie unsweetened, vanilla) for extra creaminess.****That’s what I do!** |
|  C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Chocolate Covered Cherry Shake** **2 Scoops of Arbonne Chocolate Protein Powder** **1 Scoop of Arbonne Fiber Boost** **1 Small handful of tart frozen cherries** **Blend with ice and water to desired thickness.****Any shake may be varied however you like! The sky’s the limit! Add fresh or frozen fruit to make it frosty and yummy. Add a bit of orange juice, or even non-dairy Almond Milk (30 calorie unsweetened, vanilla) for extra creaminess.** **That’s what I do!** | C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Strawberry Banana Shake** **2 Scoops of Arbonne Vanilla Protein Powder** **1 Scoop of Arbonne Fiber Boost** **1 small handful of frozen strawberries and bananas** **Blend with ice and water to desired thickness.****Any shake may be varied however you like! The sky’s the limit! Add fresh or frozen fruit to make it frosty and yummy. Add a bit of orange juice, or even non-dairy Almond Milk (30 calorie unsweetened, vanilla) for extra creaminess.** **That’s what I do!** |
| C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Chocolate Almond Butter Banana Shake****2 Scoops of Arbonne Chocolate Protein Powder****1 Scoop of Arbonne Fiber Boost****1 tsp. Almond Butter****1 small handful frozen banana****Blend with ice and water to desired thickness****Any shake may be varied however you like! The sky’s the limit! Add fresh or frozen fruit to make it frosty and yummy. Add a bit of orange juice, or even non-dairy Almond Milk (30 calorie unsweetened, vanilla) for extra creaminess.****That’s what I do!** | C:\Users\Owner\Pictures\IClogo_NutritionalBug_wb[1].jpg**Orange Julius Shake****2 Scoops of Arbonne Vanilla Protein Powder****1 Scoop of Arbonne Fiber Boost****Blend with ice and low sugar orange juice to desired thickness****Any shake may be varied however you like! The sky’s the limit! Add fresh or frozen fruit to make it frosty and yummy. Add a bit of orange juice, or even non-dairy Almond Milk (30 calorie unsweetened, vanilla) for extra creaminess.****That’s what I do!** |