|  |  |
| --- | --- |
| 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!** |