**Protein Shakes Recipes**

Opción 1

* 1 cup dry oatmeal
* 1-2 scoops Orgain (organic protein)
* 1/2 tsp cinnamon
* 1 tbsp chopped almonds
* 1-1/2 cup coconut milk or almond milk or rice milk
* 1 cup ice cubes

Opción 2

* 1-2 scoops Orgain (organic protein)
* 1 cup unsweetened almond milk
* 1 frozen banana
* 1 tablespoon key lime juice
* Zest of one key lime
* 1 cup ice cubes

Opción 3

* 1 cup unsweetened coconut milk
* 3/4 cup frozen raspberries
* 1-2 scoops Orgain (organic protein)
* 1 tablespoon chia seed
* 1 cup ice cubes

OPCION 4

* 1-2 scoops Orgain (organic protein)
* 1 cup unsweetened almond milk
* 1 cup frozen peaches
* 1/2 cup frozen pineapple
* 1/2 banana
* 2 cups kale
* 1 cup ice cubes

OPCION 5

* 1-2 scoops Orgain (organic protein)
* 1/2 cup unsweetened almond milk
* 1/2 cup wáter
* 3 ounces natural orange juice
* 1/2 frozen banana
* 1 cup ice cubes
* 1 teaspoon orange zest

OPCION 6

* 1-2 scoops Orgain (organic protein)
* 2 tablespoons dry oatmeal
* 2 bananas
* 1 cup unsweetened almond milk
* ½ cup cold wáter
* ¼ teaspoon cinnamon
* 1 cup ice cubes

OPCION 7

* 1 ½ cups papaya, chilled and cut into chunks
* 2 teaspoons fresh ginger, peeled and chopped
* Juice of half a lemon
* Leaves from one sprig of mint
* 1 cup ice cubes

OPCION 8

* 1 teaspoon dry chia sedes
* 1-2 scoops Orgain (organic protein)
* 1 ½ cups seedless red or purple grapes
* 1/2 cup blueberries
* 1/2 cup water
* 1 cup ice cubes