



Recipes

Beverages

Karen's Bavarian Chocolate Shake

Prep and Cook Time: 5 minutes

Yield: 1 serving

Ingredients:

10 ounces filtered water
2 scoops MCTlean Vegan Chocolate Protein Blend
1 teaspoon raw cacao nibs
1 tablespoon Superseed medley (hemp seed, chia seed, flaxseed)
1/2 cup frozen cherries
2 tablespoons raw coconut flakes
1 teaspoon MCTlean MCT Oil or organic coconut oil
Ice as needed

Directions:

1. Using Vitamix on high power blender, add 2 scoops MCTlean Vegan protein powder to 10 ounces water and blend.
2. Add raw cacao nibs and frozen cherries and blend.
3. Add raw coconut flakes, Superseed medley, coconut oil or MCTlean mct oil and blend.
4. Add ice, as needed, blend until smooth.
5. Enjoy as an afternoon snack or as a sweet treat!