

UNICITY TRANSFORMATION

UNICITY COMPLETE SHAKE RECIPIES

Banana Ice Cream:

1-2 scoops Lean Complete
1/2 banana
1/4 c oats (raw measurement)
1/2 cup water (or milk, milk substitution of choice)
4-6 ice cubes
Banana extract
Vanilla extract
Cinnamon

Blueberry Graham Ice Cream:

1-2 scoop LC
1/2 c frozen blueberries
1/2 c water (or substitute of choice)
4-6 ice cubes
1/4 c fiber cereal
Cinnamon
Vanilla extract
Stevia (plain flavor or mixed berry)
mint extract (opt tiny bit goes a long way!)

Strawberry Ice Cream:

1-2 scoop LC
4 large strawberries (frozen or fresh)
1/3 c oats (raw measurement)
1/2 c water
4-6 ice cubes
Vanilla extract
Cinnamon

Island Smoothie:

1-2 scoops LC
1/2 orange
1/4 c milk or water
4 strawberries (frozen or fresh)
1 tsp Crystal light
Coconut extract
Vanilla extract
5 ice cubes

Chocolate Ice Cream:

1-2 scoops LC
1 Tbsp plain cocoa powder
1/3 c skim milk
1/4 c oats (raw)
4-6 ice cubes
1/2 c water
Vanilla extract
Cinnamon

Tropical Cream Sorbet:

1-2 scoops LC
1/4 orange
2 strawberries
1/4 banana
1/3 c milk
4-6 ice cubes
Vanilla extract
Cinnamon
1/4 c multi-grain cereal of choice
blend all above except cereal. stir in cereal.

Crunchy Pumpkin Ice Cream:

1-2 Scoops LC
2 TB Plain canned pumpkin
1/2 c milk
4-6 ice cubes
Vanilla extract
1/4 tsp pumpkin spice
Cinnamon
1/8 tsp nutmeg
Stevia (plain flavor)
1 c multi-grain cereal
Blend all above ingredients except cereal. Stir in cereal.

Snickers Sinful Delight:

2 Scoops of Unicity Complete
1/2 - 1/3 c milk
1/4 c oats (raw)
1/4 banana
1/4 mixed nuts
2 Tbsp natural peanut butter
Cinnamon
Stevia (HazelNut)
4-6 ice cubes
blend all ingredients except whip cream. top with whip cream.

Horchata:

2 Scoops Vanilla Unicity Complete
8 oz. milk
¼ tsp. Cinnamon
1/8 tsp. Ground Cloves

Chocolate Peanut Butter:

1 Scoop Vanilla Unicity Complete (Can use 2 scoops of Vanilla instead of Chocolate and it's still delicious!)
1 Scoop Chocolate Unicity Complete
8 oz. milk
4-6 Ice cubes
1 Heaping Tbsp Peanut Butter

Almond Joy:

1 Scoop Vanilla Unicity Complete (Can use 2 scoops of Vanilla instead of Chocolate and it's still delicious!)
1 Scoop Chocolate Unicity Complete
8 oz. milk
4-6 Ice cubes
Handful Almonds (I used sliced)
½ tsp. almond extract
½ tsp. coconut flavor

Pumpkin Pie:

Blender:
8 oz. milk
4-6 Ice cubes
2 Tbsp. Pumpkin puree
¼ tsp. Cinnamon
¼ tsp. Pumpkin Pie Spice
2 Scoops Vanilla Unicity Complete

Root Beer Float:

Blender:
8 oz. milk
4-6 Ice Cubes
2 Scoops Vanilla Unicity Complete
½ tsp. Root Beer Concentrate

Orange Creamsicle:

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

½ tsp. Orange Extract (or ½ Orange, peeled)

Banana Nut Bread

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

½ tsp. Banana Flavor (or ½ Banana, peeled)

Handful Walnuts

Raspberry Almond

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

½ C. Raspberries

Handful Almonds (I used sliced)

½ tsp. Almond Extract

Peach Mango

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

½ Fresh Peach (with skin)

½ Fresh Mango (peeled)

Peanut Butter Banana

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

1 Heaping Tbsp. Peanut Butter

½ tsp. Banana Flavor (or ½ Banana, peeled)

Pina Colada

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

½ tsp. Coconut Flavor

½ c. Fresh Pineapple (chopped)

Apple Pie

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

1 Apple (cored, with skin)

½ tsp. Cinnamon

Orange Blueberry

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

½ c. Blueberries

½ tsp. Orange Extract (or ½ orange, peeled)

Orange Clove

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

½ tsp. Orange Extract (or ½ orange, peeled)

1/8 tsp. Ground Clove

Vanilla Pecan

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

¼ c. (or handful) of Pecans

Cherry Walnut

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

Handful Walnuts

¼ C. Cherries (pitted) (or ¼ tsp. cherry flavor)

½ tsp. Almond Extract

Peach Maple

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

½ Peach (with skin)

1/8 tsp. maple extract

Chocolate Mint

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Chocolate UnicityComplete

1/8 tsp. mint extract

Carrot Cake

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

1 Large Carrot (peeled)

Handful Walnuts

¼ tsp. Cinnamon

Banana Coconut Pineapple

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

¼ Banana (peeled) OR ¼ tsp. banana flavor

¼ c. Pineapple

¼ c. Coconut Flavor

Deceptively Delicious

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

Handful Fresh Spinach

½ c. Berries or Strawberries

Deceptively Delicious 2

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

1 Large Carrot (peeled)

½ c. Berries or Strawberries

Kiwi Strawberry

Blender:

8 oz. milk

4-6 Ice Cubes

2 Scoops Vanilla UnicityComplete

½ C. Strawberries

½ Kiwi (peeled)