

## Cory's Ultimate *Shake'n'Take* Energy Smoothie

### *Shake'n'Take*

Take your vitamin supplements with your shake!



### Basic Protein Shake Recipe

250 ml (1 cup) Filtered alkaline pure clean water  
1-2 servings (25-50 g) Whey Protein Isolate (or mixed plant proteins)  
2-4 tbsp (30-60ml) Omega-3 rich seed oil (hemp / flax / Udo's Oil)  
250 ml (1 cup) Fresh or frozen fruit (papaya, mango, berries, etc...)

### Selected Optional Ingredients

1 tsp (5 g) Creatine Monohydrate (powder)  
1 tsp (5 g) D-Ribose (powder)  
1 tsp (5 g) L-Glutamine (powder)  
1 tsp (5 g) HMB (hydroxymethylbutyrate powder)  
1 tsp (5 g) Spirulina / Chlorella (powder)  
1 tsp (5 g) Calcium Ascorbate (vitamin C powder)  
1 tsp (5 g) Multiple Vit/Min (powder)  
1 tsp (5 g) Collagen powder  
1 tsp (5 g) Recovery (GS/MSM) powder



### Directions

First add the fresh or frozen fruit. Next, add the omega-3 oil. If you like your shake ice cold, add 1-2 ice cubes. If desired, add some raw liquid raw honey or stevia. Add water to mix. Finally, add all of the powdered food supplements, including your favorite protein, vitamin C, glutamine, creatine, spirulina, ribose, multiple vitamin & mineral, collagen, etc...

Blend all the ingredients at low speed for 10–20 seconds. Stop the blender. Use a knife to scrape any powders or honey stuck to the sides of the blender jar. Turn the blender back on and rev it up at high speed for 10-20 more seconds! The taste, texture and thickness of your shake will depend on the amount and type of fruit you use, the volume of water added, and the flavor and quantity of the food supplements you select.

Bon appétit!



*"Make this shake the anchor of your diet. It's one of the most practical and reliable ways to promote healing, elevate athletic performance, and improve your daily intake of high-quality proteins, fats, carbs and essential micronutrients."*

~ Dr. Cory Holly Naturopath Director of Education

