

Shakes



Shake up your taste buds with these delicious SP Complete® recipes. SP Complete® Dairy Free can be substituted for SP Complete® in any of these recipes.

Original Recipe

- 8 oz. water (increase for desired consistency)
- 1 Tbs. high-quality oil (e.g. flaxseed oil)
- 1-1 ½ cups of your favorite fresh or frozen fruit or vegetables* (optional)
- 2 rounded Tbs. (scoops) of SP Complete

Strawberry Twist

- 1 cup strawberries
- 1 cup freshly juiced carrots*
- 1 Tbs. flaxseed oil
- 2 rounded Tbs. of SP Complete
- Ice cubes or cold water

Triple Delight

- ½ cup fresh pineapple chunks
- ½ banana
- ½ cup frozen peaches
- 2 rounded Tbs. of SP Complete
- Ice cubes or cold water

Carrot Shake

- 1 cup freshly juiced carrots
- 1 tsp. roasted sesame oil
- 2 rounded Tbs. of SP Complete
- Ice cubes or cold water

Raw Soup

- 1 pear (cored and peeled)
- 1 apple (cored and peeled)
- 2 Tbs. of your favorite oil
- 1 cucumber (peeled)
- 1 head of parsley chopped
- 1 lemon (juiced)
- 2 rounded Tbs. of SP Complete
- 2 cups cold water

Dr. Agocs Special

- 1 banana or ¾ cup strawberries (or both)

Citrus Berry Splash

- ½ cup blackberries
- ¼ cup blueberries
- ½ cup strawberries
- ½ banana (optional)
- The juice from 2 freshly squeezed oranges
- 2 rounded Tbs. of SP Complete
- Ice cubes or cold water

Banana Berry Blast

- ½ cup blueberries
- ½ cup strawberries
- ½ banana
- 2 rounded Tbs. of SP Complete
- Ice cubes or cold water

Flecks o' Flax

- 1 small or ½ large banana
- A handful of sweet grapes
- ½ ripe pear or apple (cored & peeled)
- 1 cup water
- 2 heaping Tbs. of organic milled flaxseed (not oil)
- Add 2 rounded Tbs. of SP Complete and pulse blender 4-5 times for a smooth consistency

Triple Berry Banana Bliss

- ½ cup sliced ripe banana
- 1 cup organic berries (mixture of blueberries, raspberries, & huckleberries)
- ½ Tbs. flaxseed oil
- 2 rounded Tbs. of SP Complete

- 40-50 grams freshly ground flaxseeds (1.5 Tbs. pre-ground)
- 2 rounded Tbs. of SP Complete
- 1 cup water
- Ice cubes or cold water

Dr. Malmel's Frozen Fruit Blend

Makes 2 servings.

The No-Milk Shake

Makes 2 servings.

- ½ or 1 sliced ripe banana
- 1 cup frozen peaches (or other frozen fruit)
- 2 Tbs. high lignan flaxseed oil
- 2 Tbs. cod liver oil
- 4 rounded Tbs. of SP Complete
- 2 cups cold water
- ½ sliced ripe banana
- 1 whole ripe nectarine, cut up
- 2-3 frozen strawberries
- Several slices of frozen peaches
- Small handful of frozen blueberries
- 4 rounded Tbs. of SP Complete
- 1 Tbs. flaxseed oil

Directions for all shakes

Thoroughly blend all ingredients together, adding ice cubes or cold water until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep it refrigerated, and remix it as needed before pouring.

Tips for your shake:

- Use frozen fruit and eliminate water/ice for a frosty, thick smoothie
- Mangos or peaches give your shake a nice zing
- Slice extra ripe bananas and freeze for easy use
- Increasing fruit will increase the sweetness, but will also increase the calories and may interfere with weight management

*If vegetables are used, there is no restriction regarding the quantity. When blending vegetables, it is recommended to use a high-performance commercial drink blender.

Certain individuals may require additional protein during the program. Please consult with your health care professional about adding protein to any SP Complete shake.

