



SHAKE RECIPES

ORGANO



COFFEE HOUSE FLAVORS

ICED COFFEE

- 1 scoop OG**FENIX**[™] Vanilla Mix
- 8oz. (250ml) Skim or Non-fat Milk
- 1 sachet OG Black Coffee
- 3-5 Ice Cubes
- Blend and Enjoy

ICED MOCHA CREAM

- 1 scoop OG**FENIX**[™] Chocolate Mix
- 8oz. (250ml) Skim or Non-fat Milk
- 1 sachet OG Black Coffee
- 3-5 Ice Cubes
- Blend and Enjoy

CHAI LATTE

- 1 scoop OG**FENIX**[™] Vanilla Mix
- 8oz. (250ml) Skim or Non-fat Milk
- 1 sachet OG Black Ice Tea
- 2 tsp Cinnamon
- 1/8 tsp Ground Ginger
- 1/8 tsp Powdered Cloves
- 1/8 tsp Ground Pepper
- 3-5 Ice Cubes
- Blend and Enjoy

CHOCOLATE MILKSHAKE

- 1 scoop OG**FENIX**[™] Chocolate Mix
- 8oz. (250ml) Skim or Non-fat Milk
- 1/2 tsp Vanilla Extract
- 3-5 Ice Cubes
- Blend and Enjoy

VERY BERRY

- 1 scoop OGXFENIX™ Vanilla Mix
 - 8oz. (250ml) Skim or Non-fat Milk
 - 1/2 cup Frozen mixed berries
 - 3-5 Ice Cubes
- Blend and Enjoy

PEANUT BUTTER & BANANA

- 1 scoop OGXFENIX™ Vanilla Mix
 - 8oz. (250ml) Skim or Non-fat Milk
 - 1 Small sized banana
 - 2 tsp No sugar added peanut butter
 - 3-5 Ice Cubes
- Blend and Enjoy

CHERRY SPICE

- 1 scoop OGXFENIX™ Vanilla Mix
 - 8oz. (250ml) Skim or Non-fat Milk
 - 1/2 cup Frozen dark sweet cherries
 - 2 tsp Cinnamon
 - 3-5 Ice Cubes
- Blend and Enjoy

MANGO PEACH

- 1 scoop OGXFENIX™ Vanilla Mix
 - 8oz. (250ml) Skim or Non-fat Milk
 - 1/4 cup Frozen Mango
 - 1/4 cup Frozen Peaches
 - 3-5 Ice Cubes
- Blend and Enjoy

AMBROSIA

- 1 scoop OGXFENIX™ Vanilla Mix
 - 8oz. (250ml) Skim or Non-fat Milk
 - 1/2 tsp Coconut extract
 - 1/4 cup Pear slices
- Blend and Enjoy

PLUM COOLER

- 1 scoop OGXFENIX™ Vanilla Mix
 - 8oz. (250ml) Skim or Non-fat Milk
 - 1/3 cup 1 plum (pitted)
 - 2 tsp Juice of 1 medium lemon
 - 3-5 Ice Cubes
- Blend and Enjoy



**FRUIT
FLAVORS**

APPLE JOY

- 1 scoop OGXFENIX™ Vanilla Mix
 - 8oz. (250ml) Skim or Non-fat Milk
 - 3 tsp No sugar added apple sauce
 - 2 tsp Cinnamon
 - ½ tsp Vanilla extract
 - 3-5 Ice Cubes
- Blend and Enjoy

BLUEBERRIES AND CREAM

- 1 scoop OGXFENIX™ Vanilla Mix
 - 8oz. (250ml) Skim or Non-fat Milk
 - ¼ cup Frozen Blueberries
 - ¼ cup No sugar added cream cheese
 - 3-5 Ice Cubes
- Blend and Enjoy

PINEAPPLE & CHERRY HAPPINESS

- 1 scoop OGXFENIX™ Vanilla Mix
 - 8oz. (250ml) Skim or Non-fat Milk
 - ¼ cup Frozen Blueberries
 - ½ cup Frozen pineapple chunks
 - ¼ cup Dark cherries
 - 3-5 Ice Cubes
- Blend and Enjoy

FRUIT
FLAVORS





SPECIAL CRAVINGS FLAVORS

ALMOND DELIGHT

1 scoop OGXFENIX™ Vanilla Mix
8oz. (250ml) Skim or Non-fat Milk
½ tsp Coconut extract
1 tbsp Coconut powder
3-5 Ice Cubes
Blend and Enjoy

ICED MOCHA CREAM

1 scoop OGXFENIX™ Chocolate Mix
8oz. (250ml) Skim or Non-fat Milk
1 sachet OG Black Coffee
3-5 Ice Cubes
Blend and Enjoy

PEPPERMINT STICK

1 scoop OGXFENIX™ Vanilla Mix
8oz. (250ml) Skim or Non-fat Milk
½ cup Frozen strawberries
½ tsp Peppermint extract
3-5 Ice Cubes
Blend and Enjoy

CINNAMON BLISS

1 scoop OGXFENIX™ Vanilla Mix
8oz. (250ml) Skim or Non-fat Milk
2 tsp Cinnamon
½ tsp Vanilla extract
3-5 Ice Cubes
Blend and Enjoy

TOUCH OF LEMON

1 scoop OGXFENIX™ Vanilla Mix
8oz. (250ml) Skim or Non-fat Milk
2 tbsp 1 medium lemon
1 tbsp Lemon zest
3-5 Ice Cubes
Blend and Enjoy

PUMPKIN SPICE

1 scoop OGXFENIX™ Vanilla Mix
8oz. (250ml) Skim or Non-fat Milk
⅓ cup Canned pumpkin
(no salt or added sugar)
⅛ tsp Vanilla extract
⅛ tsp Cinnamon
⅛ tsp Nutmeg
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE FLAVORS

CHOCOLATE PEPPERMINT

1 scoop OGXFENIX™ Chocolate Mix
8oz. (250ml) Skim or Non-fat Milk
½ tsp Peppermint extract
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE MADNESS

1 scoop OGXFENIX™ Chocolate Mix
8oz. (250ml) Skim or Non-fat Milk
¼ tsp No sugar added cream cheese
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE COVERED CHERRIES

1 scoop OGXFENIX™ Chocolate Mix
8oz. (250ml) Skim or Non-fat Milk
¼ cup Frozen dark sweet cherries
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE & PEANUT BUTTER

1 scoop OGXFENIX™ Chocolate Mix
8oz. (250ml) Skim or Non-fat Milk
1 tbsp No sugar added peanut butter
3-5 Ice Cubes
Blend and Enjoy

GERMAN CHOCOLATE EXTRAVAGANZA

1 scoop OGXFENIX™ Chocolate Mix
8oz. (250ml) Skim or Non-fat Milk
1 tsp Coconut extract
3-5 Ice Cubes
Blend and Enjoy