

Shake it Up!

A Collection of Milkshake & Smoothie Recipes Made with Our New 2.1 Nutritional Shakes



The Elvis Milkshake

In a blender, combine:

- 1 carton 2.1 Chocolate Nutritional Shake
- 1 Tbsp creamy peanut butter
- 1/4 - 1/3 cup whole milk
- 1 ripe banana
- ice cubes

Blend and enjoy!

Very Berry Smoothie

In a blender, combine:

- 1 carton 2.1 Vanilla Nutritional Shake
- 1/4 - 1/3 cup whole milk
- 1 tsp whey protein powder
- 1/2 cup frozen mixed berries (strawberries, blueberries, blackberries)
- 1 ripe banana
- ice cubes

Blend and enjoy!



Caribbean Dream Smoothie

In a blender, combine:

- 1 carton 2.1 Vanilla Nutritional Shake
- 1/4 cup whole milk
- 1/4 cup frozen pineapple chunks
- 1/4 cup frozen strawberries or raspberries
- 1/2 ripe banana

Blend and enjoy!

Chocolate Fudge Milkshake

In a blender, combine:

- 1 carton 2.1 Chocolate Nutritional Shake
- 2 Tbsp chocolate fudge ice cream topping
- 1/4 - 1/3 cup whole milk
- ice cubes

Blend and enjoy!

Peanut Butter Cup Milkshake

In a blender, combine:

- 1 carton 2.1 Chocolate Nutritional Shake
- 2 Tbsp creamy peanut butter
- 1/4 cup whole milk
- ice cubes

Blend and enjoy!

NOTE: Amounts in recipes can be adjusted to taste and to achieve the desired thickness