



JJVIRGIN

# SMOOTHIE GUIDE

**OVER 50 TASTY,  
PROTEIN-PACKED  
RECIPES**

JJVIRGIN.COM

**The recipes in this guide are all tried and true – in fact, I’ve been drinking a protein shake every day for almost thirty years!**

I’m living proof that a smoothie (or two) a day can help you stay lean, energized, and healthy. And you won’t find a more convenient meal, whether you’re juggling your normal daily routine or traveling for work or play.

**Added bonus:** the endless flavor combinations mean you’ll never get bored! (And I say that after about 10,000 shakes and counting...)

So why am I such a fan of protein shakes and smoothies?

- 1. Drinking one for breakfast every day has been the #1 needle mover for hundreds of thousands of people who successfully follow the Virgin Diet and Sugar Impact Diet.**
- 2. It’s the perfect post-workout recovery drink and the fastest, simplest way to boost your fat-burning potential.**
- 3. They’re ready in 5 minutes or less.** No matter how hectic your schedule, you always have time for a shake!
- 4. Your wallet will thank you, too!** For about the price of a large coffee, you can make a tasty, complete meal instead. (Don’t worry, you’re welcome to add your java to your shake for a caffeine boost...)
- 5. Smoothies are perfect for picky eaters, whether they’re age 9 or 90.** Protein shakes are not only great time and money savers, they’re also the ideal way to get quality nutrition past even the most critical palates.

So read on for 48 amazing recipes for protein shakes, smoothie bowls, energizing hot drinks – even fun snack alternatives. Once you start the protein shake habit, you won’t ever go back!

**Let’s get shaking,  
JJ**



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Remember to wait to enjoy recipes that contain fruit until you're not in Cycle 2 of the Sugar Impact Diet.

**GET \$10 OFF Your First SHAKE ORDER**

Code: SMOOTHIE-10

**SHOP NOW**



# CREATING YOUR SMOOTHIE



After trying JJ's All-In-One Shakes, I lost 10 pounds in 2 weeks and have more energy than I have had in a very long time. I don't have the congestion in my head and the bloated feeling I get after having dairy. And the sugar cravings are gone!

Thanks to JJ for sharing her knowledge with all of us!

– Shawn P.



\*Everyone's body and experience are different. Your results may vary from the success stories throughout this guide.



Whether you call it a smoothie or shake, the key to a healthy meal replacement drink is clean, lean protein, healthy fats, and plenty of fiber.

Remember to avoid ingredients likely to cause food intolerances (such as gluten, soy, dairy, eggs, corn, and peanuts), as well as anything artificial or high-sugar impact.

**Here's some tips to help you create the ideal smoothie or shake:**

### 1. ADD PROTEIN FOR POWER

Ever had a sugar crash soon after your morning smoothie? That's because it didn't contain enough protein! Every shake should contain 20-25 grams of protein for sustained energy.

#### Helpful tips for protein sources:

- Look for a complete protein profile in your vegan protein. (That means it contains all nine essential amino acids.) Preferred sources are pea, chia, chlorella, or brown rice.
- If you prefer a Paleo protein source, look for defatted beef protein with branched-chain amino acids. Be sure the cows are grass-fed, hormone-free, and never given GMO feed.
- Avoid soy, egg, or dairy (including whey) protein powders. They cause inflammation that can cause skin breakouts, headaches, joint pain, fatigue, and even weight gain.

### 2. ADD FIBER TO STAY FULL

If your stomach is growling soon after your morning shake, you missed the fiber! Fiber helps you feel full and burn fat, not to mention manage your blood glucose and cholesterol levels. Help prevent heart disease and type 2 diabetes by adding fiber to your shake.

#### Some great Fiber choices:

GROUND FLAXSEED	JJ VIRGIN EXTRA FIBER
CHIA SEED	BERRIES
CACAO NIBS	LEAFY GREENS
AVOCADO	

### 3. ADD HEALTHY FAT TO STAY LEAN

In order to burn fat, you have to eat fat! Despite what 1980s nutrition gurus would have you believe, eating low-fat/no-fat tells your body to hang on to the fat you already have, especially around your middle.

#### Healthy Fat sources include:

COCONUT OIL OR COCONUT BUTTER	UNSWEETENED COCONUT, ALMOND, OR CASHEW MILK
NUT OR SEED BUTTERS (Never Peanut Butter)	COCONUT OR OTHER NUT MILK YOGURTS
	FULL-FAT GREEK YOGURT (If Not Dairy Intolerant)

**Those 3 steps will guarantee a shake or smoothie that gives your body exactly what you need to look and feel your best!**

# Shortcut to the PERFECT SHAKE

Select your protein.

Add your healthy fats

Add your fiber.

Add liquid, ice, and blend!

Add your fruit and veggies.

..... Choices for: .....

#### FIBER:

- Avocado
- Flaxseed
- Chia seeds
- Leafy greens
- Extra Fiber

#### FRUIT & VEGGIES:

- Blueberries
- Raspberries
- Strawberries
- Spinach
- Kale
- Chard
- Apple
- Pumpkin
- Butternut squash

#### HEALTHY FATS:

- Coconut oil
- Almond butter
- Cashew butter
- Full-fat nut milk yogurt
- Avocado

#### LIQUID:

- Unsweetened almond milk
- Unsweetened coconut milk
- Unsweetened cashew milk

#### ADD SOME CRUNCH & TEXTURE:

- Sliced almonds
- Chopped walnuts or cashews
- Unsweetened coconut
- Cacao nibs

# COLD SMOOTHIES AND SHAKES



## YOUR FIRST SHAKE RECIPE

**MAKES 1 SERVING**

This basic shake recipe is perfect for beginners – quick, easy, and complete nutrition.

**2 scoops JJ Virgin All-In-One Protein Shake powder**, any flavor

**1 cup** frozen organic berries

**½ small** avocado, peeled and pitted

**1 Tbsp** chia seeds or

**2 tsp JJ Virgin Extra Fiber**

**10 oz.** unsweetened coconut or almond milk

Blend and enjoy!

Your shake can be thickened by adding ice cubes or thinned by adding cold water. This is just the beginning...





A.K.A.  
JJ'S  
FAVORITE!

# CREAMY CHOCOLATE ALMOND BUTTER SHAKE

MAKES 1 SERVING

You can't go wrong with this protein shake take on a classic peanut butter cup – minus the inflammatory ingredients, of course...

- 2 scoops JJ Virgin Chocolate Paleo-Inspired All-In-One Protein Shake powder**
- 2 tsp JJ Virgin Extra Fiber**
- 2-3 Tbsp** unsweetened almond butter
- 1 Tbsp** cacao nibs
- 1/8 tsp** almond extract (optional)
- 10 oz.** unsweetened almond milk
- 4-5** ice cubes

Blend the ingredients together until smooth. Ramp up the blender speed slowly to keep it creamy.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Irresistible!



# VERY VANILLA STRAWBERRY SMOOTHIE

MAKES 1 SERVING

Give the classic combination of strawberries and cream a healthy makeover with this delicious recipe. (Best way ever to sneak in some greens!)

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake powder** (your choice of protein type)
- 1 cup** frozen organic strawberries
- 1/2** small avocado, peeled and pitted
- 1/2 cup** fresh baby spinach leaves
- 1 tsp** real vanilla extract
- 10 oz.** unsweetened vanilla almond milk

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Yummy!

“ I started using JJ's Paleo-Inspired Chocolate Shakes for my morning meal, and I've already dropped 10 pounds. I love the chocolate flavor. It feels like I'm eating a treat, but I know it's quick, easy, and good for me too. My favorite meal of the day! – Shelby H. ”



# CHOCOLATE RASPBERRY SHAKE

**MAKES 1 SERVING**

Enjoy this delicious protein shake with raspberries and plenty of chocolate. You'll never even notice the greens...

- 1 scoop JJ Virgin Green Smoothie Cleanse powder**
- 10 oz.** unsweetened coconut milk
- 1 cup** frozen organic raspberries
- 1 Tbsp** cacao nibs
- 2 tsp JJ Virgin Extra Fiber**
- 2 tsp** raw cacao powder

Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water. Delightful!



# Brandy's Journey: A Success Story

# Success!

My 35-pound weight loss journey is a long one – not because I didn't have the tools and products I needed, but because it took me a while to realize that I was worth the effort it would take to get myself back to good health.

Having heart failure, Hashimoto's disease, and other autoimmune illnesses left me feeling exhausted and pretty hopeless. Honestly, I used my health issues as an excuse for the extra weight I was carrying.

I'm happy to say that I found my motivation over the summer of 2015, and I've gone from 163.5 lbs to 128.0 lbs by following *The Virgin Diet* and drinking a protein shake every day. The weight loss is great, but the best part is that I actually FEEL really good. I'm sleeping better, my bones and muscles don't ache, and I have more energy than I've had in years!



I use JJ's Vanilla Plant-Based Shake daily because I love that it's so versatile. I also add the Leaky Gut Powder because I've always had digestive issues (bloating, irregularity, embarrassing stomach noises, etc). I just mix it in with my shake and forget about it.

Experiencing those symptoms and knowing I have food sensitivities, immune system issues, and a lot of medication consumption, using Leaky Gut Support seemed like a no-brainer. After only a couple of weeks of use, I saw positive results.

I realize now that this is a lifestyle change – that if I want to FEEL good and LOOK good, I have to treat my body well, and I'm worth the effort that it takes to do so.

# BRANDY'S BLUEBERRY MORNING STARTER

**MAKES 1 SERVING**

- 8 oz.** unsweetened almond milk
- 2 scoops JJ Virgin Vanilla Plant-Based All-In-One Protein Shake powder**
- 1 cup** frozen organic blueberries
- 1 Tbsp** coconut oil
- 1 Tbsp** chia seeds
- 1 Tbsp Leaky Gut Support**

Blend the ingredients together until smooth. When the family is eating ice cream, I throw it in the freezer for 10 or 15 minutes and eat it with a spoon!





# PEACHY SUNRISE CHAI SMOOTHIE

**MAKES 1 SERVING**

This is the perfect shake to wake up to: fruity, spicy, and energizing. The warm taste of chai spices blend perfectly with the natural heat of fresh ginger.

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake powder**
- 10 oz.** unsweetened almond milk
- 1 cup** frozen organic peach slices
- 1 Tbsp** chia seeds
- ½ cup** baby spinach leaves
- ½ tsp** peeled, grated fresh ginger
- ¼ tsp** ground cinnamon
- dash ground cloves

Blend the ingredients together until smooth.  
Your smoothie can be thickened by adding ice cubes or thinned by adding cold water.

“ I found JJ when I was searching for an answer to my hand and knee pain. Following JJ’s Virgin Diet and using her All-In-One Protein Shakes, I lost 50 pounds and all of my pain is gone! – Melanie P. ”



# JJ’S BIRTHDAY CAKE SHAKE

**MAKES 1 SERVING**

Somebody light the candles! This tasty vanilla and almond protein shake with whipped coconut cream and sprinkles makes every day a funfetti celebration.

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake powder** (your choice of protein type)
- 10 oz.** unsweetened coconut milk
- 1 Tbsp** coconut butter
- 1 Tbsp** almond butter
- 1 Tbsp** ground flaxseed
- 1 tsp** real vanilla extract
- ⅛ tsp** almond extract
- 4-5** ice cubes
- Whipped coconut cream (recipe below)
- 1 tsp** all-natural rainbow sprinkles

Blend the shake mix, coconut milk, coconut butter, almond butter, flaxseed, vanilla extract, almond extract, and ice cubes together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Top your shake with a dollop of whipped coconut cream and sprinkles. Celebration time!

# WHIPPED COCONUT CREAM

**MAKES ½ CUP**

This dreamy, dairy-free whipped concoction makes the perfect topping for any drink or treat. It’s a beautiful cloud of naturally sweet coconut.

- 14 oz. can** full-fat unsweetened coconut milk, refrigerated at least 12 hours
- 1 tsp** real vanilla extract
- 1/2 tsp JJ Virgin Sprinkles** 3-in-1 Sweetener, stevia, or monk fruit extract

Open the can and drain off the liquid. (Save it to use in protein shakes!) Then scoop the firm coconut meat into a medium bowl.

Add vanilla and sweetener, and beat with an electric mixer on medium-high speed until completely whipped and thick. Refrigerate until ready to use.

# What Makes JJ Virgin All-In-One Protein Shakes Different



## CLEAN, COMPLETE PROTEIN

## ANTI-INFLAMMATORY INGREDIENTS

## SCIENCE-BASED FORMULAS

## LOW SUGAR IMPACT\*

## THIRD-PARTY QUALITY TESTING



## CLEAN, COMPLETE PROTEIN

JJ Virgin All-In-One Protein Shakes are formulated naturally using responsibly sourced, hormone- and GMO-free ingredients.

In the Paleo-Inspired shakes, that means you get easily digestible beef protein peptides with the power of bone broth. In the Plant-Based shakes, we use low-allergenicity vegan proteins including pea, chia, and chlorella that have all 9 essential amino acids.

## ANTI-INFLAMMATORY INGREDIENTS

JJ Virgin All-In-One Protein Shakes never include the foods most likely to cause intolerances. No dairy, soy or corn proteins, gluten, grains, eggs, or artificial sweeteners.

That means you won't suffer from symptoms like gut discomfort, skin breakouts, joint pain, headaches, and even weight gain that other protein shakes can cause.

## SCIENCE-BASED FORMULAS

Because we understand the science behind burning fat and building muscle, JJ Virgin All-In-One Protein Shakes also include fiber, healthy fats, vitamins, and minerals.

The complete protein in Paleo-Inspired Shakes is boosted with BCAAs (branched-chain amino acids) to support skin and connective tissue. Plant-Based Shakes contain 9 whole-food fruits and vegetables, plus prebiotics and probiotics.

## LOW SUGAR IMPACT\*

JJ Virgin All-In-One Protein Shakes have just 1 gram or less of sugar per serving! Compare that to fast food breakfast platters, which average 32-48 grams of sugar. America's favorite at-home breakfast options don't fare much better! Popular breakfast cereals average 13 grams of sugar per serving. (And let's be honest, who only eats 3/4 of a cup of cereal for breakfast?)

Meanwhile, a seemingly innocent meal of eggs, whole wheat toast with jam, and a glass of OJ will add 35 grams of sugar to your daily total. A shake has that beat every time, which means you get better energy without the mid-morning brain fog, plus less chance of long-term inflammation.

## THIRD-PARTY QUALITY TESTING

When it comes to the promise of superior quality, you don't have to take our word for it!

Like all JJ Virgin products, JJ Virgin All-In-One Protein Shakes are third-party tested for quality and efficacy before they're ever made available to our community. By paying for outside quality control testing, we assure you receive an exceptional product every time.



# MINT CHOCOLATE CRUNCH SHAKE

MAKES 1 SERVING

This delightfully frosty shake has a smooth minty flavor. If you've been craving a pint of mint chocolate chip ice cream, here's your answer!

**2 scoops JJ Virgin Chocolate All-In-One Protein Shake powder** (your choice of protein type)

**½ small avocado**, peeled and pitted

**¼ tsp pure peppermint oil**

**10 oz.** unsweetened coconut milk

**2 Tbsp raw cacao nibs**

**4-5 ice cubes**

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Top with a sprinkling of cacao nibs for extra crunch.



\*Sugar impact comparisons made using McDonalds Big Breakfast (48g sugar); Burger King Ultimate Breakfast Platter (32g sugar); Raisin Bran with milk (19g sugar); Frosted Mini-Wheats with milk (11g sugar); Honey Nut Cheerios with milk (9g sugar); 2 eggs, 2 pieces of Sara Lee honey whole wheat toast with Smuckers strawberry jam, 8 oz. Minute Maid orange juice (35g sugar)



# GREEN CLEANSING SMOOTHIE

**MAKES 1 SERVING**

Start your day off right with a tasty green smoothie with healthy, detoxifying ingredients like turmeric, ginger, and coconut oil.

- 1 scoop JJ Virgin Green Smoothie Cleanse powder**
- 1/2 small avocado**
- 10 oz.** unsweetened coconut milk
- 1 Tbsp** chia seeds
- 1 Tbsp** coconut butter or coconut oil
- 2 tsp** grated fresh ginger
- dash ground cayenne pepper
- 4-5** ice cubes

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Enjoy!



# PUMPKIN SPICE LATTE SHAKE

**MAKES 1 SERVING**

Every fall, the Internet goes predictably wild for all things pumpkin spice. But pumpkin spice lattes come with empty carbs, added sugars, dairy, and artificial flavors. Skip the PSL and choose this inexpensive, nutritious recipe instead!

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake powder**
- 1/2 cup** canned packed pumpkin (NOT pumpkin pie filling)
- 1/2 tsp** peeled, grated fresh ginger
- 1 Tbsp** freshly ground flaxseed
- 1/4 tsp** ground cinnamon
- dash ground cloves
- dash ground nutmeg
- 5 oz.** brewed coffee, chilled
- 5 oz.** unsweetened coconut milk
- 4-5** ice cubes

Blend the ingredients together until smooth. (For a touch of sweetness, you can also add a dash of **JJ Virgin Sprinkles** to taste.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Pumpkin pie never had it so good!





## CHOCOLATE SUPERFOODS SMOOTHIE

**MAKES 1 SERVING**

This smoothie is full of yummy, nutritious superfoods that can help you burn fat, fight disease, and slow aging.

- 2 scoops JJ Virgin Chocolate Plant-Based All-In-One Protein Shake powder**
- 10 oz.** unsweetened almond milk
- 1/2** small avocado
- 1 cup** fresh baby spinach
- 1 cup** frozen mixed berries (look for blueberries, raspberries, or açai berries)
- 1 Tbsp** chia seeds or 2 tsp of **JJ Virgin Extra Fiber**
- 1 Tbsp** raw cacao powder
- 1 tsp** grated fresh ginger

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Now that's what I call super!



## BLUEBERRY-MINT SMOOTHIE BOWL

**MAKES 1 SERVING**

This refreshing smoothie bowl is full of healthy ingredients, and the blend of berries and mint makes for a wonderful way to wake up!

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake powder** (your choice of protein type)
- 10 oz.** unsweetened coconut milk
- 1/2** small avocado
- 1 cup** fresh baby kale
- 3/4 cup** frozen blueberries
- 1 Tbsp** chia seeds
- 1 Tbsp** chopped fresh mint
- 1/4 cup** fresh blueberries
- 2 Tbsp** shredded unsweetened coconut

Blend the shake powder, coconut milk, avocado, kale, frozen blueberries, chia seeds, and 2 teaspoons of the fresh mint together until smooth.

Pour smoothie into bowl and top with fresh blueberries, shredded coconut, and remaining mint. Yum!



## HOT-FLASH HALTING PROTEIN SHAKE

**MAKES 1 SERVING**

Ingredients like almond, avocado, flaxseed, and fennel can help naturally eliminate hot flashes, as well as detoxify your system and slow inflammation and aging. Take that, menopause!

- 2 scoops JJ Virgin Plant-Based Chocolate All-In-One Protein Shake powder**
- 10 oz.** unsweetened almond milk
- ½** small avocado
- 1 cup** fresh baby spinach
- 1 cup** frozen organic mixed berries
- 1 Tbsp** freshly ground flaxseed
- 1 Tbsp** raw cacao powder
- ¼ tsp** fennel seed

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Bye-bye hot flashes!



## COCO-CASHEW SHAKE

**MAKES 1 SERVING**

Get a helpful dose of omega-3 fatty acids in this inflammation-fighting shake recipe. Nutty, chocolatey, and a new favorite.

- 2 scoops JJ Virgin Chocolate All-In-One Protein Shake powder** (your choice of protein type)
- 1 Tbsp** freshly ground flaxseed
- 2 Tbsp** cashew butter
- 10 oz.** unsweetened cashew milk
- 4-5** ice cubes

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water.

“

I can feed my picky daughter a delicious shake and know she is getting a ton of good nutrition! –Gina H

”



## LEMON MERINGUE PIE SMOOTHIE

**MAKES 1 SERVING**

This yummy smoothie has the creamy tang of lemon meringue pie, minus the gluten, sugar, and eggs. So tasty!

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake powder** (your choice of protein type)
- 6 oz.** full-fat Greek yogurt or nut milk yogurt
- 1 Tbsp** fresh lemon juice
- 2 tsp JJ Virgin Extra Fiber**
- 1 tsp** lemon zest
- 4-5** ice cubes

Blend the ingredients together until smooth. (For a touch of extra sweetness, you can also add a dash of **JJ Virgin Sprinkles**.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. It's dessert for breakfast!



## BUTTERNUT CHAI BEAUTY

**MAKES 1 SERVING**

This yummy, filling protein shake is autumn in a cup. It's got the natural, buttery sweetness of butternut squash, plus classic chai spices, cinnamon and nutmeg.

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake** (your choice of protein type)
- ½ cup** canned packed butternut squash or cooked, cubed butternut squash
- 1 cup** fresh kale leaves
- 1 cup** unsweetened coconut milk
- 2 Tbsp** sunflower seed butter
- 1 tsp** real vanilla extract
- ¼ tsp** ground cinnamon
- ⅛ tsp** ground nutmeg
- dash ground cloves
- 4-5** ice cubes

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Beautiful!



# CHOCOLATE COCONUT HEAVEN

**MAKES 1 SERVING**

This protein shake recipe is cookies and cream meets a Mounds candy bar. It's got no added sugar, dreamy flavor, and enough fiber to stay full for hours

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake powder** (your choice of protein type)
- 1 JJ Virgin Dark Chocolate Coconut Fiber Bar**
- 1 tsp** real vanilla extract
- 10 oz.** unsweetened coconut milk
- 4-5** ice cubes

Blend the ingredients together until smooth.  
Your shake can be thickened by adding more ice cubes or thinned by adding more cold water. Like a candy bar minus the guilt!

“ I have lost weight, which is great, but more importantly, I feel so much better. More energy and I'm loving life!  
– Michelle D. ”

# What's the Difference Between Paleo-Inspired and Plant-Based All-In-One Shakes?



**Paleo-Inspired Shakes are suited to a grain-free Paleo diet or those who prefer animal protein.**

Every serving contains 20g of beef protein per serving, conscientiously sourced from cows who are never given any antibiotics, hormones, or GMO feed.  
Unlike whey or soy protein, Paleo-Inspired shakes don't cause extra gas and bloating, skin issues, congestion, or weight gain.  
You'll also still get plenty of vitamins, minerals, and whole-food fruits and veggies.  
If you love the power of bone broth but hate the hassle, try **Paleo-Inspired All-In-One Shakes** instead!



**Plant-Based Shakes are ideal for vegetarians (and folks who wish they were, but draw the line at eating fresh veggies).**

Every serving contains 9 whole-food fruits and vegetables and 22g of protein from low-allergenicity pea, chia, and chlorella.  
You get all the goodness of apricots, beets, broccoli, cabbage, carrots, mangos, pineapple, raspberries, and spinach without ever knowing they're there!  
Plus, we add prebiotics and probiotics to boost your immune and digestive system so your body makes the most of every smoothie.

[SHOP NOW](#)

If you love the fiber and nutrients of fruits and veggies but not their taste, these shakes are the answer – perfect for picky eaters!





# PEACH-BERRY GREEN SMOOTHIE BOWL

**MAKES 1 SERVING**

Peaches, strawberries, and greens come together in this tasty smoothie bowl recipe. It's like summer in a bowl, with the protein and fiber you need to feel great!

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake powder** (your choice of protein type)
- 2 tsp JJ Virgin Extra Fiber** or **1 Tbsp** chia seeds
- 10 oz.** unsweetened vanilla almond milk
- 1/2** avocado
- 1 cup** baby spinach
- 1/2 cup** frozen organic strawberries
- 1/2 cup** frozen organic peach slices
- 1 tsp** real vanilla extract
- 2 Tbsp** sliced almonds

Blend the shake powder, Extra Fiber, almond milk, avocado, spinach, frozen fruit, and vanilla together until smooth.

Pour smoothie into bowl and top with sliced almonds. Pretty and tasty!



# DARK CHOCOLATE-COVERED STRAWBERRY SHAKE

**MAKES 1 SERVING**

You can make a healthy protein shake version of this Valentine's Day treat any day of the year!

- 2 scoops JJ Virgin Chocolate All-In-One Protein Shake powder** (your choice of protein type)
- 10 oz.** unsweetened coconut milk
- 1 cup** frozen organic strawberries
- 1/2** small avocado, peeled and pitted
- 1 Tbsp** raw cacao powder
- 1 tsp** real vanilla extract

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Be mine!



## ISLAND COCONUT GREEN SMOOTHIE

**MAKES 1 SERVING**

There's plenty of coconut flavor in this refreshing green smoothie, not to mention all the healing, anti-inflammatory benefits of this island favorite. Paper umbrella, anyone?

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake powder** (your choice of protein type)
- 10 oz.** unsweetened coconut milk
- 1 cup** mixed baby greens
- 2 Tbsp** coconut butter
- 2 Tbsp** shredded unsweetened coconut
- 1 Tbsp** chia seeds or **2 tsp** of **JJ Virgin Extra Fiber**
- 1 tsp** lime juice
- 1/8 tsp** coconut extract (optional)
- 4-5** ice cubes

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. The perfect drink for your next stay-cation...



## MOM'S APPLE CHAI SMOOTHIE

**MAKES 1 SERVING**

This shake recipe is an exotic twist on the flavors of Mom's apple pie, with apples and chai spices, plus the power of greens, protein, and fiber.

- 2 scoops JJ Virgin Vanilla Plant Based All-In-One Protein Shake powder**
- 10 oz.** unsweetened almond milk
- 1 cup** peeled green apple chunks
- 1 cup** mixed baby greens
- 2 Tbsp** cashew or almond butter
- 1 Tbsp** freshly ground flaxseed
- dash ground cinnamon
- 4-5** ice cubes

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water. Delicious!

“

Thank you, JJ Virgin! I have lost 17 pounds and 3 inches over 6 weeks and am still losing. I'm 48 years old, and I feel fantastic! The shakes are delicious and filling and provide the nutrition I need for 1 or 2 meals a day, and I don't feel hungry. I will be continuing the shakes and following The Virgin Diet to reach my goal weight because I want to continue feeling wonderful. – **Mary W.**

”



# CHERRY-BERRY ALMOND SHAKE

**MAKES 1 SERVING**

Not only do the flavors of cherries and almonds compliment each other beautifully, they're great sources of vitamins A and C, plus calcium.

- 1 scoop JJ Virgin Green Smoothie Cleanse powder**
- 10 oz.** unsweetened coconut milk
- 1 cup** frozen organic pitted cherries
- 2 Tbsp** almond butter
- 1 Tbsp** freshly ground flaxseed
- 1/8 tsp** almond extract

Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water. So cherry-berry good!



# CHOCOLATE CHERRY CHIA PROTEIN SHAKE

**MAKES 1 SERVING**

Chocolate, cherry, and nutritious chia seeds come together in this irresistible protein shake recipe. Protein and fiber in one yummy package!

- 2 scoops JJ Virgin Chocolate All-In-One Protein Shake powder** (your choice of protein type)
- 1 cup** frozen organic unsweetened dark cherries
- 1 Tbsp** chia seeds
- 1/2 cup** full-fat plain Greek yogurt or nut milk yogurt
- 1/2 cup** cold filtered water

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding more cold water. So good!



# JJ'S POST-WORKOUT RECOVERY SHAKE

**MAKES 1 SERVING**

Within an hour of exercise, you need a meal with 20-25 grams of protein and about 25 grams of carbs. This is the **ONLY** time I recommend eating low-fiber and low-fat, as you want your body to be able to rapidly absorb these macronutrients. Since fat and fiber slow that absorption down, skip them in your post-workout meal.

- 2 scoops JJ Virgin Paleo-Inspired All-In-One Protein Shake powder** (your choice of flavor)
- 8 oz.** organic unsweetened rice milk
- 1 tsp** L-Glutamine Powder
- ½ cup** fresh greens (chard, kale, baby spinach, or mixed supergreens)
- 4-5** ice cubes

Blend the ingredients together until smooth.

Your shake can be thickened by adding more ice cubes or thinned by adding cold water.



# ESPRESSO-ALMOND SHAKE

**MAKES 1 SERVING**

Espresso and almonds come together for a nutty, rich protein shake with a caffeinated kick and plenty of energizing protein and filling fiber. Any flavor of protein powder tastes great in this versatile recipe.

- 2 scoops JJ Virgin All-In-One Protein Shake powder** (your choice of protein type and flavor)
- 6 oz.** unsweetened vanilla almond milk
- 4 oz.** brewed coffee, chilled
- 2 Tbsp** almond butter
- 2 Tbsp** raw cacao nibs
- 1 tsp** espresso powder
- 4-5** ice cubes

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Plenty of energy headed your way!



This is one of the few shakes that keeps me full for quite a while. I use it with JJ's Extra Fiber, and it's a great combination – the flavor is good as well! – **Colleen P.**





# PMS-FIGHTING SMOOTHIE

MAKES 1 SERVING

This hydrating smoothie is full of natural anti-inflammatories, plus antioxidants to help boost your immune system. Protein gives you energy, while healthy fats stop bloating.

- 2 scoops JJ Virgin Vanilla All-In-One Protein Shake powder**
- 1 cup** fresh baby spinach
- 1/2 small** avocado
- 10 oz.** unsweetened coconut milk
- 1 Tbsp** chia seeds or **2 tsp JJ Virgin Extra Fiber**
- 1 Tbsp** coconut butter or coconut oil
- 2 tsp** grated fresh ginger

- 1/4 tsp** ground turmeric
- 1/8 tsp** ground cinnamon
- dash ground cayenne pepper
- 4-5** ice cubes

Blend the ingredients together until smooth.  
  
Your shake can be thickened by adding ice cubes or thinned by adding cold water.

“ I have not found a better shake than JJ’s Paleo-Inspired All-In-One Shake. It makes me feel satisfied and fantastic, while also making me feel like I’m having a decadent dessert. If I need to eat something but need to leave the house fast, I blend up a drink and go. I found this shake after becoming casein intolerant. I decided to refuse to miss out on healthy-yet-creamy things just because I could no longer eat dairy. The texture and flavor of the shakes are perfect. I love them because they make me FEEL good. Thank you, JJ!  
– Erin D.



# INCREDIBLE HULK SMOOTHIE

MAKES 1 SERVING

This smoothie is dark green and powerful, just like its namesake. (It’s a lot more friendly, though...)

- 1 scoop JJ Virgin Green Smoothie Cleanse powder**
- 10 oz.** unsweetened coconut milk
- 1/2** small avocado
- 1 cup** frozen organic blackberries
- 1 Tbsp** chia seeds or **2 tsp JJ Virgin Extra Fiber**
- 1 Tbsp** lime juice

Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water. Mighty good!



## STRAWBERRY DETOX SMOOTHIE

MAKES 1 SERVING

This is the essential detox smoothie, with all you need to cleanse and nourish your body. Bonus: it tastes great, unlike those other green drinks...

- 1 scoop JJ Virgin Green Smoothie Cleanse powder**
- 10 oz.** unsweetened coconut or almond milk
- 1 cup** frozen organic strawberries or mixed berries
- 2 Tbsp** coconut butter or coconut oil
- 1 Tbsp** chia seeds or 2 tsp **JJ Virgin Extra Fiber**

Blend the ingredients together until smooth. Your smoothie can be thickened by adding ice cubes or thinned by adding cold water.



## TART GREEN APPLE SHAKE

MAKES 1 SERVING

This shake recipe is an extra fruity twist on the flavors of Mom's apple pie, plus the power of greens, protein, and fiber.

- 1 scoop JJ Virgin Green Smoothie Cleanse powder**
- 10 oz.** unsweetened coconut milk
- 1 cup** peeled green apple chunks
- 1 Tbsp** coconut oil
- 1 Tbsp** freshly ground flaxseed
- 4-5** ice cubes

Blend the ingredients together until smooth. Your shake can be thickened by adding ice cubes or thinned by adding cold water. Delicious!

# Energizing HOT DRINKS

Protein shakes don't have to be cold! If you're in the mood for something warm and cozy that won't leave you with a sugar crash or pack on the pounds, try these delicious recipes.



## SPICED TURMERIC LATTE (A.K.A. GOLDEN MILK)

Known for its anti-inflammatory properties, turmeric makes a delicious, nurturing hot drink when mixed with vanilla protein powder and coconut milk.

**MAKES ENOUGH  
PASTE FOR SEVERAL  
DOZEN LATTES**

### FOR SPICE PASTE:

**2 scoops JJ Virgin Vanilla Plant-Based All-In-One Protein Shake powder**

**2 Tbsp** ground turmeric

**1-½ tsp** ground ginger

**½ tsp** ground cinnamon

**½ cup** filtered water

### FOR EACH LATTE:

**8 oz.** unsweetened coconut milk

**1 tsp** coconut oil

**1 tsp** spice paste

### TO MAKE THE SPICE PASTE

Stir together all the ingredients in a small saucepan until well-combined. Cook over medium heat, stirring constantly, until the mixture becomes a thick paste, about 1-2 minutes. Let the mixture cool, then store in a small jar in the refrigerator.

### TO MAKE A LATTE

Whisk together all the latte ingredients in a cooking pot and cook over medium heat until warm. (Do not allow to boil.)

This makes a great drink to help you wind down at the end of a long day...



# DARK HOT CHOCOLATE

**MAKES 2 SERVINGS**

You don't need dairy or sugar to create a yummy alternative to hot chocolate. As a bonus, this healthy version will give you plenty of energy!

- 2 scoops JJ Virgin Chocolate Paleo-Inspired All-In-One Protein Shake powder**
- 14 oz.** unsweetened vanilla almond milk
- 1 Tbsp** raw cacao powder
- 2 tsp** real vanilla extract

Whipped coconut cream and cacao nibs optional, (recipe on [page 15](#))

Blend the protein powder, almond milk, cacao powder, and vanilla extract in a blender until the ingredients are well-mixed.

Transfer to a medium saucepan and cook over medium heat until steamy, stirring occasionally. Divide into 2 mugs and top with a dollop of whipped coconut cream and a sprinkle of cacao nibs. So cozy!



# CINNAMON VANILLA CAPPUCINO

**MAKES 1 SERVING**

The warmth of cinnamon and coffee are a match made in heaven. Add in vanilla protein shake, and your morning joe is transformed into a healthy, sophisticated drink.

- 1-2** shots freshly brewed espresso
- 1/4** cup heated unsweetened coconut or almond milk plus more for foam (if desired)
- 1/2 scoop JJ Virgin Vanilla Plant-Based All-In-One Protein Shake powder**
- 1/8 tsp** ground cinnamon

Whisk the shake and cinnamon into the coconut or almond milk until smooth. Stir into your hot espresso, and top with more foamed coconut or almond milk and a sprinkling of cinnamon.

“

I lost 8 pounds in 3 weeks, but more importantly, I also lost the bloated feeling and abdominal discomfort I had been experiencing the last six months! I was so surprised by how full I feel after my morning shake, and I have totally cut out snacking between meals. I have just begun this journey, but I feel totally positive about my end result. – Denise C.

”



## TURKISH COFFEE

**MAKES 1 SERVING**

This coffee drink is guaranteed to leave you feeling warm and energized. (If you're drinking it after noon, be sure to use decaf!)

- 1 scoop JJ Virgin Vanilla Plant-Based All-In-One Protein Shake powder**
- 4 oz.** unsweetened coconut milk
- 6 oz.** strong brewed coffee (hot)
- ¼ tsp** ground cinnamon
- ⅛ tsp** ground cardamom

In a small bowl, whisk together the coconut milk, shake powder, and ground cinnamon and ground cardamom until smooth and well-combined.

Pour into the hot coffee and stir. Top with a dash of ground cinnamon and enjoy!



## MEXICAN HOT CHOCOLATE

**MAKES 2 SERVINGS**

This protein-packed recipe for spiced hot chocolate has all the flavor and fun without the sugar. It's dairy-free and absolutely delicious!

- 2 scoops JJ Virgin Chocolate Plant-Based All-In-One Protein Shake powder**
- 14 oz.** unsweetened coconut milk
- 2 Tbsp** cacao nibs
- ¼ tsp** ground cinnamon
- ⅛ tsp** cayenne powder (or to taste)

Blend the protein powder, coconut milk, cacao nibs, cinnamon and cayenne in a blender until the ingredients are well-mixed and the cacao nibs are finely chopped. If you're a real chocoholic, you can also add a tablespoon of raw cacao powder for intense chocolate flavor.

Transfer to a medium saucepan and cook over medium heat until steamy, stirring occasionally. Divide into 2 mugs and top with a sprinkle of cacao nibs.

## PROTEIN MOCHA

**MAKES 1 SERVING**

Add a boost of fat-burning potential to your morning mocha with this quick and easy recipe.

- 1-2** shots freshly brewed espresso
- ¼ cup** heated unsweetened coconut or almond milk
- ½ scoop JJ Virgin Chocolate Paleo-Inspired All-In-One Protein Shake powder** (add more or less shake mix to your taste and desired consistency)

Whisk the shake into the coconut or almond milk until smooth. Stir into your hot espresso and enjoy!



## GREEN TEA WITH WHIPPED COCONUT CREAM

MAKES 1 SERVING

This drink recipe is zen in a mug. Antioxidant-rich green tea blends with creamy coconut for a healthy, soothing drink. Great flavor and great health benefits!

**1 scoop JJ Virgin Vanilla Plant-Based All-In-One Protein Shake powder**

**4 oz.** unsweetened coconut milk

**6 oz.** brewed green tea (hot)

Whipped coconut cream (recipe on [page 15](#))

Dash of ground matcha powder

In a small bowl, whisk together the coconut milk and shake powder until smooth and well-combined. Pour into the hot green tea and stir.

Top with a spoonful of whipped coconut cream and a dash of ground matcha powder for a real showstopper!

“

I've been enjoying JJ's Chocolate All-In-One Shakes for over 3 years now, and I have no plans to replace it. It's been a part of my every-day, as I have a shake in the morning to help me perk up, feel invigorated, and know I'm providing my body with great nutrition. Thank you all very much for the work you put in on a daily basis to get your wonderful products out to many health-minded individuals like me. – Ric P.

”



## JJ'S ENERGIZING PRE-WORKOUT COFFEE

MAKES 1 SERVING

The recipe below is an ideal light pre-workout meal. MCT oil sourced from coconut is easy to burn and energizing, while the caffeine in the coffee enhances athletic performance and supports fat-burning. L-glutamine powder can help boost growth hormone and spare glycogen, and the protein aids post-workout recovery. Added bonus: it tastes great!

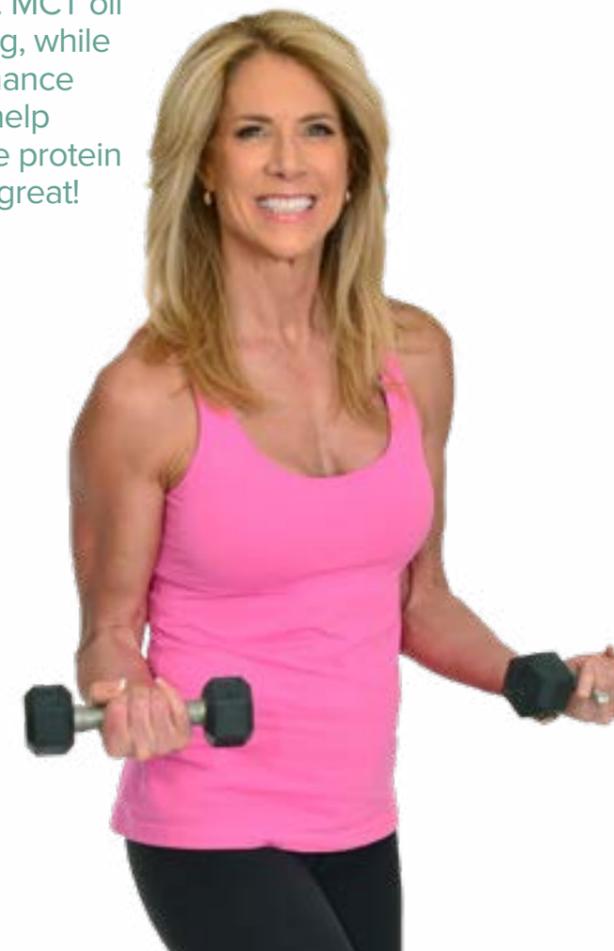
**1 scoop JJ Virgin All-In-One Protein Shake powder** (any flavor or protein type)

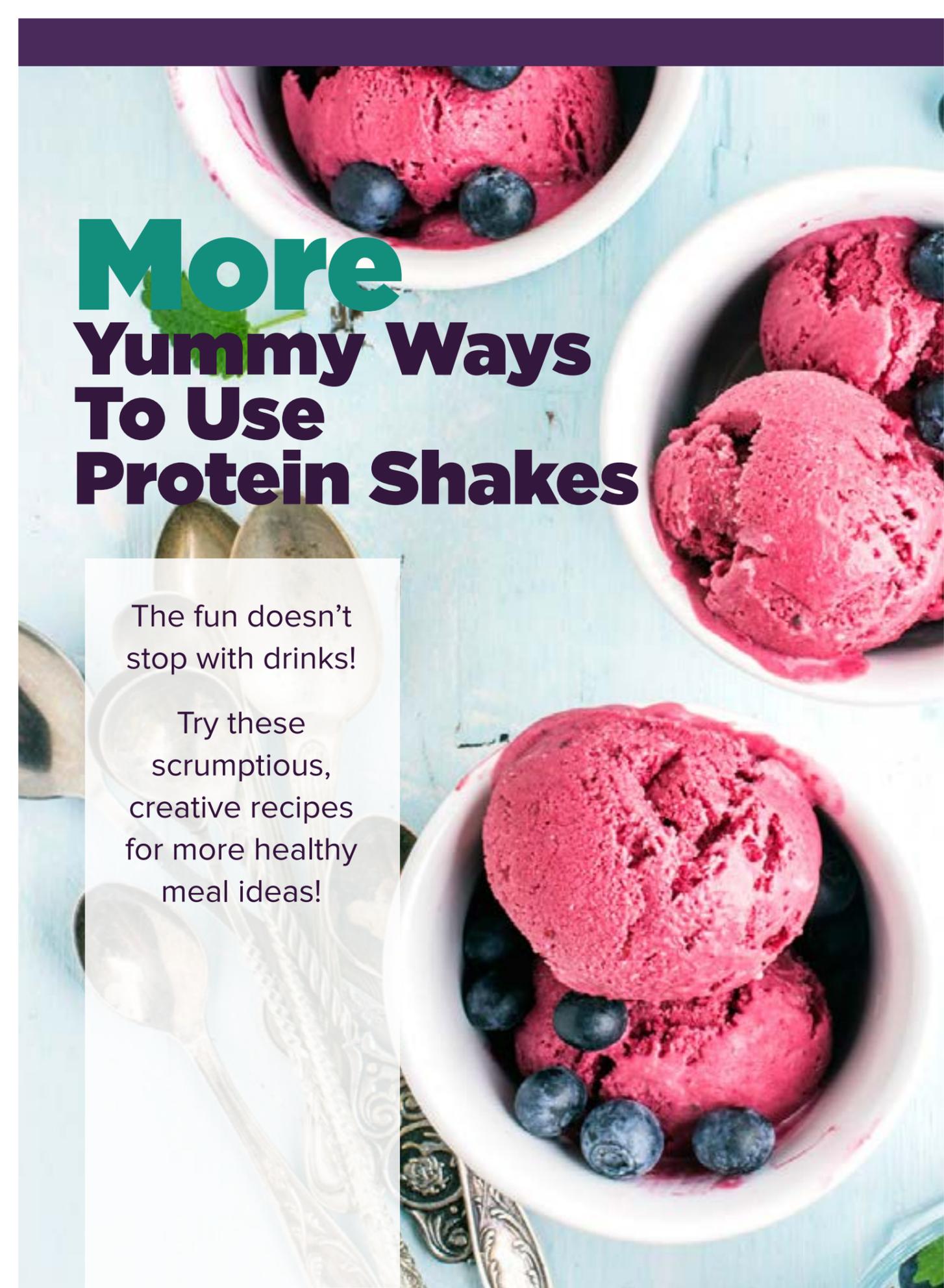
**8 oz.** freshly brewed organic mycotoxin-free coffee

**1 tsp** MCT oil

**1 tsp** L-glutamine powder

Whisk shake powder, MCT oil, and L-glutamine Powder into coffee until smooth. Coffee drink can be poured over ice after mixing or served hot.





# More Yummy Ways To Use Protein Shakes

The fun doesn't stop with drinks!

Try these scrumptious, creative recipes for more healthy meal ideas!



## STRAWBERRY PUDDING POPS

Fresh, juicy strawberries just scream sweet treat, and you can't go wrong with this healthy take on a classic pudding pop.

**2 scoops JJ Virgin Vanilla Plant-Based Protein Shake powder**

**16 oz.** unsweetened vanilla coconut milk

**1 tsp** real vanilla extract

**1 tsp** monk fruit extract

**1 lb** strawberries, hulled and finely chopped

Whisk together the shake powder, cultured coconut milk, vanilla extract, and monk fruit extract in a medium mixing bowl until thoroughly mixed. Stir in the strawberries.

Pour mixture into Popsicle molds and freeze overnight. Dip the bottoms of the molds into warm water to remove the pops, then transfer to a resealable bag or container and freeze until ready to eat.

“

I never thought I could be full with just a shake for my breakfast. I love the flavor of JJ's All-In-One Shakes, and they are just one of her products I have used to lose over 20 pounds in 4 months!

– Laurie W.

”



## CHOCO-BERRY CHIA SEED PUDDING

**MAKES 2 SERVINGS**

Chia seed is a power-packed superfood, and this pudding doubles as a filling breakfast or a naturally sweet treat.

**1 scoop JJ Virgin Chocolate Paleo-Inspired All-In-One Protein Shake powder**

**1-½ cups** unsweetened coconut milk

**1 tsp** vanilla extract

pinch sea salt

**⅓ cup** chia seeds

**1 cup** fresh blueberries or raspberries

Whisk together the chocolate shake powder, coconut milk, vanilla, and sea salt in a glass bowl until well-combined. Stir in the chia seed and berries.

Refrigerate overnight or up to 6 hours and serve. This recipe is so simple, it's a great way to get kids involved in the kitchen.

## MOCK NUTELLA

**MAKES 1 SERVING**

This spreadable chocolate goodness tastes like Nutella, but with plenty of protein and a fraction of the sugar.

**1 scoop JJ Virgin Chocolate Paleo-Inspired All-In-One Protein Shake powder**

**1 Tbsp** unsweetened almond milk

**1 Tbsp** unsweetened almond butter

Whisk together ingredients until smooth and creamy. Serve with fresh berries, apple slices



## APPLE CHAI MUFFINS

**MAKES 24 MINI MUFFINS**

These gluten-free muffins are great for breakfast or on the go and full of fragrant chai spices and apples.

**2 cups** apples, shredded or finely chopped

**2 Tbsp** fresh lemon juice

**2 scoops JJ Virgin Vanilla Plant-Based All-In-One Protein Shake powder**

**4 cups** gluten-free oat flour (or gluten-free rolled oats ground in a blender)

**2 tsp** baking soda

**1 tsp** aluminum-free baking powder

**½ tsp** sea salt

**2 tsp** ground cinnamon

**¼ tsp** ground nutmeg

pinch cloves

**¼ cup** chopped walnuts

**1 cup** plus 3 Tbps unsweetened almond milk

Preheat oven to 350°F and grease a mini-muffin tin. Combine shredded apples with lemon juice in a small mixing bowl and set aside.

In a separate large mixing bowl, whisk together the rest of the dry ingredients. Stir apple mixture into dry ingredients, then add almond milk.

Stir by hand until it becomes a thick moist batter. Scoop into mini-muffin tin and bake until set and lightly browned, 10-12 minutes.



## CHOCOLATE QUINOA PORRIDGE WITH ALMONDS & BLUEBERRIES

**MAKES 4 SERVINGS**

This creamy, chocolatey breakfast bowl is the perfect way to start the morning: nourishing, filling, and full of so many yummy, energy-boosting ingredients.

- 1 cup** uncooked white quinoa
- 1 cup** unsweetened vanilla almond milk, plus more for serving
- 1 cup** unsweetened vanilla coconut milk
- 1 scoop JJ Virgin Chocolate All-In-One Protein Shake powder** (your choice of protein type)
- 1 Tbsp** raw cacao powder (2 Tbsp if you're a chocolate lover!)
- ¼ cup** sliced almonds, plus more for serving
- 1 cup** organic blueberries, fresh or frozen and thawed
- 1 tsp** pure vanilla extract
- ¼ tsp** sea salt
- 2 oz.** vegan dark chocolate, roughly chopped

Rinse the quinoa in a fine mesh strainer for 2 minutes. Add rinsed, drained quinoa to a medium saucepan over medium heat, and stir frequently until the water dries up and the quinoa is lightly toasted.

Add almond milk and coconut milk and stir. Bring to a boil over high heat, then reduce heat to low and simmer for 20-25 minutes, uncovered, stirring occasionally.

Cook until most of the liquid is absorbed and quinoa is tender and creamy. Remove from heat and stir in protein shake powder, cacao powder, vanilla, and sea salt; stir well to combine.

Top with almond slices and blueberries, stir again, and divide into 4 bowls. Pour a bit of almond milk over each bowl, then top with chopped dark chocolate.

Leftovers will keep in the refrigerator for 2-3 days, covered.



## RASPBERRY ALMOND QUINOA POWER BOWL

**MAKES 2 SERVINGS**

This yummy breakfast bowl is truly a superfood and will power you through even the most challenging morning!

- 2 scoops JJ Virgin Vanilla Paleo-Inspired All-In-One Protein Shake powder**
- 8 oz.** unsweetened almond milk
- ½ cup** uncooked quinoa
- Pinch of sea salt
- 1 tsp** real vanilla extract
- 1 cup** organic fresh raspberries
- 2 Tbsp** sliced almonds
- Dash of ground nutmeg

Rinse and drain the quinoa. Whisk together the almond milk and shake powder in a medium saucepan until well-mixed. Stir in the quinoa and sea salt, then bring to a simmer over medium heat. Cover and reduce heat to low, and simmer for 15 minutes.

Remove from heat and stir in vanilla extract, then let sit 5 minutes to finish absorbing the almond milk. Divide into bowls and top with raspberries, almonds, and a sprinkle of fresh nutmeg.

“

Because of JJ Virgin's shakes, I have more energy, feel mentally stronger, and my body is healthy. I am grateful for the encouragement and the quality of these products. – **Susanna B.**

”



## TRIPLE CHOCOLATE BLUEBERRY OVERNIGHT OATS

**MAKES 1 SERVING**

Three kinds of chocolate and berries come together in this quick, convenient overnight oats recipe. It's a decadent, gluten-free breakfast full of protein, fiber, and vitamins!

- 1 scoop JJ Virgin Chocolate All-In-One Protein Shake powder** (your choice of protein type)
- 2/3 cup** unsweetened almond or coconut milk
- 1/3 cup** plain full-fat Greek yogurt or cultured coconut milk
- 1/2 cup** gluten-free rolled oats (not quick cook)
- 1/4 cup** fresh blueberries (not frozen)
- 1 Tbsp** chia seeds
- 1 Tbsp** raw cacao nibs
- 1 tsp** raw cacao powder
- 1/2 tsp** vanilla extract
- pinch sea salt

In a medium-sized mixing bowl, whisk together the protein shake powder, almond or coconut milk, and yogurt or cultured coconut milk until thoroughly mixed and smooth. Stir in the remaining ingredients until well-combined.

Spoon into a one-pint jar with a tight-fitting lid. Close and refrigerate for at least 6 hours, preferably overnight before eating.



## CHOCOLATE CRUNCH PROTEIN COOKIE BITES

**MAKES 12 COOKIE BITES**

These cookie bites make a delicious breakfast, a great pick-me-up during your evening commute, or a guilt-free dessert.

- 2 scoops JJ Virgin Chocolate All-In-One Protein Shake powder** (your choice of protein type)
- 1/2 cup** chopped walnuts
- 1/2 cup** cacao nibs
- 1/2 cup** gluten-free organic rolled oats
- 1/2 cup** unsweetened almond butter
- 2 Tbsp** coconut oil
- 1 Tbsp** real vanilla extract
- 1/2 tsp** ground cinnamon
- 1/2 tsp JJ Virgin Sprinkles** (or to taste)

Combine ingredients in food processor and pulse until well-combined and mixture holds its shape when pressed together. Be careful not to over-process.

Roll the mixture with your hands into 1-1/2 inch balls. If desired, roll in organic cacao powder, unsweetened coconut or finely chopped nuts. Transfer to fridge to chill completely, then enjoy. Store covered in refrigerator for up to one week.



# 3-INGREDIENT BERRY PROTEIN FRO-YO BITES

**MAKES 30 FROZEN BITES**

These irresistible bites of fruity frozen yogurt are so quick and easy to make! Five minutes in the kitchen, and you've got healthy, dairy-free fro-yo perfection.

- 1 cup** frozen organic berries or peach slices
- ½ cup** unsweetened coconut yogurt (a.k.a. cultured coconut milk)
- ½ scoop JJ Virgin All-In-One Protein Shake powder** (your choice flavor/protein type)

In a small bowl, whisk together the yogurt and shake mix until completely smooth.

Blend together the shake yogurt mix and frozen fruit until thoroughly mixed. (You may need to scrape down the sides of the blender cup once or twice.)

Pour the blended fruity yogurt mixture into a bowl, cover, and place in freezer.

Freeze 1-2 hours, until thickened to spoonable consistency.

Spoon bite-sized dollops of the fro-yo onto a plate lined with wax paper or parchment paper.

Put the plate in freezer and freeze again until fro-yo bites are firm, about an hour. (If you like, you can drizzle your bites with melted dark chocolate and freeze again for a few minutes.)



# STRAWBERRIES AND CREAM OVERNIGHT OATS

**MAKES 1 SERVING**

The delectable flavors of strawberries and cream meet the convenience of overnight oats in this easy, gluten-free recipe full of all the protein and fiber you need to start your day right.

- 1 scoop JJ Virgin Vanilla All-In-One Protein Shake powder** (your choice of protein type)
- ⅔ cup** unsweetened vanilla almond milk
- ⅓ cup** plain full-fat Greek yogurt or nut milk yogurt
- ½ cup** gluten-free rolled oats (not quick cook)
- ¼ cup** chopped fresh strawberries (not frozen)
- 1 Tbsp** freshly ground flaxseed
- ½ tsp** vanilla extract
- pinch sea salt

In a medium sized bowl, whisk together the protein shake powder, almond milk and yogurt or cultured coconut milk until thoroughly mixed and smooth. Stir in the remaining ingredients until well combined.

Spoon into a one-pint jar with a tight-fitting lid. Close and refrigerate for at least 6 hours, preferably overnight before eating.



## BAKED PUMPKIN SPICE OATMEAL

**MAKES 1 SERVING**

This baked oatmeal is the very definition of cozy and makes for a filling, satisfying breakfast. Make it the night before – it's perfection topped with a dollop of almond butter.

- 1 scoop JJ Virgin All-In-One Protein Shake powder** (your choice of protein type)
- ½ cup** gluten-free quick cooking oats
- ¼ cup** canned packed pumpkin (not pumpkin pie filling)
- ¼ cup plus 1 Tbsp** unsweetened coconut milk
- ½ tsp** vanilla extract
- ½ tsp** cinnamon
- ⅛ tsp** ground clove
- ⅛ tsp** ground ginger
- ¼ tsp JJ Virgin Sprinkles** (to taste)
- Dash sea salt
- Coconut oil to grease baking dish

Preheat oven to 350°F, and grease an 8-ounce ramekin or glass dish with coconut oil. Stir together all the ingredients in a small mixing bowl until well-combined.

Pour into greased ramekin. Bake for 20-30 minutes, or until lightly browned and firm. Let cool and then place in refrigerator for several hours or overnight to set.



## CACAO PECAN PROTEIN TRUFFLES

**MAKES 14 TRUFFLES**

This rich and decadent truffle recipe also happens to be dairy-free, gluten-free, and great for you! Full of healthy coconut oil, cacao powder, and protein.

- 2 scoops JJ Virgin Paleo-Inspired Chocolate All-In-One Protein Shake powder**
- ½ cup** coconut oil, melted
- ¼ cup** raw organic cacao powder
- 2 tsp** real vanilla extract
- 1 cup** raw pecans
- ½ tsp** sea salt
- dash **JJ Virgin Sprinkles**, stevia, or monk fruit extract (if desired)
- extra chopped pecans, cacao powder, or shredded unsweetened coconut for rolling

In a food processor, combine all ingredients except those for rolling finished truffles. Pulse until smooth and well-combined.

Roll the chocolate nut mixture into 1-inch balls with your hands. Then roll the truffles in your choice of chopped pecans, cacao powder, or shredded unsweetened coconut.

Place in the fridge for an hour to chill before serving.

Store leftovers in refrigerator for up to one week or freeze for up to one month.



## WARM “SHAKE” BERRY PIE PARFAIT

MAKES 1 SERVING

**1 cup** frozen organic berries (any type) and/or dark cherries

**½ cup** unsweetened coconut milk

**1 scoop** JJ Virgin All-In-One Protein Shake powder (your choice of protein type)

**1 Tbsp** chia seeds

**2 Tbsp** chopped walnuts

**1 tsp** ground cinnamon

Whipped coconut cream (recipe on [page 15](#))

Warm cherries/berries and coconut milk in a small saucepan over medium-low heat.

Pour off a few tablespoons of liquid from the pan and combine with the All-In-One Shake and cinnamon. Whisk until smooth, and add back to mixture. Stir in chia seeds and one tablespoon of the chopped walnuts.

Serve in a glass, topped with whipped coconut cream and the rest of the chopped walnuts.



Because of JJ Virgin products, I have more energy, less sugar cravings, and have lost 5 pounds in 2 weeks. These delicious bars make it so easy to get in the fiber I need! Thanks, JJ!

– Genevieve B.



# Don't Go Hungry!

CHOOSE FROM  
ALL-IN-ONE PROTEIN BARS  
FIBER BARS  
CHEWY PALEO BROWNIE BARS  
KETO BARS!



I never leave home without a few of our bars in my bag! They're lifesavers when you're stuck in traffic, at the airport, or wherever healthy options aren't handy. They come in three tasty varieties and five yummy flavors to help you feel full, satisfied, and nourished.



SHOP NOW





# JJVIRGIN

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