



TOP 5 LIFE SHAKE HACKS



LIFE SHAKE USES

Life shake is a versatile and convenient way to increase your protein in your diet. Life shake can be used not only in smoothies, but added to waffles/pancakes, muffins, oatmeal, energy bites and more.

Here are some of my favorite top uses for life shake!



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OVERNIGHT OATS



Ingredients:

- 1/2 cup old-fashioned oats
- 1 cup milk (dairy or non-dairy)
- 1 scoop of life shake
- 1-2 tablespoons sweetener
(such as honey, maple syrup,
or agave nectar)
- 1 Tbsp peanut butter
(optional)
- 1/2 teaspoon vanilla extract
(optional)
- Toppings of your choice (e.g.,
fruits, nuts, seeds, berries)

Directions:

1. **Combine Ingredients:** In a container with a lid, mix together the oats, milk, life shake, and sweetener. Stir until well combined.
2. **Refrigerate:** Cover the container and place it in the refrigerator. Let it sit for at least 4-6 hours or overnight.
3. **Toppings:** When ready to eat, add your favorite toppings, like fresh fruit, nuts, or seeds.
4. **Enjoy:** Stir everything together and enjoy your easy and delicious overnight oats.

SMOOTHIE BOWLS



Ingredients:

For the Smoothie Base:

- 1 ripe banana (frozen)
- 1/2 cup frozen berries (e.g., strawberries, blueberries, raspberries)
- 1/2 cup Greek yogurt
- 1 scoop of life shake
- 1/4 cup milk (dairy or non-dairy, as needed for blending)

Toppings:

- Sliced fresh fruit (e.g., strawberries, banana, kiwi)
- Chopped nuts (e.g., almonds, walnuts)
- Seeds (e.g., chia seeds, flaxseeds)
- Granola
- Coconut flakes
- Honey or maple syrup (optional, for added sweetness)

Instructions:

1. Blend the Smoothie Base:

In a blender, combine the banana, frozen berries, Greek yogurt, protein, life shake, and milk. Blend until smooth and creamy.

2. Pour into a Bowl:

Transfer the smoothie mixture into a bowl.

3. Add Toppings:

Top your smoothie bowl with fresh fruit slices, nuts or seeds, and granola. You can be creative with your toppings.

4. Serve and Enjoy: Use a spoon to enjoy your protein-packed smoothie bowl. Mix the toppings with the smoothie base for a delicious and satisfying meal or snack.



CHIA PUDDING



Ingredients

For the Chia Pudding:

- 1/4 cup chia seeds
- 1 cup milk (dairy or non-dairy, such as almond, coconut, or soy)
- 1 scoop of life shake
- 1-2 tablespoons sweetener (e.g., honey, maple syrup, agave nectar)
- 1/2 teaspoon vanilla extract (optional)

Directions

1. Mix Ingredients: In a bowl or jar, combine chia seeds, milk, life shake, and sweetener. Stir well to mix everything.
 2. Chill and Set: Cover the bowl or jar and refrigerate for at least 2 hours, or overnight. This allows the chia seeds to absorb the liquid and thicken.
 3. Serve with Toppings: When ready to eat, give the pudding a good stir. Add your favorite toppings, like fruit, nuts, or seeds.
- Enjoy: Your protein-rich chia pudding is ready to enjoy as a tasty and nutritious snack or breakfast.



CHEWY GRANOLA PROTEIN BARS



Ingredients

- 1/4 cup honey
- 1/2 cup peanut butter
- 1-2 Tablespoons organic coconut oil
- 1 cup oats
- 2 Scoops of vanilla life shake
- 1 cup total of any combination-I used raisins, chocolate chips, chia seeds, and unsweetened shredded coconut. Use whatever dried fruit, seeds, etc. that you'd like!



Directions:

1. In a medium saucepan, melt the honey, peanut butter, and coconut oil together.
2. Remove from heat and stir in oats, life shake, and your one cup mixture of dried fruit, etc.
3. Spread into these granola bar silicone molds and refrigerate for 2 hours. Or spread into a pan and then cut into bars, wrap in plastic wrap, and keep in the fridge. So convenient!





ENERGY BITES



Ingredients:

- 1 cup rolled oats
- 1/2 cup life shake
- 1/2 cup nut butter (e.g., almond butter, peanut butter, or sunflower seed butter)
- 1/3 cup honey or maple syrup (for sweetness and binding)
- 1/2 cup add-ins (e.g., chopped nuts, dried fruits, chocolate chips)

Instructions:

1. **Mix Dry Ingredients:** In a bowl, combine rolled oats and life shake.
2. **Add Wet Ingredients:** Stir in nut butter and honey (or maple syrup) until well mixed.
3. **Add Extras:** Mix in your choice of add-ins like nuts, dried fruits, or chocolate chips.
4. **Form Balls:** Shape the mixture into small balls using your hands.
5. **Chill:** Place the balls in the fridge for about 20-30 minutes to set.
6. **Enjoy:** Grab a ball whenever you need a quick, protein-rich snack.

