

Protein Popsicles

RECIPE BOOK





Almond Butter and Strawberry Protein Popsicles

8 SERVINGS

- 1 scoop French Vanilla Life Shake™
- 1 Medium banana
- ½ cup Almond milk
- ½ cup Coconut milk, full fat
- 2 cups Strawberries
- 2 Tbsp. Almond butter

DIRECTIONS

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Pour mixture into popsicle molds and freeze until solid, about 3 hours.
3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

74 CALORIES 30 g FAT 3 g PROTEIN 9 g CARBOHYDRATES

Green Smoothie Protein Pops

8 SERVINGS

- 1 scoop French Vanilla Life Shake
- 5 Medium bananas
- ¾ cup Almond milk
- 1 cup Spinach, loosely packed
- ¾ cup Coconut water

DIRECTIONS

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.
3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

99 CALORIES 2 g FAT 2 g PROTEIN 19 g CARBOHYDRATES

Kiwi and Pineapple Popsicles

8 SERVINGS

- 2 scoops Rich Chocolate Life Shake
- 1 scoop Organic Greens Booster
- 2 Medium banana
- 1 cup Spinach, packed
- 1 cup Pineapple
- 3 Dates, pitted
- 1 Medium kiwi
- 2 Peaches
- 1½ cups Water

DIRECTIONS

1. Place all the ingredients in a blender and blend until smooth. Save a few thin kiwi slices.
2. Place the kiwi slices inside of the popsicle molds; they should stick to the sides if they are really thin.
3. Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.
4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

99 CALORIES 2 g FAT 2 g PROTEIN 19 g CARBOHYDRATES

Chocolate + Berry Protein Popsicles

8 SERVINGS

2 scoops Rich Chocolate Life Shake™

1 Medium banana

1 cup Almond milk

½ cup Greek yogurt, plain

DIRECTIONS

1. Add banana, yogurt, nut milk, and protein powder to a high-powered blender and blend until smooth.
2. Pour mixture into popsicle molds and freeze for 30–40 minutes. Remove from freezer and add desired toppings. (Toppings could be diced strawberries, blueberries, granola, shredded coconut, etc.)
3. Return to freezer and allow to freeze until solid, about 3 hours.
4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

57 CALORIES 1 g FAT 4 g PROTEIN 8 g CARBOHYDRATES

Blueberry Yogurt Healthy Popsicle

8 SERVINGS

1 scoop French Vanilla Life Shake

1 ½ cups Blueberries

2 Tbsp. Sugar

1 Tbsp. Lemon juice

2 cups Greek yogurt, vanilla

⅓ cup Heavy cream

1 tsp. Vanilla extract

DIRECTIONS

1. Rinse blueberries. Place in blender with sugar and lemon juice.
2. Mix yogurt, heavy cream, vanilla extract, and protein powder. Add about half the yogurt mixture to the blueberry mixture.
3. Fill the popsicle molds, alternating between yogurt mixture and the blueberry mixture.
4. Freeze until solid, about 5–6 hours.
5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

90 CALORIES 0 g FAT 2 g PROTEIN 8 g CARBOHYDRATES

Berry Coconut Popsicles

8 SERVINGS

2 scoops French Vanilla Life Shake

2 cups Coconut milk

½ Tbsp. Vanilla bean paste

3 Tbsp. Honey

¼ cup Raspberries

¼ cup Blueberries

¼ cup Blackberries

DIRECTIONS

1. Whisk together in a small bowl coconut milk, vanilla bean paste, and honey.
2. Place the berries into each mold. If the berries are too big, you can chop them up.
3. Pour the coconut milk mixture in the molds over the berries.
4. Freeze until solid, about 5–6 hours.
5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

74 CALORIES 1 g FAT 3 g PROTEIN 10 g CARBOHYDRATES

Healthy Strawberry Mango Popsicles

8 SERVINGS

2 scoops Strawberry Life Shake

1 ½ cups Strawberries

1 ¼ cups Coconut water

1 tsp. Honey

4 tsp. Chia seeds

1 ½ cups Mango chunks

DIRECTIONS

1. Purée the strawberries with half the coconutwater, all the protein, half the honey, and half the chia seeds. Set aside.
2. Purée the mangoes with half the coconut water, half the honey, and half the chia seeds. Set aside.
3. Alternate pouring each fruit mixture into the popsicle molds. The popsicles will have a marbled look to them.
4. Freeze until solid, about 5–6 hours.
5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

67 CALORIES 1 g FAT 3 g PROTEIN 67 g CARBOHYDRATES

Yogurt and Granola Breakfast Protein Popsicles

12 SERVINGS

2 scoops French Vanilla Life Shake™

2 cups Greek yogurt, vanilla

1 Tbsp. Honey

½ cup Granola

1 ½ cups Raspberries

DIRECTIONS

1. Blend together 1 cup of the yogurt, 1 cup raspberries, honey, and protein powder. Blend until smooth.

2. Layer the mixture with the remaining yogurt in the popsicle molds. You can place a few extra raspberries in the mold. Top each popsicle with a portion of granola.

3. Freeze until solid, about 5–6 hours.

4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

81 CALORIES 1 g FAT 6 g PROTEIN 12 g CARBOHYDRATES



Healthy Orange Creamsicle Popsicle

8 SERVINGS

2 scoops French Vanilla Life Shake

½ cup Coconut cream

½ cup Greek yogurt, plain

½ cup Orange juice

3 Tbsp. Honey

½ tsp. Vanilla extract

DIRECTIONS

1. Add all ingredients to a high-powered blender and blend until smooth.

2. Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.

3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

57 CALORIES 1 g FAT 4 g PROTEIN 8 g CARBOHYDRATES

Tropical Smoothie Protein Popsicles

8 SERVINGS

1 scoop French Vanilla Life Shake

1 cup Coconut milk

1 Medium banana

1 cup Mango chunks

1 cup Pineapple chunks

2 tsp. Chia seeds

1 cup Greek yogurt, plain

1 ½ Tbsp. Honey

1 tsp. Lime juice

DIRECTIONS

1. Add all ingredients except Greek yogurt, honey, and lime juice to a high-powered blender and blend until smooth.

2. Mix together yogurt, honey, and lime juice

3. Alternative pouring each mixture into popsicle molds and freeze until solid, about 5–6 hours.

4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

84 CALORIES 1 g FAT 2 g PROTEIN 8 g CARBOHYDRATES