

GREEK GIRL

There are so many ways to enjoy **GreekGirl Beauty Protein**. Being healthy does not have to be boring.

Besides a delicious and easy-to-make shake, here are so many delicious recipes for making exciting snacks, meals and even sweet treats.

For more visit www.greekgirlbeauty.com

NO BAKE ENERGY BITES

1 cup rolled oats

1/2 cup cacao nibs

1/2 cup ground flax seed

1/2 cup crunchy peanut butter

1/3 cup honey

1 tsp vanilla extract

2 scoops GreekGirl Beauty Protein

How to prepare:

Scoop or Roll into bite size snacks





OATMEAL PROTEIN SHAKE

l cup of dry oatmeal 2 scoops of GreekGirl Beauty Protein 1/2 tsp cinnamon 1/8 cup maple syrup (sugar-free if you have it) l tbsp chopped almonds l cup of vanilla silk almond milk (unsweetened) l banana

How to prepare:

KALE, BERRY & ACAI POWER SMOOTHIE

2 scoops of GreekGir Beauty Protein

1 banana

1/3 cup of blueberries

1/3 cup of strawberries

1/2 cup of kale leaves

/4 cup of almond milk (or water)

1 tablespoon of ground flax seed

tablespoon of chia seeds

1 tablespoon of acai

1 tablespoon of cinnamon

How to prepare:





BLUEBERRY STRAWBERRY SMOOTHIE

2 scoops Honey Vanilla GreekGirl Protein
1 1/2 cup frozen whole unsweetened blueberries
1 cup frozen whole unsweetened strawberries
1/4 cup steel cut oats
1 spoonful of creamy almond butter
Add 1 cup silk almond milk
Topped off with "The Original" granola by @bannerroad

How to prepare:



JOAN'S FRUIT DIP

2 scoops of GreekGirl 1/8 cup water

How to prepare:

Mix ingredients until smooth and use as a dip with your favorite fruit.



GREEN PROTEIN POWDER BREAKFAST SMOOTHIE

1 cup unsweetened almond milk 1 ripe banana, frozen 1/2 cup chopped mango, frozen 1-2 large handfuls of baby spinach 1/4 cup pumpkin seeds (pepita seeds) 2 tbsp hemp hearts (hulled hemp seeds) 2 scoops Honey Vanilla GreekGirl Protein 1/4 cup water

How to prepare:

GREEK YOGURT & OATS

To add GreekGirl to plain Greek Yogurt

1 serving of greek yogurt 1 serving of GreekGirl Beauty Protein

How to prepare:

Top with Granola or Toasted Oats

How simple is that?





ALMOND COCONUT MOCHA PROTEIN SMOOTHIE

2 scoops of GreekGirl Honey Vanilla
1 cup of Silk Unsweetened Vanilla
Almond Milk
½ c. cold coffee
1 tsp. coconut extract
1 c. ice
1 tsp. instant coffee granules
2 tbsp. cocoa powder
1 c. shredded sweetened coconut
2 tbsp. sugar

Whipped cream (for garnish)

How to prepare:

PEANUT BUTTER PROTEIN BARS



2 cups oats—toasted
3 scoops GreekGirl Beauty Protein
1/3 cup unsweetened almond milk
1 3/4 natural peanut butter
1/4 cup melted coconut oil
1 tsp vanilla
1/3 cup maple syrup
1/2 cup cacao chips

How to prepare:

Mix cacao chips melted with coconut oil for topping

Keep in freezer



YIAYIA'S BANANA PROTEIN PANCAKES

1 banana mashed 2 eggs 2 scoops of GreekGirl Protein Spray pan with Pam.

How to prepare:

Pour into 4 small pancake shapes on skillet or pan, and flip when slightly browr