

## RL Pineapple/Banana/Orange Vanilla Smoothie

**MAKES 1.5 QUARTS (48 oz.)**

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 cup organic raw Pineapple
- 1 organic whole raw Orange – peeled
- 1 organic raw Banana
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- 1 Packet Truvia (or other non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Grape Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

### Single Serving - 8 to 12 Ounces -Tumbler Shaker Alternative (Two Servings Daily Recommended – At Breakfast & Dinner)

- 2-6 Ice Cubes *or* 2oz. to 6 oz. nut milk of choice
- 3 ounces Pineapple Juice
- 3 oz. Orange Juice
- 1 scoop RE Whey Vanilla™ protein powder
- 1 scoop RE Purple Vitagenes™ fruit/vegetable powder
- 1 level teaspoon RE Immune ReGen™ powder
- 1 capsule (emptied into mix) RE GlutaMax 1™
- 1 capsule (emptied into mix) RE Remineralize™
- ¼ teaspoon natural liquid Vanilla extract

Adjust juice amounts and add water or use nut milk of choice to adjust sweetness level as desired.

## RL Pineapple/Papaya/Orange Vanilla Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 cup organic raw Pineapple
- 1 organic whole raw Orange – peeled
- ½ organic raw Papaya with or without skin
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- 1 Packet Truvia (non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Grape Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

### Single Serving - 8 to 12 Ounces -Tumbler Shaker Alternative (Two Servings Daily Recommended – At Breakfast & Dinner)

- 2-6 Ice Cubes *or* 2oz. to 6 oz. nut milk of choice
- 3 ounces Pineapple Juice
- 3 oz. Papaya Juice
- 1 scoop RE Whey Vanilla™ protein powder
- 1 scoop RE Purple Vitagenes™ fruit/vegetable powder
- 1 level teaspoon RE Immune ReGen™ powder
- 1 capsule (emptied into mix) RE GlutaMax 1™
- 1 capsule (emptied into mix) RE Remineralize™
- ¼ teaspoon natural liquid Vanilla extract

Adjust juice amounts and add water or use nut milk of choice to adjust sweetness level as desired.

## RL Pineapple/Banana/Orange Cinnamon Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 cup organic raw Pineapple
- 1 organic whole raw Orange – peeled
- 1 organic raw Banana
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- ½ stick Cinnamon
- 1 Packet Truvia (non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Grape Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

### Single Serving - 8 to 12 Ounces -Tumbler Shaker Alternative (Two Servings Daily Recommended – At Breakfast & Dinner)

- 2-6 Ice Cubes *or* 2oz. to 6 oz. nut milk of choice
- 3 ounces Pineapple Juice
- 3 oz. Orange Juice
- 1 scoop RE Whey Vanilla™ protein powder
- 1 scoop RE Purple Vitagenes™ fruit/vegetable powder
- 1 level teaspoon RE Immune ReGen™ powder
- 1 capsule (emptied into mix) RE GlutaMax 1™
- 1 capsule (emptied into mix) RE Remineralize™
- ¼ to ½ level teaspoon finely ground cinnamon powder

Adjust juice amounts and add water or use nut milk of choice to adjust sweetness level as desired.

## RL Peach/Papaya/Pear Vanilla Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 organic whole Peach – pit removed
- 1 organic Pear
- ½ raw Papaya (with or without skin)
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- 1 Packet Truvia (non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Grape Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

### Single Serving - 8 to 12 Ounces -Tumbler Shaker Alternative (Two Servings Daily Recommended – At Breakfast & Dinner)

- 2-6 Ice Cubes *or* 2oz. to 6 oz. nut milk of choice
- 3 ounces Peach Juice
- 3 oz. Papaya or Pear Juice
- 1 scoop RE Whey Vanilla™ protein powder
- 1 scoop RE Purple Vitagenes™ fruit/vegetable powder
- 1 level teaspoon RE Immune ReGen™ powder
- 1 capsule (emptied into mix) RE GlutaMax 1™
- 1 capsule (emptied into mix) RE Remineralize™
- ¼ teaspoon natural liquid Vanilla extract

Adjust juice amounts and add water or use nut milk of choice to adjust sweetness level as desired.

## RL Peach/Banana/Pear Vanilla Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 organic whole Peach – pit removed (eat kernel if desired)
- 1 organic raw Banana
- 1 organic Pear
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- 1 Packet Truvia (non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Grape Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

## RL Kiwi/Papaya/Orange Vanilla Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 organic whole Kiwi with or without skin
- 1 organic whole Orange – peeled
- ½ organic Papaya with or without skin
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- 1 Packet Truvia (non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Grape Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

### Single Serving - 8 to 12 Ounces -Tumbler Shaker Alternative (Two Servings Daily Recommended – At Breakfast & Dinner)

- 2-6 Ice Cubes *or* 2oz. to 6 oz. nut milk of choice
- 3 ounces Papaya Juice
- 3 oz. Orange Juice
- 1 scoop RE Whey Vanilla™ protein powder
- 1 scoop RE Purple Vitagenes™ fruit/vegetable powder
- 1 level teaspoon RE Immune ReGen™ powder
- 1 capsule (emptied into mix) RE GlutaMax 1™
- 1 capsule (emptied into mix) RE Remineralize™
- ¼ teaspoon natural liquid Vanilla extract

Adjust juice amounts and add water or use nut milk of choice to adjust sweetness level as desired.

## RL Grape/Papaya/Pear Vanilla Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 organic whole Pear – quartered
- 1 cup organic Grapes
- ½ raw Papaya skin or without skin
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- 1 Packet Truvia (non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Grape Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

### Single Serving - 8 to 12 Ounces -Tumbler Shaker Alternative (Two Servings Daily Recommended – At Breakfast & Dinner)

- 2-6 Ice Cubes *or* 2oz. to 6 oz. nut milk of choice
- 3 ounces Grape Juice
- 3 oz. Papaya or Pear Juice
- 1 scoop RE Whey Vanilla™ protein powder
- 1 scoop RE Purple Vitagenes™ fruit/vegetable powder
- 1 level teaspoon RE Immune ReGen™ powder
- 1 capsule (emptied into mix) RE GlutaMax 1™
- 1 capsule (emptied into mix) RE Remineralize™
- ¼ teaspoon natural liquid Vanilla extract

Adjust juice amounts and add water or use nut milk of choice to adjust sweetness level as desired.

## RL Grape/Banana/Pear Vanilla Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 organic whole Pear - quartered
- 1 organic Banana
- 1 cup organic Grapes
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- 1 Packet Truvia (non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Grape Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed



## RL Cherry/Banana/Pear Vanilla Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 organic whole Pear - quartered
- 1 organic Banana
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- 1 Packet Truvia (non-caloric sweetener)
- 1 Tablespoon Organic, sugar-free Cherry Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

### Single Serving - 8 to 12 Ounces -Tumbler Shaker Alternative (Two Servings Daily Recommended – At Breakfast & Dinner)

- 2-6 Ice Cubes *or* 2oz. to 6 oz. nut milk of choice
- 3 ounces Black Cherry Juice or Cherry Cider
- 3 oz. Pear Juice
- 1 scoop RE Whey Vanilla™ protein powder
- 1 scoop RE Purple Vitagenes™ fruit/vegetable powder
- 1 level teaspoon RE Immune ReGen™ powder
- 1 capsule (emptied into mix) RE GlutaMax 1™
- 1 capsule (emptied into mix) RE Remineralize™
- ¼ teaspoon natural liquid Vanilla extract

Adjust juice amounts and add water or use nut milk of choice to adjust sweetness level as desired.

## RL Blueberry/Papaya/Pear Vanilla Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 organic whole Pear – quartered
- 1 cup organic Blueberries
- ½ raw Papaya skin or without skin
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- 1 Packet Truvia (non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Blueberry Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

### Single Serving - 8 to 12 Ounces -Tumbler Shaker Alternative (Two Servings Daily Recommended – At Breakfast & Dinner)

- 2-6 Ice Cubes *or* 2oz. to 6 oz. nut milk of choice
- 3 ounces Blueberry Juice
- 3 oz. Papaya or Pear Juice
- 1 scoop RE Whey Vanilla™ protein powder
- 1 scoop RE Purple Vitagenes™ fruit/vegetable powder
- 1 level teaspoon RE Immune ReGen™ powder
- 1 capsule (emptied into mix) RE GlutaMax 1™
- 1 capsule (emptied into mix) RE Remineralize™
- ¼ teaspoon natural liquid Vanilla extract

Adjust juice amounts and add water or use nut milk of choice to adjust sweetness level as desired.

## RL Blueberry/Banana/Pear Cinnamon Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 organic whole Pear - quartered
- 1 organic Banana
- 1 cup organic Blueberries
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- ½ stick Cinnamon
- 1 Packet Truvia (non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Blueberry Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

### Single Serving - 8 to 12 Ounces -Tumbler Shaker Alternative (Two Servings Daily Recommended – At Breakfast & Dinner)

- 2-6 Ice Cubes *or* 2oz. to 6 oz. nut milk of choice
- 3 ounces Blueberry Juice
- 3 oz. Papaya or Pear Juice
- 1 scoop RE Whey Vanilla™ protein powder
- 1 scoop RE Purple Vitagenes™ fruit/vegetable powder
- 1 level teaspoon RE Immune ReGen™ powder
- 1 capsule (emptied into mix) RE GlutaMax 1™
- 1 capsule (emptied into mix) RE Remineralize™
- ¼ teaspoon finely ground cinnamon powder

Adjust juice amounts and add water or use nut milk of choice to adjust sweetness level as desired.

## RL Blackberry/Banana/Pear Vanilla Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 organic whole Pear - quartered
- 1 organic Banana
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- 1 Packet Truvia (non-caloric sweetener)
- 1 Tablespoon Organic, sugar-free Blackberry Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

## RL Strawberry/Papaya/Pear Vanilla Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 organic whole Pear – quartered
- 1 cup organic Strawberries
- ½ raw Papaya skin or without skin
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- 1 Packet Truvia (non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Strawberry Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

### Single Serving - 8 to 12 Ounces -Tumbler Shaker Alternative (Two Servings Daily Recommended – At Breakfast & Dinner)

- 2-6 Ice Cubes *or* 2oz. to 6 oz. nut milk of choice
- 3 ounces Berry Juice
- 3 oz. Papaya or Pear Juice
- 1 scoop RE Whey Vanilla™ protein powder
- 1 scoop RE Purple Vitagenes™ fruit/vegetable powder
- 1 level teaspoon RE Immune ReGen™ powder
- 1 capsule (emptied into mix) RE GlutaMax 1™
- 1 capsule (emptied into mix) RE Remineralize™
- ¼ teaspoon natural liquid Vanilla extract

Adjust juice amounts and add water or use nut milk of choice to adjust sweetness level as desired.

## RL Strawberry/Papaya/Pear Cinnamon Smoothie

### MAKES 1.5 QUARTS

Blend the following ingredients *at highest speed* for 48 seconds:

- 24 oz. Coconut Milk or Almond Milk or Hazelnut Milk
- 4 oz. ice
- 1 organic whole Pear – quartered
- 1 cup organic Strawberries
- ½ raw Papaya skin or without skin
- 1 Tbsp. Bee Pollen (delete if allergic to bee honey)
- 1 Teaspoon organic Vanilla Extract
- ½ stick Cinnamon
- 1 Packet Truvia (non-caloric sweetener)
- Optional - 1 Tablespoon Organic, sugar-free Strawberry Jam (sweetened with grape juice concentrate)
- 1 pkg MSM EmergenC/lite

Blend *on low speed* for 48 seconds and add in:

- 2 oz. ice
- 3 Scoops RE Whey Vanilla™ powder
- 3 Scoop RE Purple Vitagenes™
- 3 Capsules (emptied into mix) RE GlutaMax 1™
- 3 Capsules (emptied into mix) RE Remineralize™
- 2 Teaspoons RE Immune ReGen™
- Enough Milk of choice to fill blender pitcher to the brim while blending on low speed

### Single Serving - 8 to 12 Ounces -Tumbler Shaker Alternative (Two Servings Daily Recommended – At Breakfast & Dinner)

- 2-6 Ice Cubes *or* 2oz. to 6 oz. nut milk of choice
- 3 ounces Berry Juice
- 3 oz. Papaya or Pear Juice
- 1 scoop RE Whey Vanilla™ protein powder
- 1 scoop RE Purple Vitagenes™ fruit/vegetable powder
- 1 level teaspoon RE Immune ReGen™ powder
- 1 capsule (emptied into mix) RE GlutaMax 1™
- 1 capsule (emptied into mix) RE Remineralize™
- ¼ teaspoon finely ground cinnamon powder

Adjust juice amounts and add water or use nut milk of choice to adjust sweetness level as desired.