

## ***XS Energy Drink Smoothie Recipies*** (source xsgear.com)

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***\*\*\*Cranberry-Grape:***

### ***Crangrapenstein***

**1 Banana**

**1 Cup Yogurt**

**1 Can Power Nutrition Strawberries and Cream Protein Shake**

**1 Can Cranberry-Grape**

**1 Cup Blue Berries, Rasberries or Boysenberries**

**1 Cup ice cubes**

### ***Fruity Grape Explosion***

**1 Banana**

**1 Can Cranberry-Grape**

**1 Cup Rasberries**

**1 Scoop Nutrilite Protein Powder**

**1 Cup Raspberry Yogurt**

**1 Cup Vanilla Frozen Yogurt**

### ***Grape Berry Madness***

**1 Banana**

**1 Cup Strawberries**

**1/4 Cup Rasberries**

**1/4 Cup Blueberries**

**3 oz. Cranberry-Grape**

**2 Cups Crushed ice**

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***\*\*\*Tropical Blast:***

***Tropical Sun Surprise***

**1 Banana**

**1/4 Cup Yogurt**

**1/2 Cup Milk**

**1 Scoop Nutrilite Protein Powder**

**1 Can Tropical Blast**

**1 - 5oz. Caned Pineapple Chunk (drain juice)**

**1/2 Cup ice cubes**

***Banana Belt Tropical Freeze***

**1 Banana**

**1/2 Cup Mangos**

**1/2 Cup Pineapple**

**1 Can Tropical Blast**

**2 Cups Crushed ice**

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**\*\*\*Citrus Blast:**

***Essence of Thy Citrus Nog***

**1 Banana**

**1/4 Cup Yogurt**

**1/2 Cup Milk**

**1 Scoop Nutrilite Protein Powder**

**1 Can Citrus Blast**

**1/2 Cup Raspberries**

**1 Seedless Peeled Orange**

**1/2 Cup Orange Juice**

**1/2 Cup ice cubes**

***Citrus in My Eye***

**2 Seedless Peeled Orange**

**1 Scoop Nutrilite Protein Powder**

**1 Can Citrus Blast**

**1/2 Cup vanilla frozen yogurt**

***A Clockwork Citrus***

**1 Banana**

**1 Cup Pineapple Sherbet**

**1 Can Citrus Blast**

**1 1/2 Cups Mango Slices**

**1 Scoop Nutrilite Protein Powder**

**1/2 Cup Yogurt**

### *Sweet Citrus Experience*

**2 Bananas**

**1/4 Cup Ice Cream**

**2 TBLS honey (optional)**

**3 oz. Citrus Blast**

**2 Cups Crushed Ice**

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***\*\*\*Electric Lemon Blast:***

### *Nader's Sour Lemon*

**1 Banana**

**1 Can Power Nutrition Strawberries and Cream Protein Shake**

**2 Cans Electric Lemon Blast**

**1 Cup Strawberry Yogurt**

**1 Cup Strawberries**

### *Sassy Frassy Lemon Lassy*

**9 oz Raspberries**

**1 Can Electric Lemon Blast**

### *Lemandango*

**1 Mango**

**1 Can Electric Lemon Blast**

**1/2 Cup Yogurt**

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**\*\*\*Cherry Blast:**

***Jackpot Cherry Blast***

**1 Banana**

**2 Cans Cherry Blast**

**1 Scoop Nutrilite Protein Powder**

**1 Cup Yogurt**

**1 Cup Ice Cubes**