



SHAKE RECIPES

ORGANO



COFFEE HOUSE FLAVORS

ICED COFFEE

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/8 oz. 1 sachet OG Black Coffee
 - 3-5 Ice Cubes
- Blend and Enjoy

ICED MOCHA CREAM

- 1 scoop ogxFENIX™ Chocolate Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/8 oz. 1 sachet OG Black Coffee
 - 3-5 Ice Cubes
- Blend and Enjoy

CHOCOLATE MILKSHAKE

- 1 scoop ogxFENIX™ Chocolate Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/2 tsp Vanilla Extract
 - 3-5 Ice Cubes
- Blend and Enjoy

CHAI LATTE

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 5/8 oz. 1 sachet OG Black Ice Tea
 - 2 tsp Cinnamon
 - 1/8 tsp Ground Ginger
 - 1/8 tsp Powdered Cloves
 - 1/8 tsp Ground Pepper
 - 3-5 Ice Cubes
- Blend and Enjoy

VERY BERRY

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/2 cup Frozen mixed berries
 - 3-5 Ice Cubes
- Blend and Enjoy

PEANUT BUTTER & BANANA

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1 Small sized banana
 - 2 tsp No sugar added peanut butter
 - 3-5 Ice Cubes
- Blend and Enjoy

CHERRY SPICE

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/2 cup Frozen dark sweet cherries
 - 2 tsp Cinnamon
 - 3-5 Ice Cubes
- Blend and Enjoy

MANGO PEACH

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/4 cup Frozen Mango
 - 1/4 cup Frozen Peaches
 - 3-5 Ice Cubes
- Blend and Enjoy

AMBROSIA

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/2 tsp Coconut extract
 - 1/4 cup Pear slices
- Blend and Enjoy

PLUM COOLER

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/3 cup 1 plum (pitted)
 - 2 tsp Juice of 1 medium lemon
 - 3-5 Ice Cubes
- Blend and Enjoy



**FRUIT
FLAVORS**

APPLE JOY

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 3 tsp No sugar added apple sauce
 - 2 tsp Cinnamon
 - 1/2 tsp Vanilla extract
 - 3-5 Ice Cubes
- Blend and Enjoy

BLUEBERRIES AND CREAM

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/4 cup Frozen Blueberries
 - 1/4 cup No sugar added cream cheese
 - 3-5 Ice Cubes
- Blend and Enjoy

PINEAPPLE & CHERRY HAPPINESS

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/4 cup Frozen Blueberries
 - 1/2 cup Frozen pineapple chunks
 - 1/4 cup Dark cherries
 - 3-5 Ice Cubes
- Blend and Enjoy

FRUIT
FLAVORS





SPECIFIC CRAVINGS FLAVORS

ALMOND DELIGHT

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - ½ tsp Coconut extract
 - 1 tbs Coconut powder
 - 3-5 Ice Cubes
- Blend and Enjoy

TOUCH OF LEMON

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 2 tbs 1 medium lemon
 - 1 tbs Lemon zest
 - 3-5 Ice Cubes
- Blend and Enjoy

PEPPERMINT STICK

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - ½ cup Frozen strawberries
 - ½ tsp Peppermint extract
 - 3-5 Ice Cubes
- Blend and Enjoy

CINNAMON BLISS

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 2 tsp Cinnamon
 - 1/2 tsp Vanilla extract
 - 3-5 Ice Cubes
- Blend and Enjoy

ICED MOCHA CREAM

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - ⅛ oz. 1 sachet OG Black Coffee
 - 3-5 Ice Cubes
- Blend and Enjoy

PUMPKIN SPICE

- 1 scoop ogxFENIX™ Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/3 cup Canned pumpkin
(no salt or added sugar)
 - ⅛ tsp Vanilla extract
 - ⅛ tsp Cinnamon
 - ⅛ tsp Nutmeg
 - 3-5 Ice Cubes
- Blend and Enjoy

CHOCOLATE FLAVORS

GERMAN CHOCOLATE EXTRAVAGANZA

- 1 scoop ogxFENIX™ Chocolate Mix
 - 8 oz. Skim or Non-fat Milk
 - 1 tsp Coconut extract
 - 3-5 Ice Cubes
- Blend and Enjoy

CHOCOLATE MADNESS

- 1 scoop ogxFENIX™ Chocolate Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/4 tsp No sugar added cream cheese
 - 3-5 Ice Cubes
- Blend and Enjoy

CHOCOLATE COVERED CHERRIES

- 1 scoop ogxFENIX™ Chocolate Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/4 cup Frozen dark sweet cherries
 - 3-5 Ice Cubes
- Blend and Enjoy

CHOCOLATE & PEANUT BUTTER

- 1 scoop ogxFENIX™ Chocolate Mix
 - 8 oz. Skim or Non-fat Milk
 - 1 tbs No sugar added peanut butter
 - 3-5 Ice Cubes
- Blend and Enjoy

CHOCOLATE PEPPERMINT

- 1 scoop ogxFENIX™ Chocolate Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/2 tsp Peppermint extract
 - 3-5 Ice Cubes
- Blend and Enjoy