



These are recipes I started collecting when I decided to make changes in the ingredients I put in my body. I don't know where I got all the recipes; however, I will give credit for those I know.

OTHER FUN JUICE PLUS+ RECIPES

No Bake Cookie Balls

2 Scoops JP+ Complete Shake (Chocolate or Vanilla)

1 Cup Rolled Oats

½ Cup Honey

½ Cup Nut Butter

Roll into balls, freeze for 30 minutes, keep refrigerated in air tight container

Makes about 24 balls

Muffin

Serves 1

3 Tablespoons chocolate or vanilla JP+ Complete Powder

1 egg

1 Tablespoon unsweetened apple sauce

1/2 Tablespoon raw honey

Preheat oven to 375 degrees

Combine all ingredients in a small bowl and mix until fully incorporated.

Drop mixture in a (1 cup) oven safe ramekin or coffee mug

Place in the preheated oven and bake for 20-25 minutes or until a toothpick inserted comes out clean.

This is great for breakfast or in between meal snack.