

Banana Almond Butter Snack Protein Shake

Serves: 1

1 scoop Plexus Lean™

12 ounces almond milk (substitute for preferred milk type)

1 tablespoon almond butter

1 banana, sliced

1 tablespoon cacao bits

4 cubes of ice

Directions: Place all ingredients in a blender and blend until smooth.



Kim S. Hawkins - Life Coach
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🍪 Healthier Alternative to Cookie Dough 🍪

4 scoops Plexus Lean™

2 Tbsp. peanut butter or nut butter

1 Tbsp. milk (you get to choose)

1 Tbsp chocolate chips

Mix all until a dough like consistency forms.

Put in the fridge until firm, like cookie dough!



Easy Protein Waffle

Serves: 1

2 scoops Plexus Lean™

1 tsp. Baking powder

1 large egg

3 Tbsp. water

Mix all ingredients well. Makes ONE waffle.

Grab your bag of Plexus Lean today:

[Whey Vanilla](#) ←

[Whey Chocolate](#) ←

Did you know...

When you purchase ONE bag of Plexus Lean™ it supports**Feeding America® - the nation's largest domestic hunger-relief organization.** and blesses others with 14 meals!!!!