

# VEGAN SMOOTHIES & SHAKES RECIPE COLLECTION




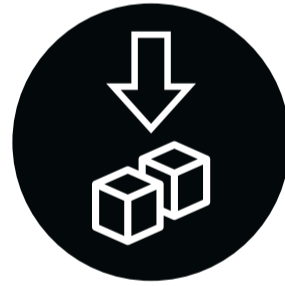
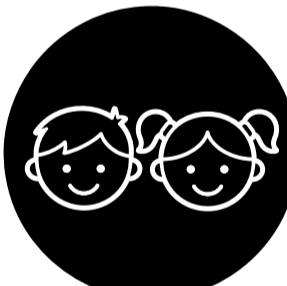



75 plant-based, goal-based recipes using Naked Nutrition products.

# HOW TO USE THIS GUIDE

Welcome to the Members- only Vegan Smoothies & Shakes collection. These recipes are 100% plant-based, built around Naked Nutrition's clean vegan proteins.

## WHAT'S INSIDE

	<b>LEAN</b> 13 recipes		<b>MASS</b> 13 recipes		<b>RECOVERY</b> 13 recipes
	<b>LOW -SUGAR</b> 12 recipes		<b>KID -FRIENDLY</b> 12 recipes		<b>COFFEE -BASED</b> 12 recipes

## A NOTE ABOUT MACROS

Macros are estimated and may vary depending on the specific ingredients and quantities used.

# VEGAN

# LEAN

Lower-calorie, plant-protein-forward shakes.



## 01. CHOCOLATE PEA GREENS SHAKE

Made with: 1 scoop Chocolate Pea; 1/2 scoop Naked Greens

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**175**

PROTEIN  
**14.7G**

CARBS  
**21.0G**

FAT  
**4.7G**

FIBER  
**3.5G**

SUGAR  
**9.5G**

### INGREDIENTS

- 1 scoop Chocolate Pea
- 1/2 scoop Naked Greens
- 1 cup unsweetened almond milk
- 1/2 frozen banana
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.



## 02. VEGAN REDS BERRY PROTEIN SHAKE

Made with: 1 scoop Naked Pea; 1/2 rounded scoop Naked Reds

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**110**

PROTEIN  
**14.0G**

CARBS  
**12.5G**

FAT  
**0.8G**

FIBER  
**4.0G**

SUGAR  
**7.0G**

### INGREDIENTS

- 1 scoop Naked Pea
- 1/2 rounded scoop Naked Reds
- 1 cup cold water
- 1/2 cup frozen berries
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.

# VEGAN

# LEAN

Lower-calorie, plant-protein-forward shakes.



## 03. VEGAN GREEN GODDESS

Made with: 1 scoop Naked Pea; 1/2 scoop Naked Greens

SERVES 1

PREP 4 MIN

CALORIES  
**165**

PROTEIN  
**16.8G**

CARBS  
**20.4G**

FAT  
**3.3G**

FIBER  
**4.2G**

SUGAR  
**10.8G**

### INGREDIENTS

- 1 scoop Naked Pea
- 8 oz unsweetened almond milk
- 1 cup baby spinach
- 1/2 cucumber, peeled
- 1/2 small green apple, cored
- 1/2 scoop Naked Greens
- Squeeze of fresh lime
- 1/2 cup ice

### STEPS

1. Pour almond milk into the blender.
2. Add Naked Pea Protein, Naked Super Greens, spinach, cucumber, and green apple.
3. Add ice and a squeeze of lime.
4. Blend on high for 60 seconds - pea protein needs the extra time to smooth out.



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.



## 04. SEED PROTEIN STRAWBERRY SHAKE

Made with: 1 scoop Naked Seed

SERVES 1

PREP 3-5 MIN

CALORIES  
**180**

PROTEIN  
**13.5G**

CARBS  
**20.5G**

FAT  
**6.5G**

FIBER  
**8.9G**

SUGAR  
**4.7G**

### INGREDIENTS

- 1 scoop Naked Seed
- 1 cup unsweetened oat milk
- 1/2 cup strawberries
- 1 tbsp chia seeds
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.

# VEGAN

# LEAN

Lower-calorie, plant-protein-forward shakes.



## 05. RICE PROTEIN PINEAPPLE GINGER SHAKE

Made with: 1 scoop Naked Rice

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**105**

PROTEIN  
**12.9G**

CARBS  
**14.7G**

FAT  
**0.3G**

FIBER  
**1.1G**

SUGAR  
**8.3G**

### INGREDIENTS

- 1 scoop Naked Rice
- 1 cup cold water
- 1/2 cup frozen pineapple
- 1 tsp grated ginger
- 1 tbsp lime juice
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.



## 06. NAKED ALMOND BERRY SHAKE

Made with: 1 1/2 scoops Naked Almond

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**205**

PROTEIN  
**18.1G**

CARBS  
**16.5G**

FAT  
**8.9G**

FIBER  
**10.9G**

SUGAR  
**5.0G**

### INGREDIENTS

- 1 1/2 scoops Naked Almond
- 1 cup unsweetened almond milk
- 1/2 cup raspberries
- 1 tbsp ground flaxseed
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.

# VEGAN

# LEAN

Lower-calorie, plant-protein-forward shakes.



## 07. PB CACAO LEAN SHAKE

Made with: 1 1/2 scoops Naked PB

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**160**

PROTEIN  
**12.5G**

CARBS  
**20.0G**

FAT  
**4.4G**

FIBER  
**5.6G**

SUGAR  
**8.5G**

### INGREDIENTS

- 1 1/2 scoops Naked PB
- 1 cup unsweetened almond milk
- 1 tsp unsweetened cocoa powder
- 1/2 frozen banana
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.



## 08. VEGAN CHOCOLATE CHERRY LEAN

Made with: 1 scoop Naked Rice

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**170**

PROTEIN  
**16.2G**

CARBS  
**22.6G**

FAT  
**3.7G**

FIBER  
**4.5G**

SUGAR  
**13.3G**

### INGREDIENTS

- 1 scoop Naked Rice
- 8 oz unsweetened almond milk
- 1/2 cup frozen pitted cherries
- 1 cup baby spinach
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon maple syrup
- 1/2 cup ice

### STEPS

1. Pour almond milk into the blender.
2. Add Naked Rice Protein, frozen cherries, spinach, cocoa, and maple syrup.
3. Add ice. Blend on high for 60 seconds.
4. Pour and enjoy.



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.

# VEGAN

# LEAN

Lower-calorie, plant-protein-forward shakes.



## 09. VEGAN SKINNY VANILLA LATTE SHAKE

Made with: 1 scoop Vanilla Naked Pea

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**85**

PROTEIN  
**10.7G**

CARBS  
**4.2G**

FAT  
**2.2G**

FIBER  
**0.2G**

SUGAR  
**2.8G**

### INGREDIENTS

- 1 scoop Vanilla Naked Pea
- 4 oz cold brew coffee
- 4 oz unsweetened almond milk
- 1/2 teaspoon vanilla extract
- 1/2 cup ice
- Pinch of cinnamon

### STEPS

1. Pour cold brew and almond milk into the blender.
2. Add Vanilla Naked Pea, vanilla extract, and cinnamon.
3. Add ice. Blend on high for 45 seconds.
4. Pour into a tall glass.



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.



## 10. VEGAN LEMON COCONUT LEAN SMOOTHIE

Made with: 1 scoop Vanilla Naked Pea

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**190**

PROTEIN  
**11.6G**

CARBS  
**14.1G**

FAT  
**10.1G**

FIBER  
**1.9G**

SUGAR  
**8.4G**

### INGREDIENTS

- 1 scoop Vanilla Naked Pea
- 8 oz unsweetened almond milk
- 1/4 cup unsweetened coconut yogurt
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon lemon zest
- 1 teaspoon agave
- 1 tablespoon unsweetened shredded coconut
- 1/2 cup ice

### STEPS

1. Pour almond milk into the blender.
2. Add coconut yogurt, Vanilla Vegan, lemon juice, zest, agave, and shredded coconut.
3. Add ice. Blend on high for 60 seconds.
4. Pour and serve.



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.

# VEGAN

# LEAN

Lower-calorie, plant-protein-forward shakes.



## 11. RICE PROTEIN BERRY LEAN

Made with: 1 scoop Naked Rice

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**75**

PROTEIN  
**12.8G**

CARBS  
**5.5G**

FAT  
**0.4G**

FIBER  
**1.0G**

SUGAR  
**2.2G**

### INGREDIENTS

- 1 scoop Naked Rice (Unflavored)
- 1 cup water
- 1/4 cup mixed frozen berries
- 1/2 cup ice

### STEPS

1. Blend the water, ice, and berries until smooth.
2. Add the Naked Rice protein (rice protein possesses a very fine texture that mixes cleanly).
3. Blend on low for 15 seconds.



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.



## 12. LEAN VANILLA PEA BERRY SHAKE

Made with: 1 scoop Vanilla Pea

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**165**

PROTEIN  
**15.3G**

CARBS  
**14.0G**

FAT  
**7.2G**

FIBER  
**4.9G**

SUGAR  
**7.1G**

### INGREDIENTS

- 1 scoop Vanilla Pea
- 1 cup unsweetened almond milk
- 1/2 cup frozen berries
- 1 tbsp ground flaxseed
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.

**VEGAN**

**LEAN**

Lower-calorie, plant-protein-forward shakes.



**13.**

## CUCUMBER LIME PEA PROTEIN COOLER

Made with: 1 scoop Naked Pea

 SERVES 1

 PREP 3-5 MIN

CALORIES  
**130**

PROTEIN  
**14.5G**

CARBS  
**7.4G**

FAT  
**6.0G**

FIBER  
**2.8G**

SUGAR  
**2.3G**

### INGREDIENTS

- 1 scoop Naked Pea
- 1 cup cold water
- 1/2 cup cucumber
- 1 tbsp lime juice
- 1/4 avocado
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



### PRO TIP

Blend protein powders long enough to hydrate fully. Add extra liquid 1 tablespoon at a time if texture gets too thick.

# MASS

Calorie-dense plant shakes built around Naked Vegan Mass, oat milk, nut butters, oats, or fruit.



## 14. CHOCOLATE VEGAN PEANUT BUTTER MASS SHAKE

**Made with:** 6 scoops Naked Vegan Mass; 1 scoop Naked PB

SERVES 1

PREP 3-5 MIN

CALORIES  
**1515**

PROTEIN  
**62.0G**

CARBS  
**288.3G**

FAT  
**11.7G**

FIBER  
**10.8G**

SUGAR  
**18.5G**

### INGREDIENTS

- 6 scoops Naked Vegan Mass
- 1 scoop Naked PB
- 1 1/2 cups oat milk
- 1/2 banana
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.



## 15. PB BANANA VEGAN MASS LITE

**Made with:** 3 scoops Naked Vegan Mass; 1 1/2 scoops Naked PB

SERVES 1

PREP 3-5 MIN

CALORIES  
**915**

PROTEIN  
**39.7G**

CARBS  
**171.4G**

FAT  
**8.4G**

FIBER  
**10.2G**

SUGAR  
**22.5G**

### INGREDIENTS

- 3 scoops Naked Vegan Mass
- 1 1/2 scoops Naked PB
- 1 cup oat milk
- 1 banana
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.

# MASS

Calorie-dense plant shakes built around Naked Vegan Mass, oat milk, nut butters, oats, or fruit.



## 16. VEGAN CHOCOLATE PB MASS

Made with: 2 scoops Vanilla Vegan Mass; 1 scoop Naked PB

👤 SERVES 1

🕒 PREP 4 MIN

CALORIES  
**710**

PROTEIN  
**28.4G**

CARBS  
**141.6G**

FAT  
**6.5G**

FIBER  
**10.9G**

SUGAR  
**35.6G**

### INGREDIENTS

- 2 scoops Vanilla Vegan Mass
- 12 oz unsweetened oat milk
- 1 scoop Naked PB
- 2 tablespoons unsweetened cocoa powder
- 1 medium banana
- 1 tablespoon maple syrup
- 1/2 cup ice

### STEPS

1. Pour oat milk into the blender.
2. Add Vanilla Vegan Mass, Naked Powdered Peanut Butter, cocoa, banana, and maple syrup.
3. Add ice. Blend on high for 75 seconds.
4. Pour into a tall glass.



#### PRO TIP

Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.



## 17. ALMOND DATE BUILDER SHAKE

Made with: 1 scoop Naked Almond; 1 scoop Naked Pea

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**510**

PROTEIN  
**31.4G**

CARBS  
**64.0G**

FAT  
**17.6G**

FIBER  
**10.3G**

SUGAR  
**44.0G**

### INGREDIENTS

- 1 scoop Naked Almond
- 1 scoop Naked Pea
- 1 1/4 cups oat milk
- 2 pitted dates
- 1 tbsp almond butter
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.

# MASS

Calorie-dense plant shakes built around Naked Vegan Mass, oat milk, nut butters, oats, or fruit.



## 18. SEED TAHINI MASS SHAKE

Made with: 1 scoop Naked Seed

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**430**

PROTEIN  
**18.9G**

CARBS  
**59.5G**

FAT  
**16.4G**

FIBER  
**10.5G**

SUGAR  
**24.1G**

### INGREDIENTS

- 1 scoop Naked Seed
- 1 1/4 cups oat milk
- 1 banana
- 1 tbsp tahini
- 2 tbsp oats
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.



## 19. COCOA RICE PROTEIN MASS SHAKE

Made with: 1 scoop Naked Rice

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**380**

PROTEIN  
**18.6G**

CARBS  
**65.5G**

FAT  
**7.6G**

FIBER  
**7.4G**

SUGAR  
**35.2G**

### INGREDIENTS

- 1 scoop Naked Rice
- 1 1/4 cups oat milk
- 1 banana
- 1 tbsp cocoa powder
- 1 tbsp maple syrup
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.

# MASS

Calorie-dense plant shakes built around Naked Vegan Mass, oat milk, nut butters, oats, or fruit.



## 20. VEGAN BANANA OAT MASS SHAKE

Made with: 6 scoops Naked Vegan Mass

SERVES 1

PREP 3-5 MIN

CALORIES  
**1685**

PROTEIN  
**61.8G**

CARBS  
**316.4G**

FAT  
**20.3G**

FIBER  
**13.2G**

SUGAR  
**26.3G**

### INGREDIENTS

- 6 scoops Naked Vegan Mass
- 1 1/2 cups oat milk
- 1 banana
- 1/4 cup rolled oats
- 1 tbsp peanut butter
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.



## 21. VANILLA VEGAN DATE MASS SHAKE

Made with: 6 scoops Vanilla Vegan Mass

SERVES 1

PREP 3-5 MIN

CALORIES  
**1640**

PROTEIN  
**58.5G**

CARBS  
**308.3G**

FAT  
**20.6G**

FIBER  
**11.1G**

SUGAR  
**67.2G**

### INGREDIENTS

- 6 scoops Vanilla Vegan Mass
- 1 1/2 cups oat milk
- 2 pitted dates
- 1 tbsp almond butter
- 1/4 tsp cinnamon
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.

# MASS

Calorie-dense plant shakes built around Naked Vegan Mass, oat milk, nut butters, oats, or fruit.



## 22. CLASSIC VEGAN MASS BUILDER

Made with: 2 scoops Naked Vegan Mass

SERVES 1	PREP 4 MIN				
CALORIES <b>825</b>	PROTEIN <b>26.4G</b>	CARBS <b>140.8G</b>	FAT <b>19.6G</b>	FIBER <b>7.5G</b>	SUGAR <b>29.4G</b>

### INGREDIENTS

- 2 scoops Naked Vegan Mass (Unflavored)
- 12 oz unsweetened oat milk
- 2 tablespoons natural peanut butter
- 1 medium banana
- 1 tablespoon maple syrup
- 1/2 cup ice

### STEPS

1. Pour oat milk into a large blender.
2. Add Naked Vegan Mass, peanut butter, banana, and maple syrup.
3. Add ice. Blend on high for 75 seconds until thick and creamy.
4. Pour into a 24 oz glass.

**PRO TIP**  
Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.



## 23. VEGAN TRIPLE THREAT MASS

Made with: 2 scoops Naked Vegan Mass

SERVES 1	PREP 4 MIN				
CALORIES <b>1055</b>	PROTEIN <b>34.6G</b>	CARBS <b>167.1G</b>	FAT <b>29.4G</b>	FIBER <b>14.7G</b>	SUGAR <b>26.9G</b>

### INGREDIENTS

- 2 scoops Naked Vegan Mass
- 12 oz oat milk (full-fat barista version preferred)
- 1/2 cup rolled oats
- 1 medium banana
- 2 tablespoons natural almond butter
- 1 teaspoon vanilla extract
- 1/2 cup ice

### STEPS

1. Pour oat milk into the blender.
2. Add Naked Vegan Mass, oats, banana, almond butter, and vanilla.
3. Add ice. Blend on high for 90 seconds - oats need extra time.
4. Pour and drink within 20 minutes for best texture.

**PRO TIP**  
Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.

# MASS

Calorie-dense plant shakes built around Naked Vegan Mass, oat milk, nut butters, oats, or fruit.



## 24. VEGAN COOKIES & CREAM MASS

Made with: 2 scoops Vanilla Vegan Mass

SERVES 1

PREP 4 MIN

CALORIES  
**990**

PROTEIN  
**25.1G**

CARBS  
**159.8G**

FAT  
**26.9G**

FIBER  
**6.5G**

SUGAR  
**54.8G**

### INGREDIENTS

- 2 scoops Vanilla Vegan Mass
- 12 oz oat milk
- 4 vegan chocolate sandwich cookies, crushed
- 1/2 cup vegan vanilla ice cream
- 1/2 teaspoon vanilla extract
- 1/4 cup ice

### STEPS

1. Pour oat milk into the blender.
2. Add Vanilla Vegan Mass, vegan ice cream, 3 of the crushed cookies, and vanilla.
3. Add ice. Blend on high for 60 seconds.
4. Pour into a tall glass and top with the remaining crushed cookie.



#### PRO TIP

Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.



## 25. VEGAN BANANA BREAD MASS

Made with: 2 scoops Vanilla Vegan Mass

SERVES 1

PREP 4 MIN

CALORIES  
**850**

PROTEIN  
**24.2G**

CARBS  
**153.4G**

FAT  
**17.9G**

FIBER  
**9.3G**

SUGAR  
**47.7G**

### INGREDIENTS

- 2 scoops Vanilla Vegan Mass
- 10 oz oat milk
- 1 large ripe banana
- 2 tablespoons chopped walnuts
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1 tablespoon maple syrup
- 1/2 cup ice

### STEPS

1. Pour oat milk into the blender.
2. Add Vanilla Vegan Mass, banana, walnuts, cinnamon, nutmeg, and maple syrup.
3. Add ice. Blend on high for 75 seconds until walnuts are fully ground.
4. Pour into a tall glass.



#### PRO TIP

Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.

# MASS

Calorie-dense plant shakes built around Naked Vegan Mass, oat milk, nut butters, oats, or fruit.



## 26. VEGAN PB CUP MASS

Made with: 2 scoops Naked Vegan Mass

SERVES 1

PREP 4 MIN

CALORIES  
**990**

PROTEIN  
**30.3G**

CARBS  
**161.3G**

FAT  
**28.8G**

FIBER  
**11.3G**

SUGAR  
**44.8G**

### INGREDIENTS

- 2 scoops Naked Vegan Mass
- 10 oz oat milk
- 2 tablespoons natural peanut butter
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon vegan dark chocolate chips
- 1 medium banana
- 1 tablespoon maple syrup
- 1/2 cup ice

### STEPS

1. Pour oat milk into the blender.
2. Add Naked Vegan Mass, peanut butter, cocoa, banana, and maple syrup.
3. Add ice. Blend on high for 75 seconds.
4. Pour into a tall glass and stir in vegan chocolate chips.



### PRO TIP

Use a large blender cup. Vegan Mass expands quickly and needs extra liquid and blend time.

# RECOVERY

Post-workout recipes focused on protein, fluids, carbohydrates, and optional performance add-ons.



## 27. VEGAN CHOCOLATE RECOVERY

**Made with:** 1 scoop Naked Rice; 1 scoop Naked Creatine; 1/2 scoop Naked PB

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**355**

PROTEIN  
**27.1G**

CARBS  
**52.0G**

FAT  
**6.9G**

FIBER  
**7.1G**

SUGAR  
**28.2G**

### INGREDIENTS

- 1 scoop Naked Rice
- 10 oz unsweetened soy milk
- 1 medium banana
- 1 scoop Naked Creatine
- 1/2 scoop Naked PB
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon maple syrup
- 1/2 cup ice

### STEPS

1. Pour soy milk into the blender - soy milk's amino profile pairs well with rice protein.
2. Add Naked Rice, Naked Creatine, Naked Powdered Peanut Butter, banana, cocoa, and maple syrup.
3. Add ice. Blend on high for 60 seconds.
4. Drink within 30 minutes post-workout.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.



## 28. VEGAN GREENS GLUTAMINE RECOVERY

**Made with:** 1 scoop Naked Pea; 1 scoop Naked Glutamine; 1/2 scoop Naked Greens

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**275**

PROTEIN  
**20.2G**

CARBS  
**22.6G**

FAT  
**12.8G**

FIBER  
**5.0G**

SUGAR  
**9.0G**

### INGREDIENTS

- 1 scoop Naked Pea
- 10 oz unsweetened almond milk
- 1 scoop Naked Glutamine
- 1/2 scoop Naked Greens
- 1/2 frozen banana
- 1 cup baby spinach
- 1 tablespoon natural almond butter
- 1/2 teaspoon vanilla extract
- 1/2 cup ice

### STEPS

1. Add almond milk to the blender.
2. Add Naked Pea, Naked Glutamine, Naked Super Greens, banana, spinach, almond butter, and vanilla.
3. Add ice. Blend on high for 60 seconds.
4. Pour and drink post-training.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.

# RECOVERY

Post-workout recipes focused on protein, fluids, carbohydrates, and optional performance add-ons.



## 29. VEGAN STRAWBERRY BANANA RECOVERY

**Made with:** 1 scoop Vanilla Pea; 1 scoop Naked BCAAs; 1 scoop Naked Creatine

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**300**

PROTEIN  
**22.4G**

CARBS  
**42.0G**

FAT  
**7.0G**

FIBER  
**4.8G**

SUGAR  
**26.9G**

### INGREDIENTS

- 1 scoop Vanilla Pea
- 10 oz unsweetened soy milk
- 1/2 cup frozen strawberries
- 1/2 frozen banana
- 1 scoop Naked BCAAs
- 1 scoop Naked Creatine
- 1 tablespoon maple syrup
- 1/2 cup ice

### STEPS

1. Pour soy milk into the blender.
2. Add Vanilla Pea, Naked BCAAs, Naked Creatine, strawberries, banana, and maple syrup.
3. Add ice. Blend on high for 60 seconds.
4. Pour and drink post-workout.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.



## 30. VEGAN RECOVERY MOCHA

**Made with:** 1 scoop Vanilla Naked Pea ; 1 scoop Naked Creatine

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**205**

PROTEIN  
**12.4G**

CARBS  
**37.0G**

FAT  
**2.7G**

FIBER  
**3.8G**

SUGAR  
**22.0G**

### INGREDIENTS

- 1 scoop Vanilla Naked Pea
- 6 oz cold brew coffee
- 4 oz unsweetened oat milk
- 1 scoop Naked Creatine
- 1 tablespoon unsweetened cocoa powder
- 1/2 frozen banana
- 1 tablespoon maple syrup
- 1/2 cup ice

### STEPS

1. Pour cold brew and oat milk into the blender.
2. Add Vanilla Vegan, Naked Creatine, cocoa, banana, and maple syrup.
3. Add ice. Blend on high for 60 seconds.
4. Drink within 30 minutes of training.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.

# RECOVERY

Post-workout recipes focused on protein, fluids, carbohydrates, and optional performance add-ons.



## 31. VEGAN CREATINE BERRY RECOVERY SHAKE

Made with: 1 scoop Naked Pea; 1 scoop Naked Creatine

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**120**

PROTEIN  
**15.0G**

CARBS  
**9.0G**

FAT  
**3.2G**

FIBER  
**2.5G**

SUGAR  
**5.5G**

### INGREDIENTS

- 1 scoop Naked Pea
- 1 scoop Naked Creatine
- 1 cup unsweetened almond milk
- 1/2 cup frozen berries
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.



## 32. GREENS PINEAPPLE VEGAN RECOVERY SHAKE

Made with: 1 scoop Naked Greens; 1 scoop Vanilla Pea

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**170**

PROTEIN  
**14.9G**

CARBS  
**21.4G**

FAT  
**4.1G**

FIBER  
**3.1G**

SUGAR  
**10.6G**

### INGREDIENTS

- 1 scoop Naked Greens
- 1 scoop Vanilla Pea
- 1 cup unsweetened almond milk
- 1/2 cup frozen pineapple
- 1 tsp grated ginger
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.

# RECOVERY

Post-workout recipes focused on protein, fluids, carbohydrates, and optional performance add-ons.



## 33. VEGAN TART CHERRY RECOVERY

Made with: 1 scoop Naked Pea; 1 scoop Naked BCAAs

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**330**

PROTEIN  
**18.6G**

CARBS  
**45.5G**

FAT  
**10.1G**

FIBER  
**3.2G**

SUGAR  
**32.7G**

### INGREDIENTS

- 1 scoop Naked Pea
- 8 oz unsweetened tart cherry juice
- 1 scoop Naked BCAAs
- 1/2 frozen banana
- 1 tablespoon natural almond butter
- 1/2 cup ice

### STEPS

1. Pour tart cherry juice into the blender.
2. Add Naked Pea, Naked BCAAs, frozen banana, and almond butter.
3. Add ice. Blend on high for 60 seconds.
4. Drink within 30 minutes of training.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.



## 34. VEGAN TROPICAL RECOVERY

Made with: 1 scoop Naked Pea; 1 scoop Naked EAAs

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**200**

PROTEIN  
**16.3G**

CARBS  
**34.8G**

FAT  
**1.4G**

FIBER  
**5.0G**

SUGAR  
**26.7G**

### INGREDIENTS

- 1 scoop Naked Pea
- 8 oz coconut water
- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- 1 scoop Naked EAAs
- 1 tablespoon fresh lime juice
- 1/2 cup ice

### STEPS

1. Pour coconut water into the blender.
2. Add Naked Pea, Naked EAAs, frozen pineapple, mango, and lime juice.
3. Add ice. Blend on high for 60 seconds.
4. Drink within 30 minutes post-workout.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.

# RECOVERY

Post-workout recipes focused on protein, fluids, carbohydrates, and optional performance add-ons.



## 35. VEGAN BERRY ANTIOXIDANT RECOVERY

Made with: 1 scoop Vanilla Pea; 1 scoop Naked EAAs

SERVES 1

PREP 3 MIN

CALORIES  
230

PROTEIN  
16.1G

CARBS  
25.5G

FAT  
8.2G

FIBER  
7.2G

SUGAR  
15.0G

### INGREDIENTS

- 1 scoop Vanilla Pea
- 8 oz unsweetened almond milk
- 1/2 cup frozen mixed berries
- 1/4 cup pomegranate juice
- 1 scoop Naked EAAs
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla extract
- 1/2 cup ice

### STEPS

1. Pour almond milk and pomegranate juice into the blender.
2. Add Vanilla Pea, Naked EAAs, frozen berries, chia seeds, and vanilla.
3. Add ice. Blend on high for 60 seconds.
4. Pour and drink post-workout.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.



## 36. VEGAN CHERRY ALMOND RECOVERY

Made with: 1 scoop Naked Pea; 1 scoop Naked BCAAs

SERVES 1

PREP 3 MIN

CALORIES  
290

PROTEIN  
18.7G

CARBS  
29.8G

FAT  
12.1G

FIBER  
3.6G

SUGAR  
23.4G

### INGREDIENTS

- 1 scoop Naked Pea
- 8 oz unsweetened almond milk
- 1/2 cup frozen pitted cherries
- 1 tablespoon natural almond butter
- 1 scoop Naked BCAAs
- 1/2 teaspoon vanilla extract
- 1 tablespoon maple syrup
- 1/2 cup ice

### STEPS

1. Pour almond milk into the blender.
2. Add Naked Pea, Naked BCAAs, frozen cherries, almond butter, vanilla, and maple syrup.
3. Add ice. Blend on high for 60 seconds.
4. Drink within 30 minutes of training.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.

# RECOVERY

Post-workout recipes focused on protein, fluids, carbohydrates, and optional performance add-ons.



## 37. VEGAN WATERMELON RECOVERY COOLER

Made with: 1 scoop Naked Pea; 1 scoop Naked EAAs

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**165**

PROTEIN  
**16.1G**

CARBS  
**27.1G**

FAT  
**1.2G**

FIBER  
**2.9G**

SUGAR  
**19.8G**

### INGREDIENTS

- 1 scoop Naked Pea
- 6 oz coconut water
- 1.5 cups frozen cubed watermelon
- 1 scoop Naked EAAs
- 1 tablespoon fresh lime juice
- 4 fresh mint leaves
- 1/4 cup ice

### STEPS

1. Pour coconut water into the blender.
2. Add Naked Pea, Naked EAAs, frozen watermelon, lime juice, and mint.
3. Add ice. Blend on high for 60 seconds until slushy.
4. Pour and sip post-training.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.



## 38. TART CHERRY SEED RECOVERY SHAKE

Made with: 1 scoop Naked Seed

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**215**

PROTEIN  
**12.1G**

CARBS  
**38.8G**

FAT  
**2.8G**

FIBER  
**4.2G**

SUGAR  
**32.5G**

### INGREDIENTS

- 1 scoop Naked Seed
- 3/4 cup tart cherry juice
- 1/2 cup unsweetened almond milk
- 1/2 cup frozen cherries
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.

# RECOVERY

Post-workout recipes focused on protein, fluids, carbohydrates, and optional performance add-ons.



39.

## COCONUT RICE RECOVERY SHAKE

Made with: 1 scoop Naked Rice

PERSONS SERVES 1

CLOCK PREP 3-5 MIN

CALORIES  
190

PROTEIN  
13.7G

CARBS  
18.8G

FAT  
6.5G

FIBER  
1.3G

SUGAR  
13.7G

### INGREDIENTS

- 1 scoop Naked Rice
- 1 cup light coconut milk
- 1/2 cup frozen mango
- 1 tbsp lime juice
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



### PRO TIP

Drink after training and add more liquid if you want a lighter, faster-drinking texture.

# LOW-SUGAR

Lower-sugar blends using water or unsweetened milks, healthy fats, greens, chia, and low-sugar fruit.



## 40. VEGAN PB & GREENS LOW-SUGAR

**Made with:** 1 scoop Naked Pea; 1 scoop Naked PB; 1/2 scoop Naked Greens

SERVES 1

PREP 3 MIN

CALORIES  
**175**

PROTEIN  
**23.1G**

CARBS  
**9.1G**

FAT  
**4.7G**

FIBER  
**3.8G**

SUGAR  
**2.4G**

### INGREDIENTS

- 1 scoop Naked Pea
- 10 oz unsweetened almond milk
- 1 scoop Naked PB
- 1 cup baby spinach
- 1/2 scoop Naked Greens
- 1/2 teaspoon vanilla extract
- 1/2 cup ice

### STEPS

1. Pour almond milk into the blender.
2. Add Naked Pea, Naked Powdered Peanut Butter, Naked Super Greens, spinach, and vanilla.
3. Add ice. Blend on high for 75 seconds.
4. Pour into a glass.



#### PRO TIP

Keep fruit tight and use unsweetened liquid to hold sugar in check.



## 41. CUCUMBER GREENS LOW-SUGAR VEGAN SHAKE

**Made with:** 1 scoop Naked Pea; 1/2 scoop Naked Greens

SERVES 1

PREP 3-5 MIN

CALORIES  
**85**

PROTEIN  
**14.3G**

CARBS  
**6.4G**

FAT  
**0.6G**

FIBER  
**0.8G**

SUGAR  
**2.2G**

### INGREDIENTS

- 1 scoop Naked Pea
- 1/2 scoop Naked Greens
- 1 cup cold water
- 1/2 cup cucumber
- 1 tbsp lemon juice
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Keep fruit tight and use unsweetened liquid to hold sugar in check.

# LOW-SUGAR

Lower-sugar blends using water or unsweetened milks, healthy fats, greens, chia, and low-sugar fruit.



## 42. REDS RASPBERRY LOW-SUGAR SHAKE

Made with: 1/2 rounded scoop Naked Reds; 1 scoop Naked Pea

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**110**

PROTEIN  
**14.2G**

CARBS  
**13.0G**

FAT  
**0.9G**

FIBER  
**6.0G**

SUGAR  
**5.2G**

### INGREDIENTS

- 1/2 rounded scoop Naked Reds
- 1 scoop Naked Pea
- 1 cup cold water
- 1/2 cup raspberries
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Keep fruit tight and use unsweetened liquid to hold sugar in check.



## 43. ALMOND COCOA LOW-SUGAR SHAKE

Made with: 1 1/2 scoops Naked Almond

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**205**

PROTEIN  
**19.0G**

CARBS  
**15.0G**

FAT  
**10.0G**

FIBER  
**10.9G**

SUGAR  
**2.4G**

### INGREDIENTS

- 1 1/2 scoops Naked Almond
- 1 cup unsweetened almond milk
- 1 tbsp cocoa powder
- 1 tbsp chia seeds
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Keep fruit tight and use unsweetened liquid to hold sugar in check.

# LOW-SUGAR

Lower-sugar blends using water or unsweetened milks, healthy fats, greens, chia, and low-sugar fruit.



## 44. PB CINNAMON LOW-SUGAR SHAKE

Made with: 1 1/2 scoops Naked PB

SERVES 1

PREP 3-5 MIN

CALORIES  
**145**

PROTEIN  
**12.9G**

CARBS  
**8.6G**

FAT  
**7.0G**

FIBER  
**6.1G**

SUGAR  
**1.6G**

### INGREDIENTS

- 1 1/2 scoops Naked PB
- 1 cup unsweetened almond milk
- 1/2 tsp cinnamon
- 1 tbsp ground flaxseed
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Keep fruit tight and use unsweetened liquid to hold sugar in check.



## 45. RICE PROTEIN VANILLA BEAN SHAKE

Made with: 1 scoop Naked Rice

SERVES 1

PREP 3-5 MIN

CALORIES  
**155**

PROTEIN  
**15.5G**

CARBS  
**8.2G**

FAT  
**6.5G**

FIBER  
**4.6G**

SUGAR  
**0.2G**

### INGREDIENTS

- 1 scoop Naked Rice
- 1 cup unsweetened almond milk
- 1/2 tsp vanilla extract
- 1 tbsp chia seeds
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Keep fruit tight and use unsweetened liquid to hold sugar in check.

# LOW-SUGAR

Lower-sugar blends using water or unsweetened milks, healthy fats, greens, chia, and low-sugar fruit.



## 46. VEGAN AVOCADO CHOCOLATE SHAKE

Made with: 1 scoop Naked Rice

👤 SERVES 1 ⌚ PREP 3 MIN

CALORIES <b>190</b>	PROTEIN <b>16.4G</b>	CARBS <b>12.7G</b>	FAT <b>10.3G</b>	FIBER <b>6.7G</b>	SUGAR <b>0.7G</b>
------------------------	-------------------------	-----------------------	---------------------	----------------------	----------------------

### INGREDIENTS

- 1 scoop Naked Rice
- 10 oz unsweetened almond milk
- 1/4 medium ripe avocado
- 2 tablespoons unsweetened cocoa powder
- 1/2 teaspoon vanilla extract
- Pinch of sea salt
- 1/2 teaspoon stevia or monk fruit (to taste)
- 1/2 cup ice

### STEPS

1. Pour almond milk into the blender.
2. Add Naked Rice Protein, avocado, cocoa, vanilla, salt, and stevia.
3. Add ice. Blend on high for 75 seconds until creamy.
4. Pour and enjoy.

💡 **PRO TIP**  
Keep fruit tight and use unsweetened liquid to hold sugar in check.



## 47. VEGAN VANILLA CHIA LOW-SUGAR SHAKE

Made with: 1 scoop Vanilla Naked Pea

👤 SERVES 1 ⌚ PREP 3 MIN

CALORIES <b>260</b>	PROTEIN <b>16.1G</b>	CARBS <b>14.4G</b>	FAT <b>15.8G</b>	FIBER <b>5.0G</b>	SUGAR <b>3.5G</b>
------------------------	-------------------------	-----------------------	---------------------	----------------------	----------------------

### INGREDIENTS

- 1 scoop Vanilla Naked Pea
- 10 oz unsweetened almond milk
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla extract
- Pinch of cinnamon
- 1 tablespoon natural cashew butter
- 1/2 teaspoon stevia (optional)
- 1/2 cup ice

### STEPS

1. Pour almond milk into the blender.
2. Add Vanilla Vegan, chia seeds, vanilla, cinnamon, cashew butter, and stevia.
3. Add ice. Blend on high for 60 seconds.
4. Pour and drink within 5 minutes - chia thickens quickly.

💡 **PRO TIP**  
Keep fruit tight and use unsweetened liquid to hold sugar in check.

# LOW-SUGAR

Lower-sugar blends using water or unsweetened milks, healthy fats, greens, chia, and low-sugar fruit.



## 48. VEGAN VANILLA CHAI LOW-SUGAR

Made with: 1 scoop Vanilla Naked Pea

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**110**

PROTEIN  
**11.4G**

CARBS  
**6.6G**

FAT  
**4.2G**

FIBER  
**1.3G**

SUGAR  
**2.8G**

### INGREDIENTS

- 1 scoop Vanilla Naked Pea
- 10 oz unsweetened almond milk
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- Pinch of black pepper
- 1/2 teaspoon vanilla extract
- 1/2 cup ice

### STEPS

1. Pour almond milk into the blender.
2. Add Vanilla Vegan, cardamom, cinnamon, ginger, black pepper, and vanilla.
3. Add ice. Blend on high for 60 seconds.
4. Pour into a glass.



#### PRO TIP

Keep fruit tight and use unsweetened liquid to hold sugar in check.



## 49. CUCUMBER RICE PROTEIN

Made with: 1 scoop Naked Rice

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**80**

PROTEIN  
**13.2G**

CARBS  
**6.8G**

FAT  
**0.3G**

FIBER  
**0.5G**

SUGAR  
**2.1G**

### INGREDIENTS

- 1 scoop Naked Rice (Unflavored)
- 1 cup cucumber (peeled)
- 1/2 cup water
- 1 tbs lemon juice

### STEPS

1. Blend the cucumber, water, and lemon juice until liquefied.
2. Add the Naked Rice.
3. Blend for 15 seconds.



#### PRO TIP

Keep fruit tight and use unsweetened liquid to hold sugar in check.

# LOW-SUGAR

Lower-sugar blends using water or unsweetened milks, healthy fats, greens, chia, and low-sugar fruit.



## 50. GREEN TEA & RICE PROTEIN

Made with: 1 scoop Naked Rice

SERVES 1

PREP 3-5 MIN

CALORIES  
**120**

PROTEIN  
**13.2G**

CARBS  
**5.2G**

FAT  
**5.8G**

FIBER  
**2.5G**

SUGAR  
**0.2G**

### INGREDIENTS

- 1 scoop Naked Rice (Unflavored)
- 1 cup chilled green tea
- 1/4 avocado

### STEPS

1. Blend the green tea and avocado until smooth.
2. Add the Naked Rice.
3. Blend on low.



#### PRO TIP

Keep fruit tight and use unsweetened liquid to hold sugar in check.



## 51. LOW-SUGAR CHOCOLATE PEA SHAKE

Made with: 1 scoop Chocolate Pea

SERVES 1

PREP 3-5 MIN

CALORIES  
**170**

PROTEIN  
**15.5G**

CARBS  
**10.0G**

FAT  
**8.3G**

FIBER  
**5.6G**

SUGAR  
**2.5G**

### INGREDIENTS

- 1 scoop Chocolate Pea
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Keep fruit tight and use unsweetened liquid to hold sugar in check.

# KID-FRIENDLY

Approachable plant-based shakes with familiar flavors and smaller product portions where the source recipe called for them



## 52. VEGAN PB&J SMOOTHIE

Made with: 1/2 scoop Vanilla Pea; 1/2 scoop Naked PB

SERVES 1

PREP 3 MIN

CALORIES  
**250**

PROTEIN  
**12.9G**

CARBS  
**41.8G**

FAT  
**5.2G**

FIBER  
**6.0G**

SUGAR  
**28.6G**

### INGREDIENTS

- 1/2 scoop Vanilla Pea
- 6 oz oat milk
- 1/2 scoop Naked PB
- 1/4 cup frozen strawberries
- 1/4 cup frozen blueberries
- 1 medjool date, pitted
- 1/4 cup ice

### STEPS

1. Pour oat milk into the blender.
2. Add Vanilla Pea, Naked Powdered Peanut Butter, strawberries, blueberries, and date.
3. Add ice. Blend on high for 60 seconds.
4. Pour into a glass.



#### PRO TIP

Keep fruit tight and use unsweetened liquid to hold sugar in check.



## 53. KID-FRIENDLY PB APPLE VEGAN SHAKE

Made with: 1 scoop Naked PB

SERVES 1

PREP 3-5 MIN

CALORIES  
**195**

PROTEIN  
**9.6G**

CARBS  
**29.5G**

FAT  
**5.0G**

FIBER  
**6.2G**

SUGAR  
**16.2G**

### INGREDIENTS

- 1 scoop Naked PB
- 3/4 cup oat milk
- 1/2 apple, peeled and chopped
- 1/4 tsp cinnamon
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Start with the smaller serving shown. Adjust sweetness with fruit, not extra sugar.

# KID-FRIENDLY

Approachable plant-based shakes with familiar flavors and smaller product portions where the source recipe called for them



## 54. KID-FRIENDLY BLUEBERRY ALMOND SHAKE

Made with: 1 scoop Naked Almond

SERVES 1

PREP 3-5 MIN

CALORIES  
**255**

PROTEIN  
**13.5G**

CARBS  
**40.0G**

FAT  
**6.2G**

FIBER  
**7.8G**

SUGAR  
**21.2G**

### INGREDIENTS

- 1 scoop Naked Almond
- 3/4 cup oat milk
- 1/2 cup blueberries
- 1/2 banana
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Start with the smaller serving shown. Adjust sweetness with fruit, not extra sugar.



## 55. KID-FRIENDLY COCOA SEED SHAKE

Made with: 1/2 scoop Naked Seed

SERVES 1

PREP 3-5 MIN

CALORIES  
**170**

PROTEIN  
**8.2G**

CARBS  
**27.8G**

FAT  
**4.7G**

FIBER  
**4.9G**

SUGAR  
**12.8G**

### INGREDIENTS

- 1/2 scoop Naked Seed
- 3/4 cup oat milk
- 1 tsp cocoa powder
- 1/2 banana
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Start with the smaller serving shown. Adjust sweetness with fruit, not extra sugar.

# KID-FRIENDLY

Approachable plant-based shakes with familiar flavors and smaller product portions where the source recipe called for them



## 56. VEGAN CHOCOLATE SHAKE

Made with: 1/2 scoop Naked Rice

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**305**

PROTEIN  
**11.5G**

CARBS  
**54.2G**

FAT  
**7.5G**

FIBER  
**7.2G**

SUGAR  
**32.3G**

### INGREDIENTS

- 1/2 scoop Naked Rice
- 8 oz oat milk
- 1 tablespoon unsweetened cocoa powder
- 1 medjool date, pitted
- 1/2 frozen banana
- 1 teaspoon vegan chocolate chips for topping
- 1/4 cup ice

### STEPS

1. Pour oat milk into the blender.
2. Add Naked Rice Protein, cocoa, date, and banana.
3. Add ice. Blend on high for 60 seconds.
4. Pour and top with vegan chocolate chips.



### PRO TIP

Start with the smaller serving shown. Adjust sweetness with fruit, not extra sugar.



## 57. VEGAN TROPICAL SUNSHINE

Made with: 1/2 scoop Vanilla Naked Pea

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**160**

PROTEIN  
**7.5G**

CARBS  
**33.3G**

FAT  
**1.3G**

FIBER  
**4.6G**

SUGAR  
**24.8G**

### INGREDIENTS

- 1/2 scoop Vanilla Naked Pea
- 6 oz coconut water (or 100% orange juice)
- 1/2 cup frozen mango
- 1/4 cup frozen pineapple
- 1/4 frozen banana
- 1/4 cup ice

### STEPS

1. Pour coconut water into the blender.
2. Add Vanilla Vegan, mango, pineapple, and banana.
3. Add ice. Blend on high for 60 seconds.
4. Pour into a clear glass - the bright color makes it extra fun.



### PRO TIP

Start with the smaller serving shown. Adjust sweetness with fruit, not extra sugar.

# KID-FRIENDLY

Approachable plant-based shakes with familiar flavors and smaller product portions where the source recipe called for them



## 58. COCOA BANANA RICE SHAKE

Made with: 1 scoop Naked Rice

SERVES 1 PREP 3-5 MIN

CALORIES <b>235</b>	PROTEIN <b>15.8G</b>	CARBS <b>40.0G</b>	FAT <b>3.8G</b>	FIBER <b>5.4G</b>	SUGAR <b>21.1G</b>
------------------------	-------------------------	-----------------------	--------------------	----------------------	-----------------------

### INGREDIENTS

- 1 scoop Naked Rice (Unflavored)
- 1 cup almond milk
- 1 banana
- 1 tbsp cocoa powder

### STEPS

1. Blend the almond milk, banana, and cocoa powder until smooth.
2. Add the Naked Rice.
3. Blend for 15 seconds.



### PRO TIP

Start with the smaller serving shown. Adjust sweetness with fruit, not extra sugar.



## 59. KID-FRIENDLY CHOCOLATE BANANA VEGAN SHAKE

Made with: 1/2 scoop Chocolate Pea

SERVES 1 PREP 3-5 MIN

CALORIES <b>185</b>	PROTEIN <b>9.5G</b>	CARBS <b>28.5G</b>	FAT <b>5.2G</b>	FIBER <b>4.1G</b>	SUGAR <b>13.5G</b>
------------------------	------------------------	-----------------------	--------------------	----------------------	-----------------------

### INGREDIENTS

- 1/2 scoop Chocolate Pea
- 3/4 cup oat milk
- 1/2 banana
- 1 tsp cocoa powder
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



### PRO TIP

Start with the smaller serving shown. Adjust sweetness with fruit, not extra sugar.

# KID-FRIENDLY

Approachable plant-based shakes with familiar flavors and smaller product portions where the source recipe called for them



## 60. KID-FRIENDLY STRAWBERRY VANILLA PEA SHAKE

Made with: 1/2 scoop Vanilla Pea

SERVES 1

PREP 3-5 MIN

CALORIES  
**150**

PROTEIN  
**9.0G**

CARBS  
**20.0G**

FAT  
**4.8G**

FIBER  
**3.2G**

SUGAR  
**10.2G**

### INGREDIENTS

- 1/2 scoop Vanilla Pea
- 3/4 cup oat milk
- 1/2 cup strawberries
- 1 tsp maple syrup, optional
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Start with the smaller serving shown. Adjust sweetness with fruit, not extra sugar.



## 61. KID-FRIENDLY VANILLA OAT VEGAN SHAKE

Made with: 1/2 scoop Vanilla Pea

SERVES 1

PREP 3-5 MIN

CALORIES  
**220**

PROTEIN  
**10.6G**

CARBS  
**34.8G**

FAT  
**5.3G**

FIBER  
**4.6G**

SUGAR  
**13.7G**

### INGREDIENTS

- 1/2 scoop Vanilla Pea
- 3/4 cup oat milk
- 2 tbsp oats
- 1/2 banana
- 1/4 tsp cinnamon

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



#### PRO TIP

Start with the smaller serving shown. Adjust sweetness with fruit, not extra sugar.

# KID-FRIENDLY

Approachable plant-based shakes with familiar flavors and smaller product portions where the source recipe called for them



## 62. KID-FRIENDLY PEACHES AND CREAM VEGAN SHAKE

Made with: 1/2 scoop Vanilla Pea

SERVES 1

PREP 3-5 MIN

CALORIES  
**180**

PROTEIN  
**9.4G**

CARBS  
**22.2G**

FAT  
**6.9G**

FIBER  
**3.3G**

SUGAR  
**13.4G**

### INGREDIENTS

- 1/2 scoop Vanilla Pea
- 3/4 cup oat milk
- 1/2 cup frozen peaches
- 2 tbsp coconut yogurt
- 1/2 cup ice

### STEPS

1. Add the liquid to a blender first so the powder does not stick to the bottom.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend for 30 to 45 seconds until smooth.
4. Adjust thickness with a splash of liquid if needed and serve immediately.



### PRO TIP

Start with the smaller serving shown. Adjust sweetness with fruit, not extra sugar.



## 63. VEGAN CHOCOLATE BANANA SMOOTHIE

Made with: 1/2 scoop Vanilla Naked Pea

SERVES 1

PREP 3 MIN

CALORIES  
**310**

PROTEIN  
**11.2G**

CARBS  
**62.0G**

FAT  
**5.6G**

FIBER  
**8.2G**

SUGAR  
**36.6G**

### INGREDIENTS

- 1/2 scoop Vanilla Naked Pea
- 6 oz oat milk
- 1 ripe banana
- 1 tablespoon unsweetened cocoa powder
- 1 medjool date, pitted
- 1/3 cup ice

### STEPS

1. Pour oat milk into the blender.
2. Add Vanilla Naked Pea, banana, cocoa, and date.
3. Add ice. Blend on high for 60 seconds.
4. Pour into your kid's favorite cup with a fun straw.



### PRO TIP

Start with the smaller serving shown. Adjust sweetness with fruit, not extra sugar.

# COFFEE-BASED

Cold brew and espresso-style shakes with plant protein, texture support, and restrained sweetness.



## 64. ALMOND COLD BREW SHAKE

Made with: 1 scoop Naked Almond; 1 scoop Naked Pea

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**165**

PROTEIN  
**24.2G**

CARBS  
**9.0G**

FAT  
**3.8G**

FIBER  
**3.2G**

SUGAR  
**6.0G**

### INGREDIENTS

- 1 scoop Naked Almond
- 1 scoop Naked Pea
- 3/4 cup cold brew coffee
- 1/2 cup almond milk
- 1/2 cup ice

### STEPS

1. Add the chilled coffee or cold brew to a blender first.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend until creamy and frothy.
4. Taste, adjust sweetness only if needed, and serve cold.



#### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.



## 65. PB MOCHA VEGAN FRAPPE

Made with: 1 scoop Naked PB; 1 scoop Chocolate Pea

👤 SERVES 1

🕒 PREP 3-5 MIN

CALORIES  
**195**

PROTEIN  
**21.2G**

CARBS  
**15.0G**

FAT  
**5.5G**

FIBER  
**4.0G**

SUGAR  
**7.0G**

### INGREDIENTS

- 1 scoop Naked PB
- 1 scoop Chocolate Pea
- 3/4 cup cold brew coffee
- 1/2 cup oat milk
- 1 cup ice

### STEPS

1. Add the chilled coffee or cold brew to a blender first.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend until creamy and frothy.
4. Taste, adjust sweetness only if needed, and serve cold.



#### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.

# COFFEE-BASED

Cold brew and espresso-style shakes with plant protein, texture support, and restrained sweetness.



## 66. VEGAN GREENS MOCHA SHAKE

Made with: 1 scoop Chocolate Pea; 1/2 scoop Naked Greens

SERVES 1

PREP 3-5 MIN

CALORIES  
**155**

PROTEIN  
**14.7G**

CARBS  
**14.5G**

FAT  
**4.5G**

FIBER  
**2.5G**

SUGAR  
**6.0G**

### INGREDIENTS

- 1 scoop Chocolate Pea
- 1/2 scoop Naked Greens
- 3/4 cup cold brew coffee
- 1/2 cup oat milk
- 1/2 cup ice

### STEPS

1. Add the chilled coffee or cold brew to a blender first.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend until creamy and frothy.
4. Taste, adjust sweetness only if needed, and serve cold.



#### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.



## 67. CACAO ALMOND ESPRESSO SHAKE

Made with: 1 scoop Naked Almond; 1 scoop Naked Pea

SERVES 1

PREP 3-5 MIN

CALORIES  
**180**

PROTEIN  
**24.7G**

CARBS  
**12.0G**

FAT  
**4.6G**

FIBER  
**4.0G**

SUGAR  
**7.8G**

### INGREDIENTS

- 1 scoop Naked Almond
- 1 scoop Naked Pea
- 1 shot chilled espresso
- 3/4 cup almond milk
- 1 tsp cocoa powder
- 1/2 cup ice

### STEPS

1. Add the chilled coffee or cold brew to a blender first.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend until creamy and frothy.
4. Taste, adjust sweetness only if needed, and serve cold.



#### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.

# COFFEE-BASED

Cold brew and espresso-style shakes with plant protein, texture support, and restrained sweetness.



## 68. SEED PROTEIN CINNAMON COFFEE SHAKE

Made with: 1 scoop Naked Seed

SERVES 1

PREP 3-5 MIN

CALORIES  
**115**

PROTEIN  
**11.8G**

CARBS  
**11.6G**

FAT  
**3.5G**

FIBER  
**4.2G**

SUGAR  
**4.5G**

### INGREDIENTS

- 1 scoop Naked Seed
- 3/4 cup chilled coffee
- 1/2 cup oat milk
- 1/2 tsp cinnamon
- 1/2 cup ice

### STEPS

1. Add the chilled coffee or cold brew to a blender first.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend until creamy and frothy.
4. Taste, adjust sweetness only if needed, and serve cold.



#### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.



## 69. RICE PROTEIN COCONUT COFFEE SHAKE

Made with: 1 scoop Naked Rice

SERVES 1

PREP 3-5 MIN

CALORIES  
**100**

PROTEIN  
**13.0G**

CARBS  
**3.5G**

FAT  
**3.2G**

FIBER  
**0.0G**

SUGAR  
**1.0G**

### INGREDIENTS

- 1 scoop Naked Rice
- 3/4 cup cold brew coffee
- 1/2 cup light coconut milk
- 1 tsp maple syrup, optional
- 1/2 cup ice

### STEPS

1. Add the chilled coffee or cold brew to a blender first.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend until creamy and frothy.
4. Taste, adjust sweetness only if needed, and serve cold.



#### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.

# COFFEE-BASED

Cold brew and espresso-style shakes with plant protein, texture support, and restrained sweetness.



## 70. VEGAN ICED VANILLA LATTE

Made with: 1 scoop Vanilla Naked Pea

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**100**

PROTEIN  
**10.7G**

CARBS  
**7.5G**

FAT  
**1.8G**

FIBER  
**0.4G**

SUGAR  
**3.0G**

### INGREDIENTS

- 1 scoop Vanilla Naked Pea
- 6 oz cold brew coffee
- 4 oz unsweetened oat milk
- 1 teaspoon vanilla extract
- 1 teaspoon maple syrup (optional)
- 1/2 cup ice

### STEPS

1. In a shaker bottle, combine cold brew and Vanilla Vegan. Shake hard for 30 seconds - Naked Pea s need extra agitation.
2. Fill a tall glass with ice.
3. Pour the protein coffee over the ice.
4. Top with oat milk, vanilla extract, and maple syrup.



#### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.



## 71. VEGAN CARAMEL COFFEE SHAKE

Made with: 1 scoop Vanilla Naked Pea

👤 SERVES 1

🕒 PREP 3 MIN

CALORIES  
**125**

PROTEIN  
**10.7G**

CARBS  
**15.8G**

FAT  
**1.8G**

FIBER  
**0.4G**

SUGAR  
**10.8G**

### INGREDIENTS

- 1 scoop Vanilla Naked Pea
- 6 oz cold brew coffee
- 4 oz unsweetened oat milk
- 2 teaspoons vegan caramel syrup
- 1/2 teaspoon vanilla extract
- 1/2 cup ice

### STEPS

1. In a shaker bottle, combine cold brew and Vanilla Vegan. Shake hard for 30 seconds.
2. Fill a tall glass with ice. Drizzle 1 teaspoon caramel syrup down the sides.
3. Pour the protein coffee over the ice.
4. Top with oat milk and the remaining caramel syrup.



#### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.

# COFFEE-BASED

Cold brew and espresso-style shakes with plant protein, texture support, and restrained sweetness.



## 72. VEGAN PUMPKIN SPICE COFFEE SHAKE

Made with: 1 scoop Vanilla Naked Pea

👤 SERVES 1 ⌚ PREP 3 MIN

CALORIES <b>160</b>	PROTEIN <b>11.4G</b>	CARBS <b>25.2G</b>	FAT <b>2.2G</b>	FIBER <b>1.8G</b>	SUGAR <b>15.9G</b>
------------------------	-------------------------	-----------------------	--------------------	----------------------	-----------------------

### INGREDIENTS

- 1 scoop Vanilla Naked Pea
- 4 oz cold brew coffee
- 6 oz unsweetened oat milk
- 2 tablespoons canned pumpkin puree
- 1/2 teaspoon pumpkin pie spice
- 1 tablespoon maple syrup
- 1/2 cup ice

### STEPS

1. Pour cold brew and oat milk into the blender.
2. Add Vanilla Vegan, pumpkin puree, pumpkin pie spice, and maple syrup.
3. Add ice. Blend on high for 60 seconds.
4. Pour into a tall glass and dust with extra pumpkin pie spice.



#### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.



## 73. VEGAN COFFEE MASS SHAKE

Made with: 3 scoops Naked Vegan Mass

👤 SERVES 1 ⌚ PREP 3-5 MIN

CALORIES <b>805</b>	PROTEIN <b>30.8G</b>	CARBS <b>138.9G</b>	FAT <b>14.2G</b>	FIBER <b>5.2G</b>	SUGAR <b>6.0G</b>
------------------------	-------------------------	------------------------	---------------------	----------------------	----------------------

### INGREDIENTS

- 3 scoops Naked Vegan Mass
- 3/4 cup cold brew coffee
- 3/4 cup oat milk
- 1 tbsp almond butter
- 1/2 cup ice

### STEPS

1. Add the chilled coffee or cold brew to a blender first.
2. Add the Naked product, remaining ingredients, and ice.
3. Blend until creamy and frothy.
4. Taste, adjust sweetness only if needed, and serve cold.



#### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.

# COFFEE-BASED

Cold brew and espresso-style shakes with plant protein, texture support, and restrained sweetness.



## 74. CARAMEL COFFEE RICE SHAKE

Made with: 1 scoop Naked Rice

SERVES 1	PREP 3-5 MIN				
CALORIES <b>80</b>	PROTEIN <b>13.1G</b>	CARBS <b>4.3G</b>	FAT <b>0.9G</b>	FIBER <b>0.1G</b>	SUGAR <b>1.8G</b>

### INGREDIENTS

- 1 scoop Naked Rice (Unflavored)
- 1 cup chilled coffee
- 1/4 cup almond milk
- 1 tsp vegan caramel extract

### STEPS

1. Combine the coffee, almond milk, and extract in a shaker.
2. Add the Naked Rice.
3. Shake vigorously.



### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.



## 75. OAT MILK COFFEE VEGAN GAINER

Made with: 1 scoop Vanilla Vegan Mass

SERVES 1	PREP 3-5 MIN				
CALORIES <b>390</b>	PROTEIN <b>13.0G</b>	CARBS <b>64.8G</b>	FAT <b>8.2G</b>	FIBER <b>3.5G</b>	SUGAR <b>14.5G</b>

### INGREDIENTS

- 1 scoop Vanilla Vegan Mass
- 1.5 cups oat milk
- 1/2 cup cold brew coffee

### STEPS

1. Add the oat milk and cold brew to a shaker.
2. Add the Naked Vegan Mass.
3. Shake aggressively for 45 seconds.



### PRO TIP

Use chilled coffee or cold brew. Hot coffee can over-thicken plant protein and dull the texture.

---

**NAKED<sup>®</sup>**