



# Recipes

## Beverages

### Karen's Bavarian Chocolate Shake

*Prep Time: 5 minutes*

*Yield: 1 serving*

**Ingredients:**

10 ounces filtered water  
2 scoops MCTlean Vegan Chocolate Protein Blend  
1 teaspoon raw cacao nibs  
1 tablespoon ground flaxseed  
1/2 cup frozen cherries  
2 tablespoons raw coconut flakes  
1 teaspoon MCTlean MCT Oil or organic coconut oil  
Ice as needed

Optional add ins:

1 tablespoon chia seeds  
1 tablespoon hemp seeds  
1 tablespoon goji berries

**Directions:**

1. Using a Vitamix or a high powered blender, add 2 scoops MCTlean Vegan protein powder to 10 ounces of cold filtered water and blend.
2. Add raw cacao nibs, coconut flakes, ground flaxseed, frozen cherries, MCT oil and blend.
3. Add ice, as needed, blend until smooth.
4. Enjoy as an afternoon snack or as a sweet treat!