

**SHAKE YOUR BODY - 15 BEST RECIPES FOR A
QUICK AND HEALTHY SHAKE FOR PEOPLE WHO WORK
OUT**

Graeme Stifter

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Throw your taste buds back to the old fashioned Creamsicle – but in a healthier way! Plus, the probiotics in yogurt combined with enzymes from mango will aid digestion. The combination of the two will make your taste buds sing. They're one of the hi So go ahead, teach an old blender new tricks. Sprinkle a 10g dose in with chocolate whey protein, coconut water and desiccated coconut. From mango to mocha to key lime, delicious and unique flavors infuse all of these inventive creations. Sprinkle a 10g dose in with chocolate whey protein, coconut water and desiccated almond butter and almond milk.