

### Tropical Delight Chia Seed Pudding

MAKES 3-4 SERVINGS

4 scoops Children's Vanilla Nutritional Shake  
1 large ripe banana  
1 large mango, peeled and diced to make 1-1½ cups  
1 can organic coconut milk  
1-2 tablespoons (or equivalent) of sweetener of choice  
1/3 cup chia seeds

Combine banana, mango, coconut milk, sweetener and Nutritional Shake together in a blender. Pour mixture into a medium glass bowl and gently whisk in chia seeds. Cover glass bowl with plastic wrap and place into the refrigerator and leave for 4 hours or overnight. Enjoy as a dessert or snack.

### Vanilla Pineapple Cream Shake

MAKES 1-2 SERVINGS

4 scoops Children's Vanilla Nutritional Shake  
1/2 cup pineapple chunks  
1 cup crushed ice  
1/2 cup water

Blend on high for 30-60 seconds.



Solutions4  
**CHILDREN'S**  
NATURAL HEALTH



up to  
32  
servings

Available in these flavors:

- Chocolate
- Vanilla

ASK US HOW TO  
ORDER TODAY!

... finally...

# NUTRITION KIDS LOVE

DELICIOUS NUTRITIONAL SHAKES FOR KIDS



It can be hard  
to get kids to take  
vitamins!

Not Anymore!

The Solutions4 Children's Nutritional Shake is full of:

- **Vitamins**
- **Minerals**
- **Protein**
- **Probiotics**
- **Enzymes**
- **Fiber**

It mixes instantly with cold water and can be used as a healthy meal replacement or a yummy snack.

Available in delicious chocolate and vanilla flavors!

This shake is sugar free, lactose free, gluten free, and has no artificial sweeteners!



## HELP YOUR CHILD EAT HEALTHIER

### EAT THIS

- All vegetables
- All fruits
- Most whole grains and legumes (except gluten-containing)
- Lean meats (poultry and fish)
- Olive and coconut oil
- Natural sweeteners (pure maple syrup, honey, etc.)

### DON'T EAT THIS

- Refined sugar (cane sugar, corn syrup, high fructose corn syrup, fructose, sucrose, etc.)
- Artificial food colorings and dyes (blue #1, red #40, yellow #5, etc.)
- Refined grains (anything containing nutrient stripped flours)
- Gluten-containing grains (wheat, barley, spelt, kamut, triticale, rye, etc.)
- Dairy (milk, cheese, etc.)



... enjoy these recipes ...

#### Chocolate Hazelnut Yum Shake

MAKES 1-2 SERVINGS

4 scoops of Children's Chocolate Nutritional Shake  
¾ cup of crushed ice  
¾ cup of coconut or almond milk  
¼ cup of hazelnuts  
1 tablespoon of unsweetened cacao or cocoa  
1 tablespoon of coconut oil

Blend on high for 30-60 seconds.

#### Triple Berry Green Smoothie

MAKES 1-2 SERVINGS

4 scoops of Children's Vanilla Nutritional Shake  
1/3 cup of strawberries, fresh or frozen  
1/3 cup of cherries, fresh or frozen  
1/3 cup of blueberries, fresh or frozen  
1 handful of leafy greens  
1 cup of water

Blend on high for 30-60 seconds.

Garnish with unsweetened coconut and chia seeds.

#### Raspberry Breakfast Smoothie

MAKES 1-2 SERVINGS

4 scoops of Children's Vanilla Nutritional Shake  
½ cup raspberries, fresh or frozen  
1/3 cup rolled oats (gluten-free if needed)  
1 cup crushed ice  
½ cup water

Blend on high for 30-60 seconds.

