

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 1-1 ½ 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

... finally ...
NUTRITION
KIDS LOVE

DELICIOUS NUTRITIONAL SHAKES FOR KIDS



...SO GOOD!



**ASK US HOW TO
ORDER TODAY!**

It can be hard
to get kids to take
vitamins!

Not Anymore!



**HELP YOUR
CHILD EAT
HEALTHIER**

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!

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 recipies ...

Chocolate Hazelnut Yum Shake

MAKES 1-2 SERVINGS

- 4 scoops of Children's Chocolate Nutritional Shake
- $\frac{3}{4}$ cup of crushed ice
- $\frac{3}{4}$ cup of coconut or almond milk
- $\frac{1}{4}$ 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
- $\frac{1}{3}$ cup of strawberries, fresh or frozen
- $\frac{1}{3}$ cup of cherries, fresh or frozen
- $\frac{1}{3}$ 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
- $\frac{1}{2}$ cup raspberries, fresh or frozen
- $\frac{1}{3}$ cup rolled oats (gluten-free if needed)
- 1 cup crushed ice
- $\frac{1}{2}$ cup water

Blend on high for
30-60 seconds.

