

Healthy Beverage Recipe Cards

Here are some great recipes to print out, cut out and keep in your kitchen.
Store and drink these beverages in your VAS Exclusive glass bottles and you're all set.

Green Cucumber-Ade Juice

Makes 2 servings, makes 12-16 ounces, fills 1-2 glass jars

ingredients

- 2 cucumbers
- 1 lemon, peeled
- ½ inch of ginger root
- 1 apple
- 1 handful spinach

directions

- Cut the cucumbers into 2-inch pieces.
- Peel and cut the lemons.
- Juice the cucumber, lemons, and ginger in a juicer machine.
- Serve.

Citrus Smash Juice

Makes 2 servings, makes 12-16 ounces, fills 1-2 glass jars

ingredients

- ½ small pineapple
- 1 orange, peeled
- 1 sweet potato

directions

Peel the orange and cut in half.
Cut the pineapple into spears.
Cut the sweet potato into 2-inch pieces.
Juice the pineapple spears, sweet potato, and orange together.
Add ½ cup cold water to the juice to thin it out, if desired.
Serve.

Banana Strawberry Smoothie

Makes 1 serving, 12-16 ounce, fills 1 glass jar

ingredients

- ½ cup cold almond milk
- ½ cup plain non-fat probiotic yogurt
- 1 peeled banana, broken apart in chunks
- ½ cup chopped strawberries
- 1 tablespoon honey or agave
- Optional, 1-2 cups spinach

directions

Add the almond milk, yogurt, banana, strawberries, and honey or agave to your blender container.
Blend on high until smooth and fully combined.
Serve immediately.

Healthy Beverage Recipe Cards

Here are some great recipes to print out, cut out and keep in your kitchen.
Store and drink these beverages in your VAS Exclusive glass bottles and you're all set.

Basic Almond Nut Milk

Makes 3-4 cups, fills 2 glass jars

ingredients

- 1 cup raw unroasted almonds
- 3-½ cups water
- 1 tablespoon vanilla
- 2 tablespoons honey, maple syrup or agave, for sweetness
- 1 tablespoon coconut butter, optional for a thicker, creamier milk
- Optional add in's: ½ tsp ground turmeric or ½ teaspoon ground cinnamon or 2 teaspoon matcha powder or ½ cup berries

directions

Soak the almonds in a bowl of water overnight or for 4 hours. Once the nuts are hydrated and plump, dump the water and rinse the nuts.

Place the almonds, vanilla, water, coconut butter, sweetener and any optional add-in's in your blender container. Blend until smooth.

If you like a smooth milk with no nut sediment in it, strain it through a nut milk bag, fine mesh strainer or cheesecloth before consuming.

Cucumber Lemon Infused Water

Makes 1 serving, 16 ounces

ingredients

- ¼ cup cucumbers, thinly sliced
- 2 lemons, sliced

directions

Add the cucumbers and lemons to your glass jar.

Add water on top, seal with lid and let infuse in the refrigerator for 3-4 hours.

Enhance this water by adding a drop of grapefruit, lime, rosemary or peppermint essential oil to the jar.

Chilled Coco Coffee

Makes 1 serving, 16 ounces

ingredients

- 1 cup strong-brewed cold coffee
- ¾ cup coconut milk
- ¼ teaspoon coconut extract
- ¼ teaspoon vanilla extract
- 2 tablespoons unsweetened coconut flakes
- 1 tablespoon honey or maple syrup or ¼ teaspoon liquid stevia, for sweetness
- ½ - 1 cup ice cubes

directions

Add the cold coffee, coconut creamer, coconut extract, vanilla extract, coconut flakes, and sweetener to your blender container. Blend until smooth.

Add ½ cup of ice. Blend until the ice has blended, adding more ice if you want a thicker drink.

Pour into glass jar and serve.