

Quick & Easy

THE COSTCO WAY

Iced Protein Vanilla Latte

Makes 1 serving

Ingredients:

- 1 Tbsp instant coffee
- 1 Tbsp coconut sugar, cane sugar or no-calorie sweetener
- 1 Tbsp warm water
- 1 cup almond milk or milk of your choice
- 1 scoop Orgain Protein Super Foods – Vanilla Bean
- Ice

Instructions:

In a blender, add coffee, sugar, water, milk and Orgain Protein Super Foods. Blend until combined. Place desired amount of ice into a tall glass. Pour latte over ice to fill glass.

See more recipes and ideas at randyaltig.live

For more recipe ideas, go to Costco.com and search: **Quick & Easy**



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Malted Peanut Butter Protein Smoothie

Makes 1 serving

Ingredients:

Orgain USDA Organic Kids Nutritional Protein Shake

½ banana

2 Tbsp malted milk powder

2 Tbsp powdered peanut butter

1 cup ice

Instructions:

Add protein shake, banana, malted milk powder and peanut butter into a blender. Add ice. Blend to a smooth consistency. Add more ice for a creamier texture, if desired.

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Very Berry Power Smoothie

Makes 1 serving

Ingredients:

- 1 cup almond milk
- 1 cup Kirkland Signature Three Berry Blend
- 1 small tangerine, sectioned
- 2 celery stalks, quartered
- 1 cup water or any flavored Bai water
- 2 scoops Orgain Protein Superfoods Powder
- 2 Tbsp PB Fit Powdered Peanut Butter

Instructions:

In a blender, add almond milk, frozen berries, tangerine, celery, water, protein powder and powdered peanut butter. Blend to a shake consistency. Add ice for a creamier texture, if desired.

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Nutty Cranberry Vanilla Bites

Makes 30 servings

Ingredients:

2 scoops Orgain Protein Superfoods
4 oz cashews
4 oz almonds, sliced
4 oz dried cranberries
1 cup shredded coconut flakes
4 oz dried dates
Salt to taste
½ tsp vanilla extract
2 Tbsp water

Instructions:

In a food processor, add protein powder, cashews, almonds, cranberries, coconut, dates and salt. Process to a medium consistency. Add water and vanilla extract. Process until well-mixed. Spoon into a gallon-size plastic bag. Seal. Roll mixture inside bag into a long log. Carefully remove log. Place on a cutting board. Cut into 30 pieces. Roll each piece into a ball. Serve. Freeze or refrigerate leftovers.

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Immunity Up! Overnight Oats

Makes 1 serving

Ingredients:

¾ cup rolled old-fashioned oats
1 scoop Orgain Organic Superfoods + IMMUNITY UP! Super Nutrition Powder
⅛ tsp cinnamon
2 Tbsp raisins
2 Tbsp pecans or almonds, chopped
½ apple, diced
1 Tbsp Stevia, honey or low-calorie sweetener
1 Tbsp chia seeds
1 cup almond milk
16 oz glass hinged jar or canning jar with lid

Instructions:

In a medium-size bowl, mix oats, nutrition powder, cinnamon, raisins, pecans, apple, sweetener of choice and chia seeds. Spoon into a jar. Pour in almond milk. Gently stir until everything is well-coated. Refrigerate for at least 4 hours, or overnight.

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