



SHAKE RECIPES

ORGANO



COFFEE HOUSE FLAVORS

ICED COFFEE

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix
- 8 oz. Skim or Non-fat Milk
- 1/8 oz. 1 sachet OG Black Coffee
- 3-5 Ice Cubes
- Blend and Enjoy

ICED MOCHA CREAM

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Chocolate Mix
- 8 oz. Skim or Non-fat Milk
- 1/8 oz. 1 sachet OG Black Coffee
- 3-5 Ice Cubes
- Blend and Enjoy

CHOCOLATE MILKSHAKE

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Chocolate Mix
- 8 oz. Skim or Non-fat Milk
- 1/2 tsp Vanilla Extract
- 3-5 Ice Cubes
- Blend and Enjoy

CHAI LATTE

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix
- 8 oz. Skim or Non-fat Milk
- 5/8 oz. 1 sachet OG Black Ice Tea
- 2 tsp Cinnamon
- 1/8 tsp Ground Ginger
- 1/8 tsp Powdered Cloves
- 1/8 tsp Ground Pepper
- 3-5 Ice Cubes
- Blend and Enjoy

VERY BERRY

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/2 cup Frozen mixed berries
 - 3-5 Ice Cubes
- Blend and Enjoy

PEANUT BUTTER & BANANA

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1 Small sized banana
 - 2 tsp No sugar added peanut butter
 - 3-5 Ice Cubes
- Blend and Enjoy

CHERRY SPICE

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/2 cup Frozen dark sweet cherries
 - 2 tsp Cinnamon
 - 3-5 Ice Cubes
- Blend and Enjoy

MANGO PEACH

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/4 cup Frozen Mango
 - 1/4 cup Frozen Peaches
 - 3-5 Ice Cubes
- Blend and Enjoy

AMBROSIA

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/2 tsp Coconut extract
 - 1/4 cup Pear slices
- Blend and Enjoy

PLUM COOLER

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 1/3 cup 1 plum (pitted)
 - 2 tsp Juice of 1 medium lemon
 - 3-5 Ice Cubes
- Blend and Enjoy



**FRUIT
FLAVORS**

APPLE JOY

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - 3 tsp No sugar added apple sauce
 - 2 tsp Cinnamon
 - ½ tsp Vanilla extract
 - 3-5 Ice Cubes
- Blend and Enjoy

BLUEBERRIES AND CREAM

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - ¼ cup Frozen Blueberries
 - ¼ cup No sugar added cream cheese
 - 3-5 Ice Cubes
- Blend and Enjoy

PINEAPPLE & CHERRY HAPPINESS

- 2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix
 - 8 oz. Skim or Non-fat Milk
 - ¼ cup Frozen Blueberries
 - ½ cup Frozen pineapple chunks
 - ¼ cup Dark cherries
 - 3-5 Ice Cubes
- Blend and Enjoy

FRUIT
FLAVORS





SPECIFIC CRAVINGS FLAVORS

ALMOND DELIGHT

2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix

8 oz. Skim or Non-fat Milk

½ tsp Coconut extract

1 tbs Coconut powder

3-5 Ice Cubes

Blend and Enjoy

PEPPERMINT STICK

2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix

8 oz. Skim or Non-fat Milk

½ cup Frozen strawberries

½ tsp Peppermint extract

3-5 Ice Cubes

Blend and Enjoy

ICED MOCHA CREAM

2 tbs 1 scoop (1 serving)
OGX FENIX™
Chocolate Mix

8 oz. Skim or Non-fat Milk

⅛ oz. 1 sachet OG Black Coffee

3-5 Ice Cubes

Blend and Enjoy

TOUCH OF LEMON

2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix

8 oz. Skim or Non-fat Milk

2 tbs 1 medium lemon

1 tbs Lemon zest

3-5 Ice Cubes

Blend and Enjoy

CINNAMON BLISS

2 tbs 1 scoop (1 serving)
OGX FENIX™
Vanilla Mix

8 oz. Skim or Non-fat Milk

2 tsp Cinnamon

½ tsp Vanilla extract

3-5 Ice Cubes

Blend and Enjoy

PUMPKIN SPICE

2 tbs 1 scoop (1 serving)
OGX FENIX™ Shake
Vanilla Mix

8 oz. Skim or Non-fat Milk

⅓ cup Canned pumpkin
(no salt or added sugar)

⅛ tsp Vanilla extract

⅛ tsp Cinnamon

⅛ tsp Nutmeg

3-5 Ice Cubes

Blend and Enjoy

CHOCOLATE FLAVORS

GERMAN CHOCOLATE EXTRAVAGANZA

2 tbs 1 scoop (1 serving)
OGX FENIX™
Chocolate Mix
8 oz. Skim or Non-fat Milk
1 tsp Coconut extract
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE MADNESS

2 tbs 1 scoop (1 serving)
OGX FENIX™
Chocolate Mix
8 oz. Skim or Non-fat Milk
1/4 tsp No sugar added cream cheese
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE COVERED CHERRIES

2 tbs 1 scoop (1 serving)
OGX FENIX™
Chocolate Mix
8 oz. Skim or Non-fat Milk
1/4 cup Frozen dark sweet cherries
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE & PEANUT BUTTER

2 tbs 1 scoop (1 serving)
OGX FENIX™ Shake
Chocolate Mix
8 oz. Skim or Non-fat Milk
1 tbs No sugar added peanut butter
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE PEPPERMINT

2 tbs 1 scoop (1 serving)
OGX FENIX™ Shake
Chocolate Mix
8 oz. Skim or Non-fat Milk
1/2 tsp Peppermint extract
3-5 Ice Cubes
Blend and Enjoy