

OGx FENIX™



SHAKE RECIPES

ORGANO



COFFEE HOUSE FLAVOURS

ICED COFFEE

- 1 scoop FENIX Vanilla Mix
- 250 ml Semi-Skimmed Milk
- 1 sachet OG Black Coffee
- 3-5 Ice Cubes
- Blend and Enjoy

ICED MOCHA CREAM

- 1 scoop FENIX Chocolate Mix
- 250 ml Semi-Skimmed Milk
- 1 sachet OG Black Coffee
- 3-5 Ice Cubes
- Blend and Enjoy

CHAI LATTE

- 1 scoop FENIX Vanilla Mix
- 250 ml Semi-Skimmed Milk
- 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

CHOCOLATE MILKSHAKE

- 1 scoop FENIX Chocolate Mix
- 250 ml Semi-Skimmed Milk
- 1/2 tsp Vanilla Extract
- 3-5 Ice Cubes
- Blend and Enjoy

VERY BERRY

1 scoop FENIX Vanilla Mix
250 ml Semi-Skimmed Milk
1/2 cup Frozen mixed berries
3-5 Ice Cubes
Blend and Enjoy

PEANUT BUTTER & BANANA

1 scoop FENIX Vanilla Mix
250 ml Semi-Skimmed Milk
1 Small sized banana
2 tsp No sugar added peanut butter
3-5 Ice Cubes
Blend and Enjoy

CHERRY SPICE

1 scoop FENIX Vanilla Mix
250 ml Semi-Skimmed Milk
1/2 cup Frozen dark sweet cherries
2 tsp Cinnamon
3-5 Ice Cubes
Blend and Enjoy

MANGO PEACH

1 scoop FENIX Vanilla Mix
250 ml Semi-Skimmed Milk
1/4 cup Frozen Mango
1/4 cup Frozen Peaches
3-5 Ice Cubes
Blend and Enjoy

AMBROSIA

1 scoop FENIX Vanilla Mix
250 ml Semi-Skimmed Milk
1/2 tsp Coconut extract
1/4 cup Pear slices
Blend and Enjoy

PLUM COOLER

1 scoop FENIX Vanilla Mix
250 ml Semi-Skimmed Milk
1/3 cup 1 plum (pitted)
2 tsp Juice of 1 medium lemon
3-5 Ice Cubes
Blend and Enjoy



**FRUIT
FLAVOURS**

APPLE JOY

- 1 scoop FENIX Vanilla Mix
 - 250 ml Semi-Skimmed Milk
 - 3 tsp No sugar added apple sauce
 - 2 tsp Cinnamon
 - 1/2 tsp Vanilla extract
 - 3-5 Ice Cubes
- Blend and Enjoy

BLUEBERRIES AND CREAM

- 1 scoop FENIX Vanilla Mix
 - 250 ml Semi-Skimmed Milk
 - 1/4 cup Frozen Blueberries
 - 1/4 cup No sugar added cream cheese
 - 3-5 Ice Cubes
- Blend and Enjoy

PINEAPPLE & CHERRY HAPPINESS

- 1 scoop FENIX Vanilla Mix
 - 250 ml Semi-Skimmed Milk
 - 1/4 cup Frozen Blueberries
 - 1/2 cup Frozen pineapple chunks
 - 1/4 cup Dark cherries
 - 3-5 Ice Cubes
- Blend and Enjoy

FRUIT
FLAVOURS



SPECIAL CRAVINGS FLAVOURS

COCONUT DELIGHT

1 scoop FENIX Vanilla Mix
250 ml Semi-Skimmed Milk
1/2 tsp Coconut extract
1 tbs Coconut powder
3-5 Ice Cubes
Blend and Enjoy

ICED MOCHA CREAM

1 scoop FENIX Chocolate Mix
250 ml Semi-Skimmed Milk
1 sachet OG Black Coffee
3-5 Ice Cubes
Blend and Enjoy

PEPPERMINT STICK

1 scoop FENIX Vanilla Mix
250 ml Semi-Skimmed Milk
1/2 cup Frozen strawberries
1/2 tsp Peppermint extract
3-5 Ice Cubes
Blend and Enjoy

CINNAMON BLISS

1 scoop FENIX Vanilla Mix
250 ml Semi-Skimmed Milk
2 tsp Cinnamon
1/2 tsp Vanilla extract
3-5 Ice Cubes
Blend and Enjoy

TOUCH OF LEMON

1 scoop FENIX Vanilla Mix
250 ml Semi-Skimmed Milk
2 tbs 1 medium lemon
1 tbs Lemon zest
3-5 Ice Cubes
Blend and Enjoy

PUMPKIN SPICE

1 scoop FENIX Vanilla Mix
250 ml Semi-Skimmed Milk
1/3 cup Canned pumpkin
(no salt or added sugar)
1/8 tsp Vanilla extract
1/8 tsp Cinnamon
1/8 tsp Nutmeg
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE FLAVOURS

CHOCOLATE PEPPERMINT

1 scoop FENIX Chocolate Mix
250 ml Semi-Skimmed Milk
1/2 tsp Peppermint extract
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE MADNESS

1 scoop FENIX Chocolate Mix
250 ml Semi-Skimmed Milk
1/4 tsp No sugar added cream cheese
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE COVERED CHERRIES

1 scoop FENIX Chocolate Mix
250 ml Semi-Skimmed Milk
1/4 cup Frozen dark sweet cherries
3-5 Ice Cubes
Blend and Enjoy

CHOCOLATE & PEANUT BUTTER

1 scoop FENIX Chocolate Mix
250 ml Semi-Skimmed Milk
1 tbs No sugar added peanut butter
3-5 Ice Cubes
Blend and Enjoy

GERMAN CHOCOLATE EXTRAVAGANZA

1 scoop FENIX Chocolate Mix
250 ml Semi-Skimmed Milk
1 tsp Coconut extract
3-5 Ice Cubes
Blend and Enjoy

Preparation with additional ingredients other than semi-skimmed milk may not qualify shake as a meal replacement for weight control and may have an impact on your weight loss goals.