

SWEET TREAT:

PEANUT BUTTER CHOCOLATE SMOOTHIE

WHAT YOU NEED:

- 1 bottle Nurri Kids Chocolate Protein Shake
- 1 frozen banana
- 1 tbsp peanut butter
- ½ cup ice

OPTIONAL FUN:

1 tsp cocoa powder
(for extra chocolatey goodness)

WHAT TO DO:

Toss everything into a blender and blend until smooth and creamy.

Pour into a cup and top with a drizzle of peanut butter or a sprinkle of mini chocolate chips.



SWEET TREAT:

CHOCOLATE POPSICLES

WHAT YOU NEED:

- 1 Nurri Kids Chocolate 10g Protein Milk Shake
- 1 frozen banana
- 1-2 ice cubes (for extra chill)

WHAT TO DO:

Blend everything until smooth

Pour into popsicle molds and freeze for 4-6 hours or until solid

OPTIONAL FUN:

Swirl in a little peanut butter before freezing or sprinkle mini chocolate chips into the molds for a surprise.



SWEET TREAT:

VANILLA ICE CREAM RECIPE

WHAT YOU NEED:

- 1 Nurri Kids Vanilla 10g Protein Milk Shake
- 1 frozen banana
- 1–2 ice cubes (for extra chill)

OPTIONAL FUN:

Add sprinkles, a drizzle of chocolate, or a few chocolate chips

WHAT TO DO:

Blend it all up until smooth, thick, and creamy. Scoop, swirl, or eat straight from the blender (we won't tell).

