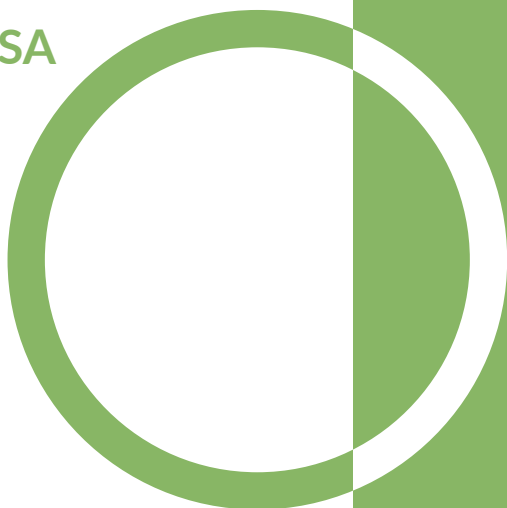




Get Inspired by our **RECIPE BOOK**

WWW.LIFEHUNI.COM/USA

Issue #1



FREE





Breakfast:

Parfait Lifehuni.
Fruit smoothie/bowl.
French toast.
Pancakes.
Microwave muffin.

Bakery:

Oatmeal bread
Banana bread
Pita/Arabic bread

Desserts:

Refreshing fruit popsicles for summer
Carrot donuts
Blueberry cake
Frozen yogurt bars with fruit

Complementary:

Broccoli pancakes.
Pork dumplings.
Colorful and nutritious salad.
Christmas salad.
Autumn salad.
Lettuce mix salad.
Fruit salad.

Juices and smoothies:

Green smoothie.
Yellow fruits smoothie.
Tropical smoothie.
Energetic blast smoothie.
Digestive smoothie.
Oatmeal energy smoothie.
Red smoothie with antioxidants.
Strawberry frappe.

Entrepreneurs recipes:

Smoothie bowl by protec-life with fruits.
Protec-life pudding.
Colorful and nutritious salad.



PARFAIT LIFEHUNI



Ingredients:

- 1 1/2 cups of Greek yogurt
- 1 scoop of **vanilla Protec-life**.
- 1/4 cup of granola.
- 1 handful of fruit combination, among which you can use strawberries, raspberries, peaches, and blueberries.
- 2 tablespoons of honey.
- Optionally, you can use mint leaves for decoration.

Preparation:

Mix the Greek yogurt with the scoop **vanilla Protec-life**.

In a dessert cup or glass, put into the different ingredients in layers, starting with a layer of yogurt at the bottom, followed by a tablespoon of honey, on top of this some fruits, and on the latter the granola.

Repeat the layer layout one more time. You can place, finally, the fresh mint leaves to decorate the parfait.

Finally, enjoy it especially to start the day.

Recipe to
prepare parfait
for 3 people.

FRUIT SMOOTHIE BOWL



Ingredients:

- 1 glass of almond milk.
- 1 scoop of **strawberry Ju-vent** .
- 1 frozen banana.
- 1 cup of strawberries.
- 1 cup of blueberries.
- 1/2 cup of granola.
- 1/2 cup of sliced or shredded coconut.

Recipe to prepare
a fruit smoothie
bowl for 1 person.

Preparation:

Mix the almond milk with the scoop of **strawberry Ju-vent** and the frozen banana. Blend until creamy blends

Serve this mixture in a bowl and add the other ingredients in lines until the entire bowl is complete.

Finally, enjoy it and start your day with the best energy.

FRENCH TOAST



Ingredients:

- 4 servings of oatmeal bread.
- 300 ml of almond milk.
- Half a scoop of **vanilla Protec-life**.
- 2 eggs.
- 1 pinch of salt.
- 2 tablespoons of honey.
- 1 teaspoon of coconut oil.

To decorate:

- Sliced banana.
- 1 scoop of **vanilla Protec-Life**.
- 3 tablespoons of almond milk.
- Fruits to taste to decorate.

Preparation:

Mix in a bowl the almond milk, eggs, honey, cinnamon and add the half scoop of **vanilla Protec-life**. Then, pass the slices of bread through the mixture and leave them for a few minutes until they get completely wet well.

Heat a pan with coconut oil and cook the oatmeal on both sides until golden brown.

Serve the French toast on a plate and set aside.

To decorate, add in a small bowl 1 tablespoon of **vanilla Protec-life** and 3 tablespoons of almond milk, mix until you have a uniform consistency.

Add this mixture on top of your french toast along with the banana slices and get ready to enjoy a delicious breakfast.

Recipe to prepare
french toast for
2 people.

PANCAKES



Ingredients:

- 1 cup of flour
- 1/2 tablespoon of sugar or sweetener of your choice.
- 1 tablespoon of baking powder.
- 1/4 of teaspoon salt.
- 1 scoop of **vanilla Protec-life**.
- 1 cup of milk.
- 1 egg.
- 2 tablespoons of melted butter.
- 1/4 tablespoon vanilla.

To accompany:

- Sliced banana.
- Blueberries.
- Sliced strawberries.

Preparation:

Mix all the dry ingredients, flour, sugar, or your preferred sweetener, baking powder, **vanilla Protec-life** scoop, and salt.

Slowly add the milk and egg. Add the two tablespoons of melted butter and vanilla essence when you have an even mixture.

You should have a light mixture.

Grease your pan a little and add the portion you like.

Cook for about 3 minutes on each side over medium heat.

Let stand and add the toppings to your liking.

Recipe to prepare
pancakes
for 4 people.



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HAS THE HIGHEST

**STANDARDS
OF QUALITY**

IN EACH OF ITS
PROCESSES, FROM THE
CARE OF ITS CROPS
UNTIL THEY REACH YOU.

Dietary supplements, it is not a medicine and does not supply a balanced diet.

MICROWAVE MUFFIN



Ingredients:

- 1 tablespoon of coconut oil.
- 1 egg.
- 2 tablespoons of almond flour (or any other whole meal flour).
- 1 tablespoon of honey.
- 1/4 teaspoon of baking powder.
- 1 scoop of **vanilla Protec-life**.
- Pinch of salt
- **Optional:** a pinch of cinnamon or vanilla
- **Toppings:** fresh fruits, nuts, seeds, yogurt, nut butter...

Recipe for
2 muffins.

Instructions:

In a small bowl, combine the melted coconut oil and egg. Beat well.

Add flour, honey, baking powder, **vanilla Protec-life** scoop, salt, and any optional ingredients you want. Mix until all ingredients are well combined.

Pour the mixture into a large, microwave-safe cup (make sure it has enough space for the muffin to grow). Add your favorite toppings.

Microwave on high power for 1 minute and 30 seconds. If the muffin is still undercooked, keep cooking in 15-second increments until firm to the touch.

Let the muffin cool for a few minutes before enjoying.

OATMEAL BREAD



Ingredients:

- 1 cup of rolled oats.
- 1 cup of lentils **WITHOUT** soaking.
- 1 scoop of **vanilla Agy-fort**.
- 1 teaspoon of dried basil.
- 1 teaspoon of dried oregano.
- 1 teaspoon of garlic powder.
- 1 teaspoon of ground black pepper.
- 1/2 teaspoon of salt.
- 2 tablespoons of olive oil.
- 1/2 cup water.

Preparation:

Add the oats and lentils in a blender and process until you get a fine powder.

In a bowl add the other dry ingredients such as scoop of **vanilla Agy-Fort**, dried basil, dried oregano, garlic powder, black pepper, salt and oil. Add the water little by little, until you get a uniform mixture that can be kneaded without adhering to the walls of the bowl.

Separate the mixture into different portions of 80 gr. Shape it into a pancake or circles.

To give it the exact shape of bread or tortilla type, place between two plastic bags, one below and one above to form a larger one, lean on a roller or pataconera so that they are a little flatter and thinner thick. To cook them, place them in a pan at medium temperature with a little coconut oil, about 5 minutes on each side.

Use this recipe to accompany your meals or snacks. Later you can find a recipe for this type of bread.

Recipe to prepare
14 servings of
oatmeal bread.

BANANA BREAD



Ingredients:

- 3 medium bananas.
- 2 cups of oatmeal (ground oats).
- 3 scoops of **vanilla Ju-vent**.
- 2 eggs.
- 1/3 cup of almond milk.
- 1/3 cup of honey (or sugar-free pancake syrup).
- 1/4 cup of coconut oil.
- 1 teaspoon of cinnamon powder.
- 1 teaspoon of baking soda.
- 1 pinch of salt.
- A handful of nuts in pieces or chips of unsweetened chocolate.

Preparation:

Preheat oven to 375° F | 180° C.

In the bowl of the mixer add the three bananas, almond milk, honey, and coconut oil. Beat at low speed (1 or 2). If you do not have a blender, you can stir everything with a balloon whisk, you can crush the bananas with a fork.

In a separate bowl, stir the oatmeal, cinnamon, baking soda, salt, and 3 scoops of **vanilla Ju-vent**.

When everything is already well mixed in the mixer, add the eggs one by one, when they have already been integrated.

Add to the dry mixture in the wet ingredients, and add them gradually while stirring.

To finish add the nuts or chocolate chips.

Place in a bread pan, previously greased with butter or coconut oil, you can also decorate the top with more chips, nuts, or even banana slices.

Bake for about 45 minutes

Check constantly. To know if it is ready, insert a wooden stick or the tip of the knife in the middle and it should come out clean.

Wait for it to cool a little to unmold the banana bread and cut it.

Temperatures:

Oven: 180° for 45 minutes.

Microwave: for 4 minutes at maximum power.

Airfryer: 180° for 30 minutes.

Portion to
your liking.

PITA BREAD/ ARABIC BREAD



Ingredients:

- 1 kg of all-purpose flour.
- 1 tbsp of salt.
- 50 g of fresh yeast.
- 30 cc of oil.
- 500 cc of warm water.
- 2 scoops of **vanilla Ju-vent**.

Preparation:

In a bowl, place the flour, and the 2 scoops of **vanilla Ju-vent** and mix with the salt; Form a hole in the center and add the shredded fresh yeast with your hands.

The flour and salt must be well mixed because otherwise, the contact of the salt with the yeast causes it to lose its leavening purpose.

Make a hole in the center again, add the oil, and gradually pour the warm water; The amount of water will depend on how much liquid the flour absorbs, so we must be careful not to overdo it.

Join everything until forming a dough that does not stick in the hands.

Then, make a bun and place it in a covered bowl at room temperature; Let the dough double in volume.

Once the dough has doubled in volume, pour over the counter and exert a slight pressure with your fingertips to remove the "gas" generated by the yeast.

Stretch the dough as thin as possible and cut it with a cutter or a glass. If we notice that the dough was somewhat thick, with a kneading stick we can refine more, as long as the circular shape is maintained.

Place all the pieces on a barely floured plate and take to the oven at 200° C. until the base is browned.

Ready!.

You can now prepare sandwiches with lettuce, tomato and cold cuts of Arabic bread.

Recipe to prepare
for 4 servings.





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REFRESHING FRUIT POPSICLES FOR SUMMER



Ingredients:

- 4 cups of almond milk,
- 2 scoops of **strawberry Protec-life**.
- 1/2 cup of blueberries.
- 1/2 cup of strawberries, sliced

Recipe to prepare
6 servings of
fruit popsicles.

Preparation:

Add the almond milk and 2 scoops of **Protec-life strawberry** and blend very well until you have the desired texture.

In the special popsicle molds add the assorted fruits, then add a little of the delicious **Protec-life strawberry** smoothie until they are completely covered.

Take them to the freezer until they are ready to eat and enjoy.

CARROT DONUTS



Ingredients:

- 160 gr of carrot.
- 2 large eggs or 3 medium-sized eggs.
- 60 gr of Greek or plain yogurt.
- 40 ml of coconut oil.
- 65 gr of honey.
- 120 gr of oatmeal.
- 2 scoops of **vanilla Protec-life**.
- 7 gr baking powder/baking powder.
- 1 teaspoon of cinnamon.
- 1/2 teaspoon of nutmeg.

Decoration:

- 1 scoop of **vanilla Ju-vent**.
- 2 tablespoons of Greek yogurt.
- Sliced or sliced almonds.

Preparation:

Add the carrot, eggs, oil, yogurt, and honey to a blender.

Transfer this mixture to a bowl and gradually add all the dry ingredients together with the 2 scoops of **vanilla Protec-life**.

Mix very well until you have a uniform texture.

Add the mixture little by little in a special container for the oven or air fryer.

To decorate, add in a small bowl the scoop of **vanilla Ju-vent** and 2 tablespoons of Greek yogurt, and mix until uniform consistency.

When the donuts cool, pass them through the mixture to decorate up to half and add the other decorative elements.

Now you can enjoy a deliciously easy and healthy dessert.

Temperatures:

Oven: 180° for 15 minutes.

Microwave: for 4 minutes at maximum power.

Recipe to prepare
8 carrot donuts.

BLUEBERRY CAKE



Ingredients:

- 160 gr of flour.
- 1 teaspoon of baking powder.
- 1 pinch of salt.
- 100 gr of butter.
- 120 gr of cream cheese.
- 150 gr of sugar.
- 2 eggs.
- 1 teaspoon of vanilla essence.
- Zest of 1 lemon.
- 120 gr of fresh blueberries.
- 2 scoops of **vanilla Agy-fort**.

For coverage:

- 120 gr of cream cheese.
- 60 gr of butter ointment.
- 100 gr of impalpable sugar.
- 2 scoops of **vanilla Ju-vent**.
- 1 teaspoon of vanilla essence.

Preparation:

Preheat oven to 180 degrees (moderate).

Using an electric mixer, beat the cream cheese, butter, and sugar until you get a soft, fluffy cream.

Add the eggs one at a time, vanilla essence, and lemon zest.

Integrates well. Then add to the mixture, the flour, the 2 scoops of Agy-fort vanilla, baking powder and salt.

Mix with a spatula until a homogeneous preparation is achieved. Finally, add the blueberries previously passed through flour to prevent them from going to the bottom.

Add the preparation to a mold and previously greased with butter or coconut oil.

Bake for 50 to 60 minutes.

Remove and let cool.

For the topping, add the cream cheese and butter in a bowl and start mixing with an electric mixer until you get a smooth cream.

Add the powdered sugar and the scoops/tablespoons of **vanilla Ju-vent**, beat on low speed until integrated.

Finally, add the vanilla essence.

Place the mixture on top of the cake and finish with fresh blueberries.

Ready to enjoy!.

Portion to
your liking.

FROZEN YOGURT BARS WITH FRUIT



Ingredients:

- 2 cups plain of Greek yogurt.
- 3 scoops of **vanilla Protec-life**.
- 3 tablespoons of honey or the sweetener of your choice.
- 1 teaspoon of vanilla extract.
- 1/8 teaspoon of sea salt.
- 1/2 cup fresh of strawberries, diced.
- 1/3 cup sliced of almonds or granola.

Preparation:

Cover a bordered baking sheet with parchment paper or wax paper.

Mix yogurt, honey, vanilla and 3 scoops of **vanilla Protec-life** in a medium bowl until smooth. Add it in the center of the tray and start spreading up to approx. 1/4 inch thick, taking care to keep it as even as possible.

Top with strawberries and almonds or granola.

Freeze until completely firm, about 4 hours.

Break into pieces and start enjoying.

Portion to
your liking.

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BROCCOLI PANCAKES



Ingredients:

- 2 cups of broccoli.
- 1 cup of mozzarella cheese.
- Half a cup of breadcrumbs.
- 1 tablespoon of wheat flour.
- 2 scoops of **vanilla Agy-fort**.
- 1 beaten egg.
- Salt.
- Pepper.

Preparation:

First, take out the broccoli saplings.

Then place them in boiling water for 2 or 3 minutes

After that time, drain well and with the help of a strainer let it cool for 10 or 15 minutes

Place in a bowl the broccoli, mozzarella, breadcrumbs, wheat flour, 2 scoops of **vanilla Agy-fort**, and beaten egg.

Knead all the ingredients very well until they are homogeneously integrated.

Form pellets and flatten them careful not to break them.

To cook them you can use 3 options:

In a pan with a little olive oil.

In an oven for 15 minutes at 200° C.

In the Airfryer for 8 minutes at 180° C.

Recipe to prepare
broccoli pancakes
for 4 people.

PORK DUMPLINGS



Ingredients for the filling:

- 1 Lb of ground pork.
- 1 scoop of **vanilla Agy-fort**.
- 1/4 cup of chopped white onion.
- 1 tablespoon of crushed ginger.
- 1 egg.
- 1/2 teaspoon of black pepper.
- 2 teaspoons of sesame oil, divided.
- 1 lb of cabbage.
- 4 tablespoons of vegetable oil.

Ingredients for the sauce:

- 1/2 cup of soy sauce.
- 2 teaspoons of crushed ginger.
- 2 teaspoons of sliced scallions.
- 1 tablespoon of seasoned rice wine vinegar.
- 1 teaspoon of sesame oil.
- 1 teaspoon of crushed garlic.
- 2 teaspoons of sriracha or chili paste.

Preparation:

Pork stuffing:

Mix pork, onion, ginger, cabbage, egg, pepper, 1 teaspoon sesame oil, and scoop/tablespoon **vanilla Agy-fort** scoop in a medium bowl; Set aside.

For the dough:

Mix 1 cup of boiling water and 2 cups of flour with 1 teaspoon of salt in a medium bowl. Add the mixture with a wooden spoon, until it is cool enough to handle it, then knead with your hands until you get a uniform texture. Wrap the dough ball in plastic wrap and let stand for 1 hour.

Take a piece of dough the size of a baseball, and roll it back to form a string.

Cut 1-inch pieces of dough string; Then stretch it into flat circles 3 to 4 inches in diameter.

Recipe to prepare
pork dumplings
for 4 people.

Use enough flour to prevent the dumpling dough from sticking. Repeat the steps if you need more dough to wrap the filling.

Use a cookie cutter to form circles, 2 to 3 inches, with the pre-made dough to make your dumplings.

Wrapping:

Place a piece of dumpling dough on the table (or in the palm of your hand).

Place 1 teaspoon of the filling in the center of each dough, then moisten the edge of the dough lightly with water.

Fold the dough in half, press the edges, and finish sealing the dumpling with your hand. (You can fold the back layer by pushing it toward the center of the dumpling leaving the front layer flat.)

Press them to seal. This will allow the dumplings to stand instead of lying down.



Cooking the dumplings:

Preheat a large nonstick skillet, over medium-high heat, for 2 to 3 minutes. Place 2 tablespoons of vegetable oil in the pan, then move it circularly to cover it completely.

Add the raw dumplings. Cook for 1 to 2 minutes or until lightly browned at the bottom.

Pour 1/2 cup of cold water into the pan; Cover and steam for 4 to 5 minutes, and until the outside looks moist and the internal temperature of the dumplings reaches 160°F when measured with a kitchen thermometer. If they start to stick or burn a lot, reduce the heat and add a little vinegar to take off the pan.

Sauce:

Mix all the ingredients for the sauce; Serve with dumplings.

COLORFUL AND NUTRITIOUS SALAD



Ingredients:

- 2 large zucchini.
- 2 bunches of spinach were washed and disinfected.
- 3 or 4 servings of fresh cheese.
- Half a scoop of **Ju-vent vanilla**.
- Almonds to taste.

Recipe to prepare
a colorful and
nutritious salad
for 2 people.

Preparation:

Using a vegetable peeler, cut thin strips of zucchini or zucchini.

Cook them on a grill or pan with a little olive oil for a couple of minutes.

Make sure they cool completely before adding the other ingredients.

Mix everything and add a vinaigrette of lemon juice, olive oil and finally add the half scoop of **vanilla Ju-vent** sprinkled.



CHRISTMAS SALAD



Ingredients:

- 1 to 2 bunches of romaine lettuce or your choice.
- 1 to 2 cups of washed and chopped strawberries
- 1 orange (segments only).
- 2 to 4 chicken of breasts previously grilled or grilled.
- 1 avocado of diced.
- 1/4 cup of caramelized walnut.
- 1/4 cup of feta, goat, or your favorite cheese
- 1 scoop of **vanilla Agy-fort** .
- 2 tablespoons of olive oil.
- 2 tablespoons of balsamic vinegar.

Preparation:

Mix in a bowl the chopped lettuce with olive oil, balsamic vinegar, salt, and pepper. Add the grilled chicken, chopped strawberries, orange wedges, diced avocado, caramelized walnuts, cheese, and finally the scoop of **vanilla Agy-fort** sprinkled on top, finally enjoy a delicious and refreshing salad.

Recipe to prepare a
Christmas salad
for 2 people.

AUTUMN SALAD



Ingredients:

- 140 gr of fresh spinach (half of a 10 oz bag).
- 1 and 1/2 cups of dry pasta.
- 3/4 cup of chopped celery.
- 3/4 cup of dried cranberries.
- 1 can (15 ounces) of tangerines.
- 1 large apple.
- 1 teaspoon of lemon juice.
- 1/3 cup of walnuts.
- Optional: Feta cheese.

Vinaigrette:

- 2 tablespoons olive oil
- 2 tablespoons apple cider vinegar.
- 2 tablespoons white wine vinegar.
- 1/2 teaspoon honey
- 1 scoop of **vanilla Agy-fort**.
- 2 tablespoons peppers.
- 1/2 teaspoon onion powder.
- 5 tablespoons chia.

Preparation:

Mix the oil, apple cider vinegar, white wine vinegar, honey, paprika, onion powder, chia and **vanilla Agy-fort** scoop.

Place the nuts on a saucepan without adding anything over medium heat and stir constantly for a couple of minutes.

Combine in a bowl the spinach (washed and disinfected) with the chopped celery.

Add blueberries and tangerine segments.

Add the thinly sliced apples.

Mix with lemon juice and then add to salad.

Add the nuts. Finally, pour the dressing over the salad and mix.

Recipe to prepare
salad for 2 people.

LETTUCE MIX SALAD



Ingredients:

- 150 gr of lettuce mix (romaine, purple, arugula, baby spinach).
- 60 gr of sweet corn.
- 60 gr of sautéed mushrooms.
- 120 gr of cooked quinoa.
- 1 slice of sliced cheese.
- 1 slice of turkey ham.
- Half a grated carrot.

Vinaigrette:

- 1 tablespoon mustard.
- 1 tablespoon honey.
- 2 tablespoons white vinegar.
- 1 tablespoon olive or avocado oil.
- 1 pinch salt and pepper.
- 1 scoop of **vanilla Agy-fort**.
- Add a few drops of lemon juice.

Preparation:

Wash and disinfect all vegetables.

Grate the carrot and chop the ham and cheese into squares

In a frying pan, sauté the mushrooms with a pinch of salt and pepper, when they are golden and reserved.

In a bowl add all the ingredients and stir.

For the vinaigrette, integrate all the ingredients including the scoop of **vanilla Agy-fort**, until a uniform mixture is obtained.

Add the vinaigrette at the right time you are going to serve the salad.

Recipe to prepare a portion of lettuce mix for 2 people.



FRUIT SALAD



Ingredients:

- 1 cup of chopped strawberries.
- 1 cup of chopped green grapes.
- 1 cup of chopped mango.
- 1 cup of chopped kiwi.
- 1 cup of chopped raspberries.
- 1 cup of chopped blueberries.
- 1 cup of chopped blackberries.
- 2 tablespoons of chia seeds.
- 1 scoop of strawberry **Protec-life**.

Preparación:

Wash and disinfect all vegetables

Chop them into cubes or in half

Add them all to a bowl and stir, finally add the chia seeds

Accompany this fruit salad with a delicious **Protec-life** smoothie flavored with **strawberry** and enjoy the magic of well-being.

Recipe to prepare
salad for 2 people.



Lifehuni Shakes



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Wellness every day*



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Vanilla and strawberry

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JUICES AND SMOOTHIES



GREEN SMOOTHIE

Ingredients:

- 1 cup of chopped mango.
- 1 cup of spinach leaves.
- 1 ripe bananas.
- 1 glass of milk (the one of your preference).
- 1 scoop of **vanilla Protec-life**.

Preparation:

- Wash and disinfect all the ingredients well, peel the handle, and chop it into small cubes.
- Place all ingredients in an extractor or blender with a glass of milk
- Enjoy delicious green juice to start the day.



YELLOW FRUITS SMOOTHIE

Ingredients:

- 1 cup peach.
- 1/2 banana.
- 1/4 cup of chopped pineapple chunks.
- 2 glasses of water.
- 1 scoop of **vanilla Protec-life**.

Preparation:

- Wash and disinfect all ingredients well and chop them into small pieces.
- Place all the ingredients in an extractor or blender with glasses of water
- Enjoy a delicious yellow fruit smoothie to start the day.

JUICES AND SMOOTHIES



TROPICAL SMOOTHIE

Ingredients:

- 1/4 cup of rolled oats
- 1/2 cup of strawberries
- 1 ripe of banana
- 1 glass of milk
- 1 scoop of **strawberry Protec-life**.

Preparation:

- Wash and disinfect all ingredients well and chop them into small pieces.
- Place all ingredients in an extractor or blender with the glass of milk.
- Enjoy a delicious tropical smoothie.



ENERGETIC BLAST SMOOTHIE

Ingredients:

- 1 carrot peeled and sliced.
- 1 orange, peeled and chopped.
- 1/3 cup of chopped mango.
- 1 glass of water.
- 1 scoop of **vainilla Agy-fort**.

Preparation:

- Wash and disinfect all ingredients well and chop them into small pieces.
- Place all the ingredients in an extractor or blender with a glass of water
- Enjoy a delicious energetic explosion smoothie.

JUICES AND SMOOTHIES



DIGESTIVE SMOOTHIE

Ingredients:

- 1 cup of strawberries
- 1 piece of papaya
- 1 glass of water
- 1 scoop of **vainilla Agy-fort**.

Preparation:

- Wash and disinfect all ingredients well and chop them into small pieces.
- Place all the ingredients in an extractor or blender with a glass of water
- Enjoy a delicious digestive smoothie for your day.



Oatmeal energy smoothie

Ingredients:

- 1/2 cup of almond or lactose-free milk.
- 1/2 cup of oatmeal water.
- 1/2 cup of oatmeal.
- 1 teaspoon of cinnamon.
- Ice.
- 1 scoop of **vanilla Ju-vent**.

Preparation:

- Add all the ingredients in an extractor or blender with the cup of oatmeal water
- Enjoy a delicious energetic smoothie to start the day.

JUICES AND SMOOTHIES



RED SMOOTHIE WITH ANTIOXIDANTS

Ingredients:

- 3 strawberries
- A pinch of cardamom
- 1 plum with skin
- 1/2 peach
- Juice of a lemon
- 1/2 cup of iced tea
- 1 scoop of **Ju-vent strawberry**.

Preparation:

- Wash and disinfect all ingredients well and chop them into small pieces.
- Place all the ingredients in an extractor or blender with a glass of water
- Enjoy a delicious yellow fruit smoothie to start the day.



OATMEAL SMOOTHIE WITH PEANUT BUTTER

Ingredients:

- 4 Tablespoons of Oats in Flakes.
- 1 Sliced banana.
- 1 teaspoon of peanut butter.
- 1 teaspoon of honey.
- 50 ml (optional) water or vegetable drink without sugar.
- 1 scoop of **vanilla Ju-vent**.

Preparation:

- Wash and disinfect all ingredients well and chop them into small pieces.
- Place all the ingredients in an extractor or blender with a glass of water
- Enjoy a delicious yellow fruit smoothie to start the day.

JUICES AND SMOOTHIES

STRAWBERRY FRAPPE



Ingredients:

- 1 1/2 Cup of frozen strawberries.
- 1/3 cup of water.
- 1 tablespoon of honey.
- 1/2 cup of ice frappé.
- Half a cup of lactose-free milk or plant-based milk.
- 1 scoop of **strawberry Protec-life**.
- 4 Fresh mint leaves, disinfected for garnish.

Preparation:

Wash and disinfect all ingredients thoroughly.

Blend strawberries with water, honey and frappé ice.

Serve the above mixture in a glass halfway. Then mix the **strawberry Protec-life** with half a cup of lactose-free or vegetable milk and put it to the mixture previously deposited in the glass.

Finally decorate with slices of strawberries and mint leaves.

Summer Recipe.

RECIPES OF OUR ENTREPRENEURS

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Ingredients:

- 1 cup of banana.
- 1 cup of strawberries.
- 1 cup of blueberries.
- 1 cup with milk of your choice.
- 1 scoop of **Protec-Life vanilla**.

To decorate:

- Granola.
- Grated coconut.
- Chia seeds.
- Kiwi in pieces.
- Banana.
- Strawberries.
- Raisins.
- Almonds.

Preparation:

Wash and disinfect all the ingredients well, then chop them into small pieces and add a blender with the cup of milk of your choice, add the scoop of **Protec-life vanilla**.

Blend, decorate and enjoy a delicious Smoothie Bowl to start your day with all the energy.

PROTEC-LIFE SMOOTHIE BOWL WITH FRUITS

Recipe of: Ana María Cañón

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Ingredients:

- 2 cups with milk of your choice.
- 1 cup of oatmeal.
- 1 scoop of **Protec-Life vanilla**.
- 4 large of strawberries.

To decorate:

- Melt some low-sugar chocolate.
- Blueberries.
- Mint leaves.

Preparation:

Wash and disinfect all the ingredients well, then chop them into small pieces and add them a blender with the 2 cups of milk of your choice, the oatmeal and the scoop of **Protec-life vanilla**.

Blend and add in the container of your choice. Let it sit in the fridge for 20 or 30 minutes and decorate with your favorite toppings, whether liquid chocolate, mint leaves or blueberries.

PROTEC-LIFE PUDDING

Recipe of: Daniela Agudelo García

Dietary supplements, it is not a medicine and does not supply a balanced diet.



Ingredients:

- 1 cup of almond milk.
- 1 scoop of **strawberry Ju-vent**.
- 1 cup of strawberries.
- 2 bananas.

POPSICLES WITH JUVENT STRAWBERRY

Recipe of: Fanny Florido Ramírez

Preparation:

Add the cup of almond milk and the scoop of **strawberry Ju-vent** in a blender. Blend very well for 30 sec, then in different containers add the fruit of your preference chopped into small pieces and add the Juvent strawberry mixture. Take to the freezer for 3 hours and enjoy a delicious healthy recipe with your family.

Dietary supplements, it is not a medicine and does not supply a balanced diet.



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*imágenes de referencia