



FLIPPING DELICIOUS RECIPES

Flipping nutrition for an
AGELESS GENERATION

SPRING & SUMMER RECIPE GLOW UP.

We're flipping naughty to Nice Cream and other guilt free, clean, plant based and superfood recipes to help keep you satisfied while upgrading your nutrition, beautifying your skin and feeding your soul.

You can elevate everything from your morning breakfast smoothies to sparkling, warm weather refreshers with simple recipes to help you stay consistent and enjoy all the flavors of life on your wellness journey.
We're here to help you live better, feel better and eat better.

SIMPLE. DELICIOUS FLIPS TO HELP TURN DAILY RECIPES INTO SUPERFOOD.

RECIPE CONTENTS

- 01 Vegan Vanilla Spiced Wellness Breakfast Smoothie
- 02 Inner Glow Collagen Smoothie
- 03 Flipping NICE Cream 3 Ways
Chocolate Courage + Banana Nice Cream
Strawberry Vanilla Nice Cream
Super Matcha + Chocolate Chip Nice Cream
- 05 Evening Beauty & Immunity Tea
- 06 Easy Double Protein Power Pancakes
- 07 Chocolate Courage No-Bake Protein Balls
- 08 Pretty & Pink Ageless Glow Mocktail
- 09 No-Stress Banana + Date Protein Shake
- 10 Get Up & Glow Pomegranate Yogurt Bowls
- 11 Vital Vanilla Chia Pudding
- 12 Beautifying Soft Serve Strawberry Sorbet

#AgelessGeneration





Vegan Vanilla Spiced Wellness Breakfast Smoothie

Here's an upgrade to turn your Flip 7 Vanilla superfood powder into a deliciously creamy breakfast treat packed with all the Flip 7 health extending ingredients plus protein, healthy fats and fiber that will keep you full for hours and help put a lock on cravings.

INGREDIENTS

- 1/2 cup frozen bananas**
- 1/2 cup gluten free oats**
- 1 tablespoon fresh ginger**
- 1 tablespoon ground cardamom**
- 1 tablespoon cinnamon**
- 1/4 cup almonds (soaked overnight to soften)**
- 2 scoops Vital Vanilla Flip 7 Superfood powder**
- 1 cup almond milk**
(or more as needed for desired consistency)

Blend all ingredients in a blender until smooth. Pour into glasses.

Optional: Finish by topping off with a sprinkling of hemp seeds, crushed almonds and a pinch of cinnamon.



Inner Glow Collagen Smoothie

Made to support your inner and outer glow by nourishing your hair, skin and nails with our proprietary Ageless Beauty blend for better absorption with the power of our Flip 7 Vital Vanilla superfood powder with 7 health extending blends to support gut health, brain cognition, mood, immunity and energy.

INGREDIENTS

- 3/4 frozen blueberries**
- 1 scoop Collagen, Peptides + Biotin**
- 1 scoop Vital Vanilla Flip 7 superfood powder**
- 3/4 cup unsweetened almond milk**
(or favorite milk substitute)
- 1/4 cup plain yogurt**

Blend all ingredients in blender until smooth and creamy. Adjust to desired thickness. Drink and glow.



**Vital Vanilla
Flip 7 Superfood powder
+ Meal replacement**

Flipping Nice Cream, 3 Ways

We've flipped Ice Cream to Nice Cream and use our Flip 7 product to create the Nice Cream of your dreams. Pick from your favorite flavors below and enjoy a guilt-free treat packed with 20 g of clean plant protein plus all the adaptogens, super greens, prebiotics, probiotics, digestive enzymes and 25 vitamins and minerals in a creamy, delicious "soft serve." Each of our recipes calls for just 4 ingredients or less. Good blender required.



Chocolate Courage + Banana Nice Cream

INGREDIENTS

- 2 scoops Chocolate Courage Flip 7
- 1 large or 2 smaller frozen bananas
- handful of ice
- $\frac{2}{3}$ cup unsweetened coconut milk

Combine all ingredients (except Chocolate Chips for Matcha) into a good quality blender or food processor and blend until smooth and creamy.

Note that you may have to shake down the frozen fruit to ensure all fruit is blended.

For Matcha, add your chopped chocolate on top.

Level up with a sprinkle of chopped almonds or walnuts some fresh berries on top.

Chefs Notes: the more frozen fruit you add, the creamier and thicker your "nice cream" will be. Cashew Milk provides the creamiest milk addition, but we also use Organic, non-sweetened Coconut Milk with only 45 calories a cup. You can eat immediately for a "soft serve" consistency or cover and freeze for a couple of hours if you want a firmer texture.

Strawberry Vanilla Nice Cream

INGREDIENTS

- 2 cups frozen strawberries hulled and halved
- $\frac{1}{2}$ frozen banana
- $\frac{2}{3}$ cup cashew milk
(or milk alternative of your choice)
- 2 scoops Vital Vanilla Flip 7 powder



Vital Vanilla
Flip 7 Superfood powder
+ Meal replacement

Super Matcha Latte Chocolate Chip Nice Cream

INGREDIENTS

- 1 scoop Matcha Latte powder
- 1 large or 2 smaller frozen bananas
- $\frac{2}{3}$ cup milk or milk alternative
- handful of ice
- chopped or small chocolate chips.



Chocolate Courage
Flip 7 Superfood powder
+ Meal replacement



Super Matcha Latte
Japanese Ceremonial
Blend

Evening Beauty + Immunity Tea

INGREDIENTS

- 1 scoop Collagen, Biotin + Peptides superfood powder
- 4 blackberries (may be subbed for strawberries or raspberries)
- 1 tablespoon manuka honey
- squeeze of lemon
- 8-12 oz hot or boiling water

Combine all dry ingredients into heat proof glass. Gently muddle berries to release flavor. Pour hot water over ingredients let sit for 3 minutes, stir, strain berries if desired and sip.



Easy Double Protein Power Pancakes

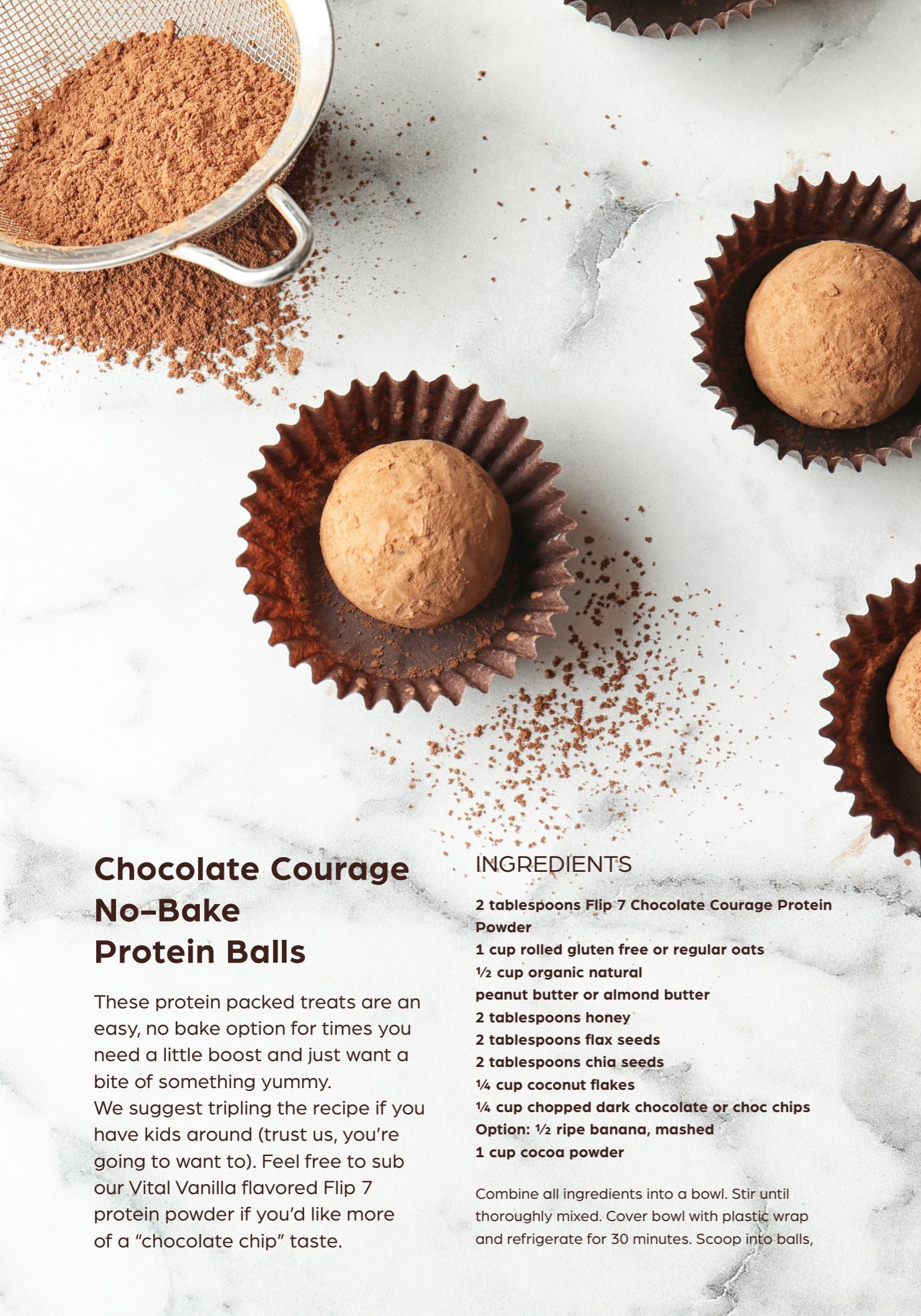
Double up on your protein and add a dash of delicious vanilla to your Sunday morning pancakes by adding our Flip 7 to your favorite protein pancake mix.

INGREDIENTS

- 1 cup Birch Benders Protein Pancake Mix
- 1 scoop Vanilla Flip 7
- 1 banana mashed
- 1 egg
- ¾ cup water (or more to desired consistency)
- ghee or organic, unsalted butter for cooking

Blend all ingredients, let sit while you heat ghee or butter into a non-stick pan to medium heat. Adjust consistency of mix if needed, pour mix into pan and prepare pancakes as directed. Top with maple syrup and fresh banana slices for a power packed breakfast that will keep you feeling full for hours





Chocolate Courage No-Bake Protein Balls

These protein packed treats are an easy, no bake option for times you need a little boost and just want a bite of something yummy.

We suggest tripling the recipe if you have kids around (trust us, you're going to want to). Feel free to sub our Vital Vanilla flavored Flip 7 protein powder if you'd like more of a "chocolate chip" taste.

INGREDIENTS

- 2 tablespoons Flip 7 Chocolate Courage Protein Powder**
- 1 cup rolled gluten free or regular oats**
- 1/2 cup organic natural peanut butter or almond butter**
- 2 tablespoons honey**
- 2 tablespoons flax seeds**
- 2 tablespoons chia seeds**
- 1/4 cup coconut flakes**
- 1/4 cup chopped dark chocolate or choc chips**
- Option: 1/2 ripe banana, mashed**
- 1 cup cocoa powder**

Combine all ingredients into a bowl. Stir until thoroughly mixed. Cover bowl with plastic wrap and refrigerate for 30 minutes. Scoop into balls,

Pretty + Pink Ageless Glow Spring Mocktail

A super refreshing way to get your Ageless Beauty Blend plus 9 grams of protein while sipping a pretty, pink refreshing mocktail that helps support and strengthen hair, skin and nails.

INGREDIENTS

- 1/2 cup pomegranate juice**
- 1 cup raspberries**
- 1 scoop Glowing Pomegranate Collagen, Biotin + Peptides powder**
- 1 1/2 cups sparkling water**
- ice**

Blend all ingredients, pour into a glass with ice, top with an edible flower or fresh berry as garnish for a pretty, pink drink that supports your natural glow.





Vital Vanilla
Flip 7 Superfood powder
+ Meal replacement

No Stress, Date + Banana Protein Shake

Our proprietary blend of adaptogens including Maca root, organic Ashwagandha root, organic Lion's Mane, Reishi, Shitake, Cordyceps and organic ginger root are the basis for this deliciously creamy shake that supports your body's ability to adapt to both external and internal stressors, while fueling you with 20 grams of protein, probiotics, digestive enzymes and 25 additional vitamins and minerals.

INGREDIENTS

- 2 scoops Flip 7 Vital Vanilla
- 1 large frozen banana (or two small)
- 4 fresh dates
- 1/4 cup cinnamon
- 1 cup coconut milk
- 2 tablespoons hemp seeds and crushed almonds for topping if desired.

Blend all ingredients in a blender until smooth. Pour into glasses and top with a sprinkle of hemp seeds and crushed almonds.



Get Up & Glow Pomegranate Yogurt Cups for 2 (1 if you're hungry)

Make an easy breakfast or lunch cup to support smoother, hydrated skin and longer and stronger hair and nails plus an added 9 grams of added protein. You'll feel light, glowing and supported by this easy Flip Fam favorite.

INGREDIENTS

- 1 cup coconut or favorite plain yogurt
- 1 Scoop FML Collagen, Peptides & Biotin beauty blend
- 1 cup seasonal stone fruit or berries
- 3/4 cup Gluten free granola

Combine yogurt and Collagen, Peptides & Biotin superfood powder into a cup or bowl, thoroughly mix. Top with fresh fruit and granola. Enjoy the glow.



Vital Vanilla Chia Pudding

INGREDIENTS

1/2 cup water
1 cup coconut milk
1 tablespoon cardamom
2 scoops Vital Vanilla
Flip 7 superfood powder
1 cup chia seeds
coconut milk
Optional For Serving: crushed walnuts, banana, coconut yogurt.



Warm coconut milk and water on low, add cardamom, bring to a simmer to slightly reduce. Set aside. Combine Flip 7 Vanilla powder, chia seeds, stir in coconut milk mixture, mix well. Pour pudding into small jars or glasses. Refrigerate overnight. Serve with walnut, coconut yogurt and Sliced Bananas.



Beautifying Soft Serve Strawberry Sorbet

A naturally sweet and refreshing sorbet full of free-radical fighting antioxidants and skin beautifying hyaluronic acid, skin-smoothing collagen, copper peptides and hair and nail strengthening biotin.

INGREDIENTS

1 1/4 cups frozen organic strawberries
1 scoop FML Collagen, Peptides & Biotin superfood powder
1 tablespoon lime juice

Blend all ingredients until smooth and creamy and enjoy or cover tightly and freeze for a couple of hours to increase firmness. Glow.



Collagen Peptides + Biotin
Hair, Skin, Nails
Ageless Beauty Blend

SHARE YOUR FLIPPING RECIPES!

Thank you for being part of the Flip Fam! We are all on the this journey of aging better together. If you have a favorite recipe using any of the FLIP MY LIFE superfood powders, and would like to share for a chance to be featured on our social pages, send recipe and photos if you have them to: Support@FlipMyLifeNow.com

Share on social media TAG @Flipmylifenow we'd love to see your creations and welcome you to the #AgelessGeneration.



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