



## SIMPLE AND SIMPLY DELICIOUS WEIGHT GAINERS

Here is a list of delicious carbohydrate shakes that are easy and fast to make and will help you to gain weight in a healthy way. If you like a little more sweetness to them add a little raw honey, vanilla extract or stevia.

### GUILT FREE MASS GAINER

- 1 medium to large avocado
- 2 ripe bananas
- 1 cup of vegan coconut yoghurt
- 4 Tbsp whey protein
- 2 Tbsp flaxseeds

Blend everything in a blender and add water or ice as needed to form the required thickness

### BLUEBERRY DELIGHT

- 1 cup coconut milk (or any favorable sugar free plant-based milk)
- 2 ripe bananas
- 1 cup frozen blueberries (sugar free)
- 4 Tbsp whey protein
- 2 Tbsp flaxseeds

Blend everything in a blender and add more milk if needed

### MOTHERS MASSIVE WEIGHT GAINER

- 1 cup of vegan coconut yoghurt
- 1 cup coconut milk
- 8 Tbsp whey protein
- 1 cup frozen mango (sugar free)
- 2 teaspoons vanilla
- 2 Tbsp flaxseeds
- 1 Tbsp chia seeds

Blend everything in a blender and add water or ice as needed to form the required thickness.