

Recipe Series 1

Have you tried Cinch[®]? Best breakfast, lunch, and snack on the planet!

Even if you're not interested in losing pounds or inches, there are some great reasons to enjoy Cinch any time of the day. Each serving of Cinch Shake Mix soy formula is packed with 24 grams of hunger-fighting protein* and six grams of good-for-you fiber. Cinch shakes have a low glycemic index and contain leucine, which helps retain lean muscle mass. and Cinch has a full line of great-tasting shakes, bars, and teas that are perfect for breakfast, lunch-on-the-go, or just a quick snack. Feeling creative? Add your own fruit, flavors, and spices to Cinch shakes and teas to create customized smoothies. For an even easier option, crumble a Cinch Snack Bar into your favorite yogurt to make a sensational snack.

For more inspiration, visit CinchClub.com to see all the ways nutritious Cinch products can be part of your day.

Raspberry Chocolate Dream Shake

Serves 1

Ingredients:

2 scoops or 1 packet Cinch[®]
Chocolate Shake Mix

1 C fresh or frozen raspberries
(unsweetened)

1 C nonfat milk or low-fat soy milk

4–6 ice cubes

Directions:

Combine all ingredients in blender and blend until smooth. Pour in a tall glass and enjoy!

Nutrition Information:

Calories: 284 **Protein:** 24 g **Carbohydrate:** 49 g **Fat:** 3 g **Fiber:** 13 g

Peanut Butter Yogurt Treat

Serves 1

Ingredients:

1 Cinch[®] Peanut Butter Crunch
Snack Bar

6 oz. fat-free vanilla yogurt (or 4 oz.
frozen yogurt)

1/2 tsp. mini, semisweet chocolate
chips

Directions:

In a small bowl, break a Cinch Peanut Butter Crunch Snack Bar into small pieces. In a separate, small serving dish, scoop 6 oz. of fat-free vanilla yogurt (or 4 oz. of frozen yogurt) into the center of the dish and sprinkle with peanut butter bar pieces. Garnish with mini chocolate chips.

Nutrition Information:

Calories: 283 **Protein:** 19 g **Carbohydrate:** 46 g **Fat:** 3 g **Fiber:** 3 g

*When prepared as directed.

Recipe Series 2

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Apple Cinnamon Spice Energy Tea

Serves 1

Ingredients:

1 stick Cinch® Energy Tea Mix Unsweetened
6 oz. hot water
2 tbsp. unsweetened apple juice
1 tsp. orange juice
Dash of cinnamon

Directions:

Heat water and mix with one stick of Energy Tea Mix Unsweetened. Add apple juice, orange juice, and cinnamon. Stir and sip.

Nutrition Information:

Calories: 22 **Protein:** 0 g **Carbohydrate:** 4 g **Fat:** 0 g

Nel's Peach and Mango Cinch Indulgence

Serves 1

Ingredients:

2 scoops or 1 packet Cinch® Strawberry Shake Mix
1 C frozen peaches (unsweetened)
1 C frozen mangos (unsweetened)
1 C water

Directions:

Combine all ingredients in blender and blend on low speed until fruit is blended in. Pour in a tall glass and enjoy!

A SPECIAL NOTE FROM NEL: "You may have to periodically stop the blender and mix in the fruit so it's well blended and in small chunks. It should look like sorbet with small chunks of fruit. It's my favorite Cinch indulgence!"

Nutrition Information:

Calories: 357 **Protein:** 18 g **Carbohydrate:** 70 g **Fat:** 3 g **Fiber:** 12 g

Chocolate Peanut Butter Cup

Serves 1

Ingredients:

2 scoops or 1 packet Cinch® Chocolate Shake Mix
1 C nonfat milk or low-fat soy milk
1 tbsp. natural, creamy peanut butter
4–6 ice cubes

Directions:

Combine all ingredients in a blender and blend until creamy.

Nutrition Information:

Calories: 380 **Protein:** 28 g **Carbohydrate:** 42 g **Fat:** 11 g **Fiber:** 6 g

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Recipe Series 3

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Cinch[®] Holiday Shake

Serves 1

Ingredients:

2 scoops or 1 packet Cinch[®] Vanilla Shake Mix
3/4 C nonfat milk
1/4 C light eggnog
1/4 tsp. rum-flavored extract
Dash of nutmeg
Dash of cinnamon
4–6 ice cubes

Directions:

Combine all ingredients in blender and blend until frothy. Sprinkle with additional nutmeg.

Nutrition Information:

Calories: 305 **Protein:** 24 g **Carbohydrate:** 44 g **Fat:** 5 g **Fiber:** 6 g

Pom-Berry Morning Smoothie

Serves 1

Ingredients:

2 scoops or 1 packet Cinch[®] Vanilla Shake Mix
1 C nonfat milk or low-fat soy milk
1/2 C fresh strawberries
1 stick Cinch[®] Energy Tea Mix Pomegranate Flavor
4–6 ice cubes

Directions:

Combine all ingredients in blender and blend until well mixed and smooth. Garnish with a fresh strawberry and serve immediately.

Nutrition Information:

Calories: 309 **Protein:** 24 g **Carbohydrate:** 47 g **Fat:** 3 g **Fiber:** 7 g

Piña Colada

Serves 1

Ingredients:

2 scoops or 1 packet Cinch[®] Vanilla Shake Mix
1/2 C nonfat milk or low-fat soy milk
4 oz. fresh, chopped pineapple
1/2 tsp. coconut extract
4–6 ice cubes

Directions:

Combine all ingredients in blender and blend until creamy.

Nutrition Information:

Calories: 300 **Protein:** 24 g **Carbohydrate:** 48 g **Fat:** 3 g **Fiber:** 7 g

*When prepared as directed.