



# SP COMPLETE™ SUPPLEMENT SHAKE RECIPES

Need a supplemental energy boost? SP Complete is a powdered supplement shake mix that provides essential vitamins and minerals to the body by supporting a healthy cardiovascular system, encouraging healthy nervous system function, delivering strong antioxidant protection to promote cellular health, and supporting healthy digestive system function.\*

SP Complete can be utilized in a variety of shake recipes. For the best results, use only unsweetened, all natural, organic ingredients and thoroughly blend each shake prior to consumption. In addition, if you are participating in a purification program, it is not recommended to consume large quantities of juice – use juice sparingly.

## THE ORIGINAL SP COMPLETE™ RECIPE

- 2 rounded Tbs. (scoops) of SP Complete
- 1 - 2 cups of water
- 1/2 cup of your favorite fresh or frozen fruit (examples include berries, bananas, peaches, apples, or cherries)
- 2 tsp. high quality oil (flaxseed oil)

Directions: Blend all ingredients together. Wait a few minutes and then add additional water and/or fruit until you achieve the desired consistency and flavor. You may make a large enough batch to last you 1 - 2 days, but make sure to keep it refrigerated, and remix it as needed before pouring.

This recipe may be varied according to personal taste. It can be modified by juicing various combinations of apples, celery, onions, parsley, and carrots.

## ADDITIONAL SP COMPLETE™ SHAKE RECIPES

The following recipes have been developed by patients who have completed a purification program. If you have a recipe that you would like to share with us, please e-mail [marketing@standardprocess.com](mailto:marketing@standardprocess.com).

### VEGGIES IN AN INSTANT

- 2 rounded Tbs. (scoops) of SP Complete
- 1 - 2 cups tomato or vegetable juice
- Dash of Tabasco sauce (or more depending on your taste) or 1 capsule of Standard Process Cayenne Pepper (for zest)
- Handful of ice cubes

### TROPICAL PARADISE

- 2 rounded Tbs. (scoops) of SP Complete
- 1/2 cup water or 1/2 cup soy or rice milk
- 1/2 cup pineapple-orange or pineapple-coconut juice
- 1/2 cup fresh or frozen pineapple
- 1/2 banana (may be frozen)
- Handful of ice cubes

*Recipe can be modified by using Vanilla Rice Dream with ripe bananas, or your favorite fresh or frozen berries of all kinds.*

SP Complete is available in a 28-ounce container (Product Number 2820) or a display box containing 30 single serving packets (Product Number 2830). The convenient packets allow you to make delicious shakes without having to measure and are easily portable for all occasions. Call the Standard Process Customer Service Department at 1-800-558-8740 or visit our website at [www.standardprocess.com](http://www.standardprocess.com) to order SP Complete. If you would like additional information, request a Purification Information Kit (L1875), which includes a free single serving packet of SP Complete.

### APPLE-CINNAMON SURPRISE

- 2 rounded Tbs. (scoops) of SP Complete
- 1 cup water
- 2 Tbs. frozen apple juice concentrate
- 1/2 banana (frozen)
- 1/2 tsp. cinnamon
- Handful of ice cubes

### CHOCOLATE-BANANA MILKSHAKE

- 2 rounded Tbs. (scoops) of SP Complete
  - 1/2 - 1 cup almond, rice, or soy milk
  - 1 - 2 Tbs. carob powder to taste
  - 1/2 banana (frozen)
  - Handful of ice cubes
- You can substitute chocolate rice milk for the almond, rice, or soy milk and the carob powder.*

### RAW SOUP

- 2 Tbs. of SP Complete
- 1 pear (cored and peeled)
- 1 apple (cored and peeled)
- 2 Tbs. of your favorite oil
- 1 cucumber (peeled)
- 1 head of parsley chopped
- 1 lemon (juiced)
- 2 cups of water

### HOT, HEALTHY, MORNING DRINK

- 2 heaping Tbs. of SP Complete
  - 1/2 cup tomato or V8 juice
  - 1 Tbs. of Worcestershire sauce
  - 2 tsp. of regular or toasted sesame oil
- Add 1 1/2 cups of hot water after the mixture is blended.

### CARROT SHAKE

- 2 Tbs. of SP Complete
- 1 cup freshly juiced carrots
- 1 cup ice cubes
- 1 tsp. roasted sesame oil

### BERRY DELIGHT

- 2 Tbs. of SP Complete
- 1/4 cup blackberries
- 1/4 cup blueberries
- 1/2 cup strawberries
- 1/2 banana
- 1 - 1 1/2 cup orange juice
- 3 tsp. honey (optional)
- 1 - 2 cups of ice

