

Quick & Easy

THE COSTCO WAY

Recipe 1: Chocolate Ka'Chava Shake, Whole Body Meal

Makes 1 serving

Ingredients:

2 scoops Chocolate Ka'Chava Shake, Whole Body Meal

12 oz cold water

Instructions:

In a shaker bottle, mix Ka'Chava and water. Shake until well combined.

Recipe 2: Chocolate Ka'Chava Banana Shake, Whole Body Meal

Makes 1 serving

Ingredients:

2 scoops Chocolate Ka'Chava Shake, Whole Body Meal

Handful of ice

12 oz almond milk

½ banana

Chocolate shavings, for garnish (optional)

Coconut flakes, for garnish (optional)

Instructions:

In a blender, add Ka'Chava, ice, almond milk and banana. Blend until well combined. Pour into a glass. Garnish with chocolate shavings and coconut flakes, if desired.

Vegan • No Gluten • No Dairy • No Soy • No Stevia No Preservatives • No Artificial Colors, Flavors or Sweeteners

For more information, please visit: <https://www.kachava.com/>

For more recipe ideas, go to Costco.com and search: **Quick & Easy**

