



ALL-IN-ONE Energy+PreWorkout+Sports Drink

Energy Smoothies & Recipes

OCTANE Energy Drink™ makes great nutritious and delicious energy smoothies due to all the nutrition it contains in each serving and the great tasting natural Non-GMO orange flavor. Here are some great recipes to try.
Smoothie and Juice Bar Owners, add OCTANE Energy Drink™ to your menu for your customers to enjoy!

On the ROCKS!

Shake or blend 1 scoop **OCTANE Energy Drink™** with 8 to 12oz of chilled water and pour over a glass of ice.

Apple Sauce Smoothie

Add contents to blender:

- 1 cups ice
- 8 to 12 ounces of water
- 1/2 cup of apple sauce
- 1 scoop **OCTANE Energy Drink™** mix

Strawberry Smoothie

Add contents to blender:

- 1 cups ice
- 8 to 12 ounces of water
- 1 cup strawberries
- 1 scoop **OCTANE Energy Drink™** mix

Strawberry and Kiwi Smoothie

Add contents to blender:

- 1 cups ice
- 8 to 12 ounces of water
- 1/2 cup of strawberries
- 1/2 kiwi
- 1 scoop **OCTANE Energy Drink™** mix

Kiwi Smoothie

Add contents to blender:

- 1 cups ice
- 8 to 12 ounces of water
- 1 kiwi
- 1 scoop **OCTANE Energy Drink™** mix

Grapefruit Smoothie

Add contents to blender:

- 1 cups ice
- 8 to 12 ounces of water
- 1/2 of all of 1 medium grapefruit (skin and divide into 4 pieces for blender)
- 1 scoop **OCTANE Energy Drink™** mix

Strawberry and Blueberry Smoothie

1 cups ice

- 8 to 12 ounces of water
- 1/2 cup of strawberries
- 1/2 cup blueberries
- 1 scoop **OCTANE Energy Drink™** mix

Blueberry Smoothie

Add contents to blender:

- 1 cups ice
- 8 to 12 ounces of water
- 1/2 cup of Blueberries
- 1 scoop **OCTANE Energy Drink™** mix

Plum and Nectarine Smoothie

Add contents to blender:

- 1 cups ice
- 8 to 12 ounces of water
- 1 Plum
- 1 Nectarine
- 1 scoop **OCTANE Energy Drink™** mix

Mixed Berries Smoothie

(Cranberries, Blackberries, Blueberries, and Raspberries)

Note: Can add fresh or comes all blended frozen at store.

Add contents to blender:

- 1 cups ice
- 8 to 12 ounces of water
- 1 cup of Frozen Mixed Berries
- 1 scoop **OCTANE Energy Drink™** mix

SMOOTHIES

Pineapple Smoothie

(Higher GI Carb for after workouts) Add contents to blender:

- 1 cups ice
- 8 to 12 ounces of water
- 1 1/2 cups Pineapple
- 1 scoop **OCTANE Energy Drink™** mix

Watermelon Smoothie

(Higher GI Carb for after workouts) Add contents to blender:

- 1 cups ice
- 8 to 12 ounces of water
- 2 cups seedless watermelon
- 1 scoop **OCTANE Energy Drink™** mix

Tea Recipes with **OCTANE Energy Drink™** for the Tea Lovers!

Diet Snapple Peach Tea Recipe

Add contents to Shaker Bottle or Cup:

- 1 cup ice
- 8 to 12 ounces of Diet Snapple Peach Tea or you can do 50/50 with water
- 1 scoop **OCTANE Energy Drink™** mix

Diet Snapple Raspberry Tea Recipe

Add contents to Shaker Bottle or Cup:

- 1 cups ice
- 8 to 12 ounces of Diet Snapple Raspberry Tea or you can do 50/50 with water
- 1 scoop **OCTANE Energy Drink™** mix

Diet Snapple Lemon Tea Recipe

Add contents to Shaker Bottle or Cup:

- 1 cups ice
- 8 to 12 ounces of Diet Snapple Raspberry Tea or you can do 50/50 with water
- 1 scoop **OCTANE Energy Drink™** mix

Juice Recipes with **OCTANE Energy Drink™**

Your choice of Grapefruit, Orange, Cranberry, Cherry, or 100% Lemon Juices.

Add contents to Shaker Bottle:

- 1 cups ice
- 6 to 8 ounces of water
- 2 ounces of grapefruit juice
- 1 scoop **OCTANE Energy Drink™** mix

Protein Recipes with **OCTANE Energy Drink™**

Yogurt

Add contents to Blender:

- 1 cups ice
- 6 to 8 ounces of water
- 1 cup yogurt
- 1 scoop **OCTANE Energy Drink™** mix

Vanilla Protein

Add contents to Blender:

- 1 cups ice
 - 6 to 8 ounces of water
 - 1 scoop of your favorite vanilla protein powder
 - 1 scoop **OCTANE Energy Drink™** mix
- Other Recipes with **OCTANE Energy Drink™**

Carbonated

For those that just need or want that carbonated fizz taste. Add 1 Scope of **OCTANE Energy Drink™** to Carbonated Water

Juicing

Just add a 1/2 or full scoop of **OCTANE Energy Drink™** mix to your Juicing recipe.



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MIXOLOGY: With OCTANE ENERGY DRINK™

OCTANE Energy Drink™ also makes GREAT Cocktails as well for the Fitness Minded Night Life.. If you are tired from a long day and are going out to have a drink, why not add some good nutrition to your drink and improve the taste as well. **NOTE:** you do not use a full scoop when adding **OCTANE Energy Drink™** to a drink! It only takes a (1/2 TSP)! **OCTANE Energy Drink™** also helps the the mind and body recover fast from hangovers due to all the key nutrition of B-Vitamins, Electrolytes and Neuro-Active ingredients the formula contains.

Couple ways to add **OCTANE Energy Drink™** to a cocktail.

1. You can pre-mix a serving of **OCTANE Energy Drink™** into a 16oz bottle of water and just top off your glass of ice and shot of alcohol of your choice. Some alcohols that work the best are any clear vodka or flavored vodka and another one that's being liked is with Patron. Basically any drink you would mix with Orange Juice with will work.

2. Just add 1/2 tsp of **OCTANE Energy Drink™** powder mix to any clear liquor drink and stir. Note: there are 5 - 1/2 tsp in one level scoop of **OCTANE Energy Drink™**. You will not only have a better tasting drink but you will be adding additional good nutrition to it as well.

Caution Note: Even though **OCTANE Energy Drink™** was built to be the most nutritionally complete and healthy energy drink on the market it still contains caffeine, so we recommend moderate doses and do not exceed a one (1) scoop serving through the night.