

Kyäni®

MIX IT #3 UP



CONTENT



TEAM CHOCOLATE

Chocolaty Peanut	4
After 8	5
High Energy	6
Ciao Cacao	7
Berry Mary	8
Mr. Choc	9



TEAM VEGGIE

Veggie Vibes	25
Mrs. Vitamin	26
Spicy Green	27
Detox	28
Super Green	29
Boost Me Up	30



TEAM VANILLA

Matcha Power	11
The Lean Green	12
Tropical Twist	13
Dreamy Orange	14
Energizer	15
Strawberry Date	16



SMOOTHIE BOWLS

Something Special	32
Flamingo Bowl	33
Sunrise Bowl	34
Bliss Bowl	35
Power Bowl	36
No Drama Banana	37



TEAM FRUITY

Magic Splash	18
Cool Summer	19
Berrymania	20
Stay Vital	21
Cherry Bomb	22
Sunny Side Up	23



INGREDIENTS

Kyäni Sunrise	39
Kyäni Nitro Xtreme	40
Kyäni HL5	41
Kyäni Fit20	42
Kyäni Origin Vanilla	43
Kyäni Origin Chocolate	44



TEAM
CHOCOLATE





TIP

For a more chocolaty taste you can add 3 scoops (44 g) of Kyäni Origin Chocolate.

CHOCOLATY PEANUT



5 min



1 Serving



Easy

INGREDIENTS

- 250 ml unsweetened milk (nut, soy, regular)
- 1 tbsp natural peanut butter
- 1–3 tsp unsweetened cocoa powder
- 1 frozen banana
- honey or maple syrup (to taste)
- 1 scoop (apr. 15 g) Kyäni Origin Chocolate

PREPARATION

Blend together in a blender until smooth.



AFTER 8



5 min



1 Serving



Easy

INGREDIENTS

- 300 ml almond milk
- 0,5 tsp peppermint extract or syrup
- 25 g cacao nibs
- 1 scoop (apr. 15 g) Kyäni Origin Chocolate

PREPARATION

Just put all the ingredients in a blender, mix everything well and serve the shake in a glass. Drink it after your workout.





HIGH ENERGY



5 min



2 Servings



Easy

INGREDIENTS

- 300 ml unsweetened cashew milk (or coconut milk)
- 2 tbsp almond butter
- 1 tbsp maple syrup
- 2 tbsp cocoa powder
- 1 tbsp ground flax
- 2 tbsp shredded coconut (unsweetened)
- 1 frozen banana

- 100 g frozen peas
- 100 g baby spinach
- 3 scoops (44 g) Kyäni Origin Chocolate

PREPARATION

Combine all ingredients in a high-speed blender. Blend until smooth. Serve immediately.



CIAO CACAO



5 min



1 Serving



Easy

INGREDIENTS

- 150 ml plain Greek yogurt
- 150 ml strong-brewed coffee
- honey or maple syrup (to taste)
- 1 tbsp unsweetened cocoa powder
- 1 frozen banana
- 1 scoop (apr. 15 g) Kyäni Origin Chocolate

PREPARATION

Combine banana, coffee, cocoa powder, yogurt and Kyäni Origin Chocolate in a blender, and blend until smooth. Sweeten to taste.





BERRY MARY



5 min



1 Serving



Easy

INGREDIENTS

- 120 ml plain Greek yogurt
- 250 ml unsweetened milk (nut, soy, regular)
- 1 frozen banana
- 150 g frozen mixed berries
- honey or maple syrup (to taste)
- 3 scoops (44 g) Kyäni Origin Chocolate

PREPARATION

Combine all ingredients in a blender, and process until smooth. Enjoy!



MR. CHOC



10 min



1 Serving



Easy

INGREDIENTS

- 300 ml cold milk
- 2 tbsp oat flakes
- 1 tbsp cocoa powder
- 0,5 medium banana
- 1 scoop (apr. 15 g)
Kyäni Origin Chocolate

PREPARATION

Cut the banana into small pieces, add milk and mash the bananas with a hand blender. Then add the cocoa, instant flakes and Kyäni Origin Chocolate as well and mix again briefly.





TEAM
VANILLA



TIP

Do not use more than the listed amount of matcha tea powder, or the drink will taste bitter!

MATCHA POWER



10 min



1 Serving



Advanced

INGREDIENTS

- 3 tbsp natural yoghurt
- 80 ml water
- 1 squeeze of lemon juice
- 1 tsp matcha tea (green tea powder), finely ground
- 1 tbsp honey
- 1 small banana
- 1 scoop (30 g) Kyani FIT20

PREPARATION

Peel and cut the banana into small pieces and immediately sprinkle with lemon juice. Then puree all ingredients well in a small blender, pour into a large glass and enjoy.



THE LEAN GREEN



5 min



1 Serving



Easy

INGREDIENTS

- 150 ml unsweetened almond milk
- 120 g plain yogurt
- 2 – 3 tsp maple syrup
- 30 g baby spinach
- 70 g frozen blueberries
- 0,5 ripe avocado
- 1 scoop (30 g) Kyäni FIT20

PREPARATION

Place all ingredients into any standard blender and blend until smooth. Pour into a glass, top with any additional toppings of choice, and enjoy immediately.



TIP

To prepare this as a vegan smoothie, use plant-based yogurt and Kyäni Origin Vanilla in the recipe.



TIP

Use Kyäni Origin Vanilla instead of Kyäni FIT20 to prepare a vegan smoothie.

TROPICAL TWIST



5 min



2 Servings



Easy

INGREDIENTS

- 400 ml coconut milk
- 1 banana
- 100 g frozen pineapple
- 60g frozen mango
- pineapple wedge (for garnish)
- 1 scoop (30 g) Kyäni FIT20

PREPARATION

Combine coconut milk, banana, pineapple, mango and Kyäni FIT20 in a blender and blend on high until smooth. Garnish with a wedge of pineapple and serve.



DREAMY ORANGE



5 min



1 Serving



Easy

INGREDIENTS

- 250 ml unsweetened milk (nut, soy, regular)
- 125 ml plain Greek yogurt
- 0,5 tsp vanilla extract
- 1 frozen banana
- 1 orange (peeled) or 2 clementines (peeled)
- honey or maple syrup (to taste)
- 1 scoop (30 g) Kyäni FIT20

PREPARATION

Combine all ingredients except the maple syrup/honey in a blender and blend until smooth. Sweeten to taste.





TIP

Use 3 scoops (49,3 g) of Kyäni Origin Vanilla instead of Kyäni FIT20 to prepare your smoothie in a vegan way.

ENERGIZER



5 min



2 Servings



Easy

INGREDIENTS

- 125 ml unsweetened nut milk
- 0,5 lemon juice and zest
- 240 g frozen wild blueberries
- 120 g canned pears in juice (do not drain)
- 1 scoop (30 g) Kyäni FIT20

PREPARATION

Combine all ingredients into the carafe of a high-power blender. Blend on high until very smooth and creamy. Serve immediately.



STRAWBERRY DATE



10 min



2 Servings



Easy

INGREDIENTS

- 450 ml non dairy milk
- 40 g cashew butter
- 50 g oats
- 1 tsp cinnamon
- 450 g frozen strawberries
- 3-4 dates
- 1 scoop (30 g) Kyäni FIT20

PREPARATION

Place all ingredients into a high speed blender and puree until smooth. You might need to use the tamper to press down the ingredients. This is a thick one!





TEAM
FRUITY





TIP

You can add regular or plant-based milk to your smoothie for a thinner texture.

MAGIC SPLASH



10 min



2 Servings



Easy

INGREDIENTS

- 400 - 500 ml of plain lactose free yoghurt
- 0,5 banana
- 8–10 fresh or frozen strawberries
- 1 scoop (30 g) Kyäni FIT20

PREPARATION

Cut banana and strawberries into smaller pieces. Put all the ingredients in a blender, mix until smooth. Serve in a glass with a big straw. Top it with pieces of strawberry.

RECOMMENDED BY:

Sara Björck, Kyäni Business Development Associate



COOL SUMMER



15 min



2 Servings



Easy

INGREDIENTS

- 0,5 watermelon
- 2-3 tbsp orange juice
- 1 squeeze of lemon juice
- 1 tbsp sugar
- ice cubes
- 2-3 drops of Kyäni Nitro Xtreme

PREPARATION

Cut the melon in half, remove the seeds and cut out the fruit in pieces. Finely puree it in a blender. Add sugar, orange juice, lemon juice, and Kyäni Nitro Xtreme and mix everything thoroughly. Put the shake in the refrigerator for 2-3 hours, then divide among 2 glasses and add some ice cubes.



RECOMMENDED BY:
Melanie Frey, Marketing Operations Europe



BERRYMANIA



5 min



1 Serving



Easy

INGREDIENTS

- 120 ml water
- 50 g strawberries
- 50 g frozen berries (blueberry, raspberry)
- 1 lime (juice)
- ice
- 1 pouch Kyäni Sunrise

PREPARATION

Put all the ingredients in a mixer and blend it until it is smooth. Add some fresh berries on the top and some mint leaves to garnish.

RECOMMENDED BY:

Viktória Kiss-Kalmár, Senior Customer Service Agent



STAY VITAL



5 min



2 Servings



Easy

INGREDIENTS

- 300 g plain yoghurt
- 100 ml multivitamin juice or orange juice
- 2 tsp heaped chia seeds
- 2 tbsp goji berries
- piece of ginger (approx. 2 cm)
- 1 banana
- 1 apple
- 1 kiwi
- some honey or xylith (to taste)
- 2 pouches Kyäni HL5 Peach

PREPARATION

Peel the fruits and blend with the remaining ingredients in a stand mixer or with a hand blender until creamy. Sweeten with a little honey if desired.





CHERRY BOMB



5 min



2 Servings



Easy

INGREDIENTS

- 240 ml almond milk
- 1 tbsp chia seeds
- 150 g frozen cherries
- 1 peeled and chopped kiwi
(reserve 2 slices for garnish)
- 2-3 drops of Kyäni Nitro Xtreme

PREPARATION

Add all ingredients to a blender and blend on high until smooth. Pour into 2 glasses and garnish with kiwi.



SUNNY SIDE UP



5 min



1 Serving



Easy

INGREDIENTS

- 300 ml orange juice
- 2 tbsp lemon juice
- 1 tbsp maple syrup
- 2 garlic cloves
- piece of ginger (size of a thumb)
- 0,5 tsp turmeric powder
- hint of cayenne pepper
- 1 pouch Kyäni Sunrise

PREPARATION

Finely puree all the ingredients in a blender. If you don't like garlic, simply leave it out.





TEAM
VEGGIE



VEGGIE VIBES



10 min



1 Serving



Easy

INGREDIENTS

- 100 ml canned full-fat coconut milk
- 50 ml sparkling water
- honey (optional)
- 0,5 lemon juice
- 4 basil leaves
- 1 small carrot
- 4 apricots
- 1 pouch Kyäni HL5 Peach

PREPARATION

First peel the carrot, then shred both the carrot and the apricots. Put all the ingredients in a mixer and blend it till it is smooth. If the smoothie is too dense, add more coconut milk and/or sparkling water to it. If it isn't sweet enough, you can add some honey as well. Enjoy!

RECOMMENDED BY:

Réka Bukó, Senior Marketing Coordinator Europe



MRS. VITAMIN



15-20 min



2 Servings



Advanced

INGREDIENTS

- 150 g frozen spinach
- 2 stalks celery
- 2 apples
- 1 orange
- 1 banana
- 0,5 lemon
- piece of ginger
- 1 tsp turmeric powder
- 1 tsp honey
- pepper, freshly ground (to taste)

- cold water (to taste)
- 1 pouch Kyäni HL5 Peach

PREPARATION

Wash all fruit and vegetables, cut them into small pieces. Squeeze the lemon. Put all the ingredients in the blender, add cold water and puree finely.



TIP

If desired, season with a little freshly ground pepper. You can also use other green leafy vegetables.

**TIP**

Add a little more cayenne pepper after tasting to make it spicier.

SPICY GREEN



5 min



1 Serving



Easy

INGREDIENTS

- 200 ml unsweetened coconut milk
- 6 ice cubes
- 150 g fresh or frozen mango pieces
- 20 g baby spinach leaves
- 0,5 small cucumber
- 2 mint leaves
- hint of cayenne pepper
- 1 pouch Kyani HL5 Peach

PREPARATION

Peel and slice the mango pieces. Also peel, seed and chop the cucumber. Add all ingredients to a blender and process until smooth. Enjoy!



DETOX



15 min



1 Serving



Easy

INGREDIENTS

- 1 broccoli
- 5 sprigs parsley
- 2 stalks celery
- 0,5 cucumber
- 1 handful spinach
- 1 pouch Kyäni Sunrise

PREPARATION

Wash all ingredients, drain and pat dry with a cloth or kitchen paper. Peel the cucumber. Cut everything into small pieces, put the ingredients in the juicer and juice. Enjoy immediately!



**TIP**

Top with blueberries, granola, and more seeds.

SUPER GREEN



10 min



1 Serving



Easy

INGREDIENTS

- 200 - 250 ml coconut milk (less for thicker smoothie, more for thinner smoothie)
- 1 frozen banana
- 80 g sliced cucumber (skin on)
- 30 g spinach
- 1 tsp spirulina powder
- 1 tbsp chia seeds
- 2-3 drops of Kyani Nitro Xtreme

PREPARATION

Add all ingredients to a blender. Blend until creamy and smooth, scraping down sides (or using smoothie wand) as needed. Serve immediately!



BOOST ME UP



10 min



1 Serving



Easy

INGREDIENTS

- 2 stalks celery
- 1 cucumber
- 1 green apple
- 5 basil leaves
- piece of ginger (size of a thumbnail)
- piece of turmeric root (size of a thumbnail)
- 1 pouch Kyäni HL5

PREPARATION

Wash, drain and pat dry all ingredients with a cloth or kitchen paper. Peel the apple and the cucumber and cut everything into pieces. Put the ingredients into the juicer until the juice is ready. Enjoy immediately!





SMOOTHIE **BOWLS**



TIP

You can garnish the smoothie bowl with red berries or other fruits.

SOMETHING SPECIAL



10 min



1 Serving



Easy

INGREDIENTS

- 200 ml soy milk or almond milk
- 60 g oat flakes or spelt flakes
- 1,5 tsp heaped chia seeds
- 1 handful spinach (frozen) or kale
- 1 banana (ripe)
- honey or agave syrup (to taste)
- 1 pouch Kyäni Sunrise

PREPARATION

Blend the banana, spinach, milk and Kyäni Sunrise in a blender. Mix in a bowl with the oats and chia seeds and refrigerate. Add honey or agave syrup as needed for more sweetness.



FLAMINGO BOWL



10 min



1 Serving



Easy

INGREDIENTS

- 100 ml water
- 100 g low-fat quark
- 1 frozen banana
- 120 g frozen raspberries
- 1 pouch Kyäni Sunrise
- 1 scoop (30 g) Kyäni FIT20

Topping

- 0,5 banana (thinly sliced)
- 30 g raspberries (preferably fresh)

- 20 g coconut muesli
- A few desiccated coconut, chia seeds and honey as topping.

PREPARATION

Put everything together in a blender and then give full throttle. Blend until very smooth and creamy. Garnish it with the listed toppings.





SUNRISE BOWL



15 - 20 min



2 Servings



Advanced

INGREDIENTS

- 200 g plain yoghurt (3,5 %)
- 2 oranges
- 1 banana
- 1 mango
- 1 pouch Kyäni HL5 Peach

Topping

- 20 ml warm water
- 1 tbsp agave syrup
- 2 tbsp amaranth (puffed)
- 2 tbsp pistachios (chopped)
- 100 g frozen mixed berries

- 6 physalis
- 2 sprigs of mint

PREPARATION

Peel and roughly cut all fruits and puree them with yogurt and Kyäni HL5 Peach in a blender. Puree the thawed raspberries with agave syrup and water with a hand blender. Pour the orange smoothie into a bowl and garnish with the raspberry puree and the remaining toppings.



BLISS BOWL



15 - 20 min



2 Servings



Advanced

INGREDIENTS

- 250 ml almond milk
- maple syrup (to taste)
- 30 g dark chocolate
- 40 g hazelnuts with skin
- 3 bananas
- 3 scoops (44 g)
Kyäni Origin Chocolate

PREPARATION

Peel the bananas, cut them and put them into the freezer the evening before. The next morning roast the hazelnuts, let them cool down briefly and roughly chop them. Melt the dark chocolate and let it cool down briefly. Blend the frozen banana slices, almond milk and Kyäni Origin Chocolate until creamy. Sprinkle the smoothie with the melted chocolate and roasted hazelnuts.



TIP

Before chopping the nuts, rub the skin off between a clean tea towel. If necessary, add a little more almond milk to the protein smoothie and sweeten it with maple syrup as desired.



POWER BOWL



5 min



1 Serving



Easy

INGREDIENTS

- 250 ml unsweetened almond milk
- 65 g plain greek yogurt
- 65 g rolled oats
- 1 frozen banana
- 80 g frozen blueberries
- 0,5 tsp vanilla extract
- pinch of ground cinnamon
- 1 scoop (30 g) Kyäni FIT20

PREPARATION

Add everything into a blender and blend until smooth. If you find your shake is too thick, you can always add some more almond milk, little by little or a little bit of ice to get it thicker, if necessary.



NO DRAMA BANANA



10 min



1 Serving



Easy

INGREDIENTS

- 200 ml almond milk
- 3 tbsp chia seeds
- 1 tbsp honey
- 1 banana
- 1 scoop (apr. 15 g)
Kyäni Origin Chocolate

PREPARATION

Mix the milk with honey and Kyäni Origin Chocolate in a bowl so that everything dissolves completely. Then stir in the chia seeds so that all the seeds sink into the milk. Slice the banana and add it as well. Allow everything to swell for about 3 hours.



TIP

Add 1 - 2 tablespoons of cocoa to the milk and you get a chocolate pudding.



KYÄNI INGREDIENTS

For more details check out the Kyäni Factsheets in your BackOffice!



KYÄNI SUNRISE

KYÄNI SUNRISE is a delicious blend of concentrated vitamins and minerals featuring 20+ foods, including the potent wild Alaskan blueberry, pomegranate, acai berry and so much more.

BENEFITS

Kyäni Sunrise contains the following:

- Vitamin C increases iron absorption.
- Thiamine (Vitamin B1) contributes to the normal function of the heart.
- Riboflavin (Vitamin B2) contributes to the maintenance of normal red blood cells.
- Niacin (Vitamin B3) contributes to normal functioning of the nervous system.
- Pantothenic acid (Vitamin B5) contributes to the reduction of tiredness and fatigue.
- Vitamin B6 contributes to normal protein and glycogen metabolism.
- Vitamin B12 contributes to normal functioning of the nervous system.
- Biotin (Vitamin B7) contributes to normal macronutrient metabolism.



KYÄNI NITRO XTREME

KYÄNI NITRO XTREME is a powerful blend that contains concentrate from the noni fruit and vitamins to fuel your body with energy. It's a key component of the Triangle of Wellness!

BENEFITS

Kyäni Nitro Xtreme contains the following:

- Thiamine (Vitamin B1) contributes to normal energy-yielding metabolism.
- Niacin (Vitamin B3) contributes to the reduction of tiredness and fatigue.
- Zinc contributes to normal cognitive function.
- Chromium contributes to the maintenance of normal blood glucose levels.



KYÄNI HL5

KYÄNI HL5 is a natural, on-the-go hydrolyzed grass-fed collagen protein boost that supports the body's need for protein, with only 25 calories, 0 grams of sugar and a blend of great ingredients, including apple cider vinegar.

BENEFITS

Kyäni HL5 contains the following:

- Protein contributes to a growth and to the maintenance of muscle mass.
- Protein contributes to the maintenance of normal bones.
- Consumption of foods/drinks containing erythritol instead of sugar induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks.

*with sweeteners



KYÄNI FIT20

KYÄNI FIT20 is such a convenient source of protein complemented by Magnesium for long lasting energy. FIT20 is the solution to your protein needs, featuring a high-quality blend of ingredients with 20 grams of grass-fed whey protein isolate and hydrolyzed collagen.

BENEFITS

Kyäni FIT20 contains the following:

- Protein contributes to a growth and to the maintenance of muscle mass.
- Magnesium contributes to normal protein synthesis and to the reduction of tiredness and fatigue.
- Magnesium and Protein contribute to the maintenance of normal bones.



KYÄNI ORIGIN VANILLA

KYÄNI ORIGIN is a macronutrient-balanced shake featuring a premium plant-based protein blend made from fava beans, peas, pumpkin and sunflower seeds. It is a great example of a convenient, vegan, protein-packed shake - available in both Vanilla and Chocolate flavors!

BENEFITS

Kyäni Origin Vanilla contains the following:

- Protein contributes to a growth and to the maintenance of muscle mass and to the maintenance of normal bones.
- Calcium contributes to the normal function of digestive enzymes.
- Zinc and Magnesium contribute to normal protein synthesis.
- Zinc contributes to the normal function of the immune system.
- Magnesium contributes to a reduction of tiredness and fatigue.



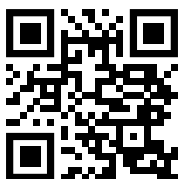
KYÄNI ORIGIN CHOCOLATE

KYÄNI ORIGIN is a macronutrient-balanced shake featuring a premium plant-based protein blend made from fava beans, peas, pumpkin and sunflower seeds. It is a great example of a convenient, vegan, protein-packed shake - available in both Vanilla and Chocolate flavors!

BENEFITS

Kyäni Origin Chocolate contains the following:

- Protein contributes to a growth and to the maintenance of muscle mass and to the maintenance of normal bones.
- Vitamin E contributes to the protection of cells from oxidative stress.
- Magnesium and Zinc contribute to normal protein synthesis.
- Potassium and Magnesium contribute to normal functioning of the nervous system.
- Manganese contributes to normal energy-yielding metabolism.



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