



# THE RECIPE BOOK

Healthy active lifestyles are something to be celebrated, and what better way to enjoy it than by indulging your taste buds in the flavours you love, totally guilt-free.

In this recipe book, we've rounded up our favourite shakes to help inspire your creativity. Each one uses pioneering Herbalife® product Formula 1 as the base; providing high-quality protein, fibre and essential vitamins and minerals.

**THE ONLY QUESTION IS...WHICH TO MAKE FIRST?**



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# FRUITY FUSIONS

For an everyday treat you can enjoy on the go, here are three recipes you will love... They're sweet, creamy and utterly refreshing. Take 2 minutes to add the ingredients to your blender then pour into a glass or shaker – simple!

## • STRAWBERRY MINT •

### INGREDIENTS:

- 250ml Soy Milk
- 6-8 Fresh Mint Leaves
- 1 Cup (150g) Strawberries
- 4 Ice Cubes
- 2 Scoops (26g) Herbalife Formula 1 Strawberry

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
19g	982	35g	4g	5.5g



## • APPLE LEMON GINGER •

### INGREDIENTS:

- 250ml Semi-Skimmed Milk
- 1/2 Apple
- 4 Tablespoons Lemon Juice
- 1 Tablespoon Ginger (Grated)
- 2 Scoops (26g) Herbalife Formula 1 Vanilla

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
18g	1057	29g	7g	3g



## • BLUEBERRY ALMOND •

### INGREDIENTS:

- 250ml Water
- 1/2 Cup Blueberries
- 8 Raw Almonds
- 1/2 Tsp Cinnamon
- 1 Tablespoon (14g) Herbalife Protein Drink Mix
- 2 Scoops (26g) Herbalife Formula 1 Strawberry

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
28g	1066	23g	7g	9.8g



## • COCONUT DELIGHT •

### INGREDIENTS:

- 250ml Semi-Skimmed Milk
- 1 Tablespoon Desiccated Coconut
- 1/4 Banana
- 1 Teaspoon Orange Zest
- 1 Tablespoon Plain Muesli
- 2 Scoops (26g) Herbalife Formula 1 Chocolate

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
20.5g	1622	40g	17g	6g



## SEE THESE RECIPES AND MORE COME TO LIFE!

Watch the 'Share A Shake' videos on the Herbalife YouTube channel for more inspiration and guidance on how to make them.





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# 5-A-DAY FAVOURITES

Reaching the recommended 5 fruit and vegetables a day has never been easier. By disguising them in each delicious recipe, these shakes are an easy way to cram more nutrients into your diet. Get blending!

## • VEGGIE LOVE •

### INGREDIENTS

- 250ml Semi-Skimmed Milk
- 50g Spinach
- ½ Avocado
- ½ Vanilla Pod (split, seeds scraped out)
- 2 Scoops (26g) Herbalife Formula 1 Cookies & Cream

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
22g	1409	26g	17g	10.5g



HIGH IN FIBRE

## • GREEN DELIGHT •

### INGREDIENTS

- 250ml Semi-Skimmed Milk
- 1 Medium Kiwi (peeled)
- 2 Slices of Pineapple
- 4 Spinach Leaves
- 2 Scoops (26g) Herbalife Formula 1 Vanilla

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
21.3g	1868	77g	8g	8g



## • BANANA PUMPKIN •

### INGREDIENTS:

- 250ml Semi-Skimmed Milk
- 100 g Pumpkin (boiled)
- 1 Small Banana
- 1 Teaspoon of Cinnamon
- 2 Scoops (26g) Herbalife Formula 1 Vanilla

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
19g	1463	49g	7.5g	6.2g



## • SHAKE SURPRISE •

### INGREDIENTS:

- 250ml Semi-Skimmed Milk
- 2 Tablespoons Soft Goat Cheese
- 6 Spinach Leaves
- 1 Tablespoon Pine Nuts
- 6 Mint Leaves
- 2 Scoops (26g) Herbalife Formula 1 Vanilla

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
27g	1672	23g	22g	3.4g



HIGH IN PROTEIN

## FEELING CREATIVE? SHOW US YOUR SHAKES!

Post a photo of your creation on social media – and don't forget **#Herbalife** and **#ShareAShake**!





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# GUILT-FREE INDULGENCE

Finally, a healthy way to enjoy your favourite dessert flavours! Get out your blender and whip up the creamy, nutrient-packed shakes below – your taste buds will thank you for it.

## • APPLE PIE •

### INGREDIENTS:

- 250ml Semi-Skimmed Milk
- 1 Small Green Apple (peeled)
- 1 Teaspoon Cinnamon
- 1 Teaspoon Desiccated Coconut
- 2 Cloves
- 2 Scoops (26g) Herbalife Formula 1 Vanilla

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
19g	1459	44g	10g	7.8g

HIGH IN FIBRE

## • CARROT CAKE •

### INGREDIENTS:

- 250ml Soy Milk
- 1/8 Avocado (sliced)
- 2 Tablespoons Carrot (grated)
- 2 Scoops (26g) Herbalife Formula 1 Free From

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
17g	932	18g	10g	5g

FREE FROM LACTOSE AND GLUTEN

## • CHOC-ORANGE & PEANUT BUTTER •

### INGREDIENTS:

- 250ml Semi-Skimmed Milk
- 1 Tablespoon Peanut Butter
- 1 Teaspoon Orange Zest
- 3 Drops of Lime
- 2 Scoops (26g) Herbalife Formula 1 Chocolate

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
22g	1296	26g	13g	3.3g

## • CHERRY RICOTTA •

### INGREDIENTS:

- 250ml Semi-Skimmed Milk
- 1/2 Cup (75g) Frozen Cherries
- 1/3 Cup (80g) Non-Fat Ricotta Cheese
- 2 Scoops (26g) Herbalife Formula 1 Vanilla

### NUTRITIONAL VALUES:

Protein	kJ	Carbs	Fat	Fibre
26g	1296	43g	4g	6.25g

To keep you coming back for more and your motivation high, try out the recipes shared here, then get creative and whip up your own! The options are endless – simply pick a Herbalife Formula 1 flavour and blend with your choice of fruits or vegetables for a tasty shake, made exactly as you like it.