

# Herbielicious Recipes.....



What Shall I Have Today??



Chocolate? Berry? Vanilla? Cookies 'n' Cream?

# Scrumptious Herbalife Shakes

## Tips

\* 2-6 ice cubes added to any recipe will give you a thicker, frostier shake. Ice cubes are optional.

\*Can use fresh, tin, dried or frozen Fruit.

\* If using carbonated liquids, they should be added after the other ingredients are blended to maintain carbonation.

\*Don't be afraid to experiment — have fun!!

\* Create your own recipes

\*Substitute any of the liquids for soya milk, almond milk, coconut milk, rice milk, water, juice etc

\* With the recipes on the following pages, if you find that for some reason you don't like one of the recipes with say chocolate, that's find just use vanilla or Berry with that recipe, if you don't like strawberries or they're out of season, use fruits that are in season that you like.

\*Not all food snack recipes are for everyday weight loss plan but more of the occasional treats, maintenance and/or alternative snacks.

## **Herbalife Power Fruit Punch**

Tin Fruit Salad

Herbalife Peach Fat Burning Instant beverage

Herbalife "Lift Off"

Fresh Lime & Mint

1/3 Tropical Juice

1/3 Dry Ginger Ale

1/3 Soda

Ice..... WOW

## **Herbalife Punch**

4 x heaped teaspoons of Instant Herbal Beverage

100mls lime juice

1.5 still or spring water

4 x lift off

Ice, fresh mint and sliced citrus as needed.

Add some frozen berries to the bowl for a nice touch

Makes about 2Litres

# Chocolate

## Basic Shake

2 scoop Chocolate Shake  
250ml soya milk

## Cappuccino Shake

2 scoops  
125 ml soya milk  
125 ml vanilla frozen yoghurt  
1 tbsp Instant decaf coffee

## Raspberry Razzmataz

Formula 1 Dutch chocolate  
250ml unsweetened juice or water  
1/3 cup raspberries  
1/2 banana

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1/2 banana

## Super Malt Shake

2 level dessertspoons  
Chocolate Shake  
Non calorie sweetener (optional)  
6 ice cubes  
1 teaspoon malt

## Extra Chocolaty Shake

2 level dessertspoons  
Chocolate Shake  
250ml soya milk  
1 teaspoon cocoa  
 $\frac{1}{4}$  teaspoon vanilla extract  
1 teaspoon coffee (optional)  
ice cubes

## Exotic

Formula 1 Dutch chocolate  
170g pineapple yoghurt

## Mocha Shake

Formula 1 Dutch chocolate  
250ml soya milk  
1 tsp Instant decaf coffee  
1/2 banana

## Double Choc Malt Warm Breaky Shakes

28g dutch chocolate shakemix  
2 teaspoons malted milk powder  
100mls choc almond milk  
stir well then as stirring pour in slightly cooled boiled water then enjoy

## Rocky Road Shake

2 spoons Chocolate Shake  
250ml soya milk  
 $\frac{1}{2}$  banana  
 $\frac{1}{4}$  teaspoon vanilla extract  
 $\frac{1}{4}$  teaspoon coconut extract  
 $\frac{1}{4}$  teaspoon orange extract  
ice cubes

## Black Forrest Shake

2 level dessertspoons  
Chocolate Shake  
250ml soya milk  
 $\frac{1}{2}$  teaspoon black walnut extract

## Chocolate Bounty

Formula 1 Dutch chocolate  
170g Hazelnut yoghurt  
Dash Coconut Essence  
50ml soya milk  
Serve With Vanilla Almond Protein Bar

## Mark's Chocolate

**Masterpiece**  
Formula 1 Dutch chocolate  
250ml soya milk  
1 cup black cherries

## Snickers on the Rock

Formula 1 Dutch chocolate  
250ml soya milk or water  
1 tsp Cocoa  
1 tsp Low fat peanut butter

## Peppermint Chocolate

Formula 1 Dutch chocolate  
6 oz soya milk  
2 oz vanilla soy ice cream  
 $\frac{1}{4}$  tsp Peppermint Essence

## Chocolate Mint

Formula 1 Dutch chocolate  
200ml soya milk  
50ml Aloe Conc  
Mint Essence

## Double Chocolate Fudge Frosty

2 spoons Chocolate Shake  
4 oz chocolate fudge soda  
 $\frac{1}{2}$  cup crushed ice

## Choconana Shake

Formula 1 Dutch chocolate  
1 banana  
250ml soya milk

## Extra Chocolatey Shake

Formula 1 Dutch chocolate  
250ml soya milk  
 $\frac{1}{4}$  tsp Vanilla Essence  
 $\frac{1}{4}$  tsp Chocolate syrup  
1 tsp Hershey's cocoa

## Mounds Chocolate Drink

Formula 1 Dutch chocolate  
250ml soya milk or water  
 $\frac{1}{4}$  tsp Coconut Essence  
 $\frac{1}{4}$  tsp Vanilla Essence

## Cherry Ripe

Chocolate Lovers  
Frozen/Tin Cherries  
Dark Choc Cooking Bits  
Grape Juice  
Choc VitaSoy  
Formula 1 Chocolate Protein Powder  
Lots of Ice

## Mocha Shake

2 spoons Chocolate Shake  
250ml soya milk  
 $\frac{1}{2}$  teaspoon decaffeinated coffee

## Peach Milk Shake

Formula 1 French Vanilla  
250ml soya milk  
1 tsp Brandy Essence  
1 peach

### **Tropical Chocolate**

1/2 scoop of Chocolate F1  
1/2 scoop of Tropical F1  
1 scoop of Protein Powder  
300ml of Chocolate soymilk  
1/2 Banana  
Vanilla Essence

### **Mocha Hazelnut**

Shot Coffee (Robert Timms Bags)  
Tablespoon Hazelnuts  
Choc VitaSoy  
Formula 1 Chocolate  
Protein Powder  
Lots of Ice

### **Choco Nutella**

2 scoops of Chocolate F1  
250ml of Almond milk,  
1/2 a banana,  
2 strawberries,  
1 tsp of peanut butter,  
1 tsp of Nutella  
Ice

### **Naughty but Nice**

2 scoops Dutch Chocolate F1  
250ml Soya or Almond Milk  
1 small Frozen Banana  
1 tbspn Cocoa Coconut Butter  
Ice

### **Chocolate Cream**

2 scoops Chocolate F1  
200ml chocolate soy milk  
2 tbspn Greek yoghurt  
Ice

## **VANILLA**

### **Aloha-Banana**

Vanilla F1  
Protein Powder  
Banana  
1/4 C Lite Coconut Milk  
Cinnamon + Nutmeg  
Lite Soya  
Lots of Ice

### **Raspberry Delight**

1/2 Cup Raspberry  
Lite Soya  
Formula 1 Vanilla  
Formula 1 Berry  
Protein Powder  
Lots of Ice

### **Apricot Shake**

Formula 1 French Vanilla  
170g apricot yoghurt  
250ml soya milk

### **Coconut Lychee Banana**

Tin Lychees +juice  
Banana  
C Lite Coconut Milk  
Cinnamon + Nutmeg  
Lite Soya  
Formula 1 Vanilla  
Protein Powder  
Lots of Ice

### **Apricot Shake**

Formula 1 French Vanilla  
170g apricot yoghurt  
250ml soya milk

### **Light Banana Shake**

Formula 1 French Vanilla  
250ml soya milk  
1/2 banana

### **Bananaberry Shake**

Formula 1 French  
Vanilla/Wildberry  
250ml soya milk  
1/2 banana  
1/4 cup fresh or frozen  
blueberries/strawberries

### **Banana - Choc Shake**

1scoop Vanilla F1  
1 scoop Dutch Chocolate F1  
250ml Soya or Almond Milk  
1/2 Frozen Banana  
Dash of Honey  
Ice

### **Delicatessen Shake**

Formula 1 French Vanilla  
170g lemon yoghurt  
250ml soya milk

### **Aloha Delight Shake**

Formula 1 French Vanilla  
250ml soya milk  
1/2 tsp Coconut Essence  
1/2 tsp Pineapple Essence  
1 tbsp Orange juice

### **Blueberry Shake**

Formula 1 French Vanilla  
125 ml soya milk  
1/4 cup blueberries (fresh)  
170g light peach yoghurt

### **Peach Milk Shake**

Formula 1 French Vanilla  
250ml soya milk  
1 tsp Brandy Essence  
1 peach

### **Vanilla Egg Nog Shake**

Formula 1 French Vanilla  
250ml soya milk  
1 tbsp Honey  
1/4 tsp Vanilla Essence  
1/8 tsp Nutmeg

### **Banana Fruit Shake**

Formula 1 French Vanilla  
125 ml soya yoghurt  
125 ml water  
1/2 cup frozen peach slices  
1/2 medium banana

### **Strawberry Banana Shake**

Formula 1 French Vanilla  
1/2 cup soya milk  
1/2 cup apple juice  
4 strawberries  
1/2 banana

### **Apple Shake**

Formula 1 French Vanilla  
250ml apple juice  
1/8 tsp cinnamon

**Pina Colada Shake**

Formula 1 French Vanilla  
 200ml soya milk  
 1/4 cup fresh pineapple  
 1 tsp Coconut Essence  
 1 tsp Rum Essence  
 50ml herbal aloe juice

**Pina Colada 2**

2 scoops French Vanilla Shake  
 250ml coconut Milk  
 2 tbspn crushed pineapple  
 Ice

**Apple Pie Shake**

Formula 1 French Vanilla  
 250ml soya milk  
 $\frac{1}{2}$  cup apple  
 $\frac{1}{2}$  tsp Cinnamon  
 Dash of Nutmeg

**Ban-Apple Pie**

2 Scoops French Vanilla Shake  
 250ml Almond Milk or Soya Milk  
 1/3 Frozen Banana  
 1/3 Frozen Apple  
 Pinch of Cinnamon  
 Pinch of Nutmeg  
 Lots of ice

**Tropicana**

2 scoops Vanilla F1  
 170g coconut yoghurt  
 250ml soya milk

**Orange Frost**

Formula 1 French Vanilla  
 125 ml soya milk  
 125 ml orange juice  
 1 tsp vanilla Essence

**Orangesicle**

Formula 1 French Vanilla  
 $\frac{3}{4}$  cup orange juice  
 $\frac{1}{4}$  cup soya milk

**Italian Soda Shake**

Formula 1 French Vanilla  
 50ml lite orange juice  
 50ml soda water  
 50ml soya milk  
 2 tbspn Herbal aloe juice

**Papaya-Raspberry Shake**

Formula 1 French Vanilla  
 $\frac{1}{2}$  cup fruit juice or water  
 1/2 frozen banana, peeled  
 $\frac{1}{2}$  cup fresh pineapple  
 10-12 raspberries

**Black & Blue**

Formula 1 French Vanilla  
 $\frac{1}{2}$  cup apple juice  
 $\frac{1}{4}$  cup blueberries  
 $\frac{1}{4}$  cup blackberries  
 $\frac{1}{2}$  banana  
 1/3 cup raspberry sherbet

**Pine-Orange-Banana**

Formula 1 French Vanilla  
 125 ml Pine-Orange-Banana juice  
 Small pot "lite" peach yoghurt, frozen  
 1/2 banana

**Vanilla Rhubarb**

Formula 1 French Vanilla  
 250ml Vanilla Soya milk  
 1/4 to 1/2 cup of Rhubarb  
 Adjust to suit your taste.

**Cheesecake shake**

3 scoops vanilla F1  
 1x scoop protein powder  
 1x satchel lemon lime lift off  
 2x handfuls ice  
 350mls water blitz like crazy!!!

**Passion Pop**

2 scoops Vanilla F1  
 150ml Orange Juice  
 100ml Water  
 1 Scoop Greek Yoghurt  
 2 tspn Passionfruit Pulp  
 $\frac{1}{2}$  Frozen Banana  
 Ice

**Pink Peach**

2 scoops Vanilla Shake  
 200ml Almond or Soya Milk  
 Handful Raspberries  
 Ice

**Passionate Peach**

2 scoop Vanilla Shake  
 200ml Cold Water  
 1 Lemon Lime "Liftoff"  
 1 Passionfruit  
 $\frac{1}{2}$  tspn Peach Tea  
 Ice

**Peaches & Dreams**

Formula 1 French Vanilla  
 250ml apple cider  
 3-5 slices of peach  
 4 large strawberries  
 1/2 banana  
 1/8 tsp cinnamon

**Apple -Coconut**

Formula 1 French Vanilla  
 $\frac{1}{4}$  cup apple juice  
 1 tbsp coconut milk  
 $\frac{1}{2}$  banana  
 $\frac{1}{4}$  tsp ginger

**Banana Berry Smoothie**

Formula 1 French Vanilla  
 250ml berry flavoured yoghurt  
 1 med. banana  
 $\frac{1}{2}$  cup water

**Arctic Forest (2 servings)**

2 servings French Vanilla  
 $\frac{1}{2}$  cup soya milk  
 1 peach, frozen  
 10 blueberries, frozen  
 $\frac{1}{2}$  tbsp crushed pecan  
 $\frac{1}{4}$  tsp Vanilla Essence  
 1 cup light vanilla frozen yoghurt

**Green for Two (2 servings)**

2 servings French Vanilla  
 1 kiwi fruit  
 1 banana  
 3 tbspn Crushed pineapple  
 2 tbspn herbal aloe juice  
 500ml soya milk / lite orange / kiwi juice

**Alexander's Orange****Dreamslicle**

Formula 1 French Vanilla  
250ml orange juice

**Strawberry-Pineapple Paradise**

(2 servings)  
2 servings French Vanilla  
 $\frac{1}{2}$  cup whole strawberries  
1 cup pineapple juice  
 $\frac{1}{2}$  cup orange juice  
 $\frac{1}{2}$  cup low fat vanilla frozen yoghurt

**Strawberry Banana Smoothie**

Formula 1 French Vanilla  
1/2 banana  
1/2 cup frozen strawberries  
1  $\frac{1}{2}$  cup orange juice

**Pineapple Berry Crash**  
(2 servings)

2 servings French Vanilla  
1 cup orange juice  
 $\frac{1}{4}$  cup pineapple juice  
2 pineapple rings  
6 fresh strawberries  
12-15 frozen raspberries  
8-10 frozen boysenberries  
12-15 frozen blueberries  
125ml soy yoghurt -any flavour

**Blueberry Orange Smoothie**

Formula 1 French Vanilla  
 $\frac{1}{2}$  cup blueberries  
 $\frac{1}{2}$  cup vanilla soy yoghurt  
 $\frac{1}{4}$  cup orange juice  
 $\frac{1}{4}$  cup soya milk  
1 tsp vanilla Essence

**Nectarine Cooler**

4 oz Nectarine Slices  
2 oz Cranberry Juice  
2 oz Herbal Aloe Juice  
2 level dessertspoons Vanilla Shake & Ice  
Mix in blender and enjoy!

**Hawaiian Smoothie**

(2 servings)  
2 servings French Vanilla  
1 banana  
1 cup frozen strawberries  
1 cup orange juice  
 $\frac{1}{2}$  cup orange sherbet  
coconut shavings

**Alexander's Orange Dreamslicle**

Formula 1 French Vanilla  
250ml orange juice

**Mega-a-Citrus Rush**

Formula 1 French Vanilla  
 $\frac{1}{2}$  cup diced pineapple  
 $\frac{1}{2}$  cup diced rockmelon / honeydew melon  
 $\frac{1}{2}$  cup fresh orange juice  
 $\frac{1}{2}$  cup carrot juice  
Pinch of nutmeg

**Apricot-Nectarine**

Formula 1 French Vanilla  
125 ml diet lemonade  
170g light (reduced sugar-fat free)  
peach yoghurt, frozen  
 $\frac{1}{2}$  apricot  
 $\frac{1}{2}$  nectarine

**Yoghurt Smoothie**

Formula 1 French Vanilla  
5 HUGE tbsp soy yoghurt  
 $\frac{1}{2}$  cup frozen fruit  
1/2 banana  
1 tbsp honey

**Tangy Summer Blend**

Formula 1 French vanilla  
 $\frac{1}{2}$  cup dole pine-orange juice  
 $\frac{1}{2}$  cup diet lemonade  
1 nectarine  
170g light peach yoghurt

**Nectarine delight**

2 spoons Vanilla F1  
150ml Pineapple Juice  
150ml Water  
2-4 spoons Nectarine yoghurt  
Ice if desired.

**Strawberry Shake**

Formula 1 French Vanilla  
125 ml diet lemonade  
170g light strawberry frozen yoghurt  
5 large strawberries  
2 servings French Vanilla  
1 medium banana  
1 ripe peach (peeled, halved, pitted, & diced)  
1 cup raspberries  
1  $\frac{1}{2}$  cup orange juice

**Five Fruit Crush (2 servings)**

2 servings French Vanilla  
 $\frac{3}{4}$  cup sliced ripe banana  
 $\frac{1}{2}$  cup chopped mango  
1 cup whole strawberries  
 $\frac{3}{4}$  cup pineapple juice  
 $\frac{1}{2}$  cup orange juice

**Crazy Addiction**

Formula 1 French Vanilla  
 $\frac{1}{2}$  banana  
 $\frac{1}{2}$  cup crushed pineapple  
 $\frac{1}{2}$  cup soya yoghurt  
1 tbsp honey  
Dash of coconut Essence

**Vanilla Coffee**

2 scoops Vanilla F1  
200ml Almond or Soy Milk  
 $\frac{1}{2}$  tspn Instant Coffee  
Ice

**Mango Mania**

2 scoops Vanilla F1  
150ml Water  
100ml Mango Nectar  
 $\frac{1}{2}$  Frozen Banana  
1 Mango Cheek  
Ice

**Banana Muesli**

2 scoop Vanilla F1  
200ml Almond or Soya Milk  
1 tbspn Greek Vanilla Yoghurt  
1 Frozen Banana  
2 tbspn Rolled Oats  
Dash of Honey & Cinnamon

### **Vanilla Tingle**

2 scoop Vanilla F1  
250ml Soya Milk  
2 Strawberries  
½ Frozen Banana  
½ Passionfruit  
Ice

### **Mango Tango**

2 scoops Vanilla F1  
Tin Mango/Peaches  
Frozen Banana  
1/2 Orange/Mango Juice  
1/2 Lite Soya  
Protein Powder  
Lots of Ice

### **Chai Tea Latte Smoothie**

2 scoops Vanilla Shake  
1 scoop Protein Powder  
250ml Soya Milk  
½ Frozen Banana  
3 tbspn liquid ice tea  
Dash of cinnamon  
Dash of ginger, clove & Black  
Pepper (to taste)  
Ice

### **Pear Shake**

2 scoops Vanilla F1  
1-2 scoops Protein Powder  
1 Frozen Pear  
250ml Soya Milk  
Dash of Almond extract  
Dash of Cinnamon  
Ice

### **Tropical Treat**

2 spoons Vanilla F1  
100ml Soya milk  
100ml Orange juice  
50ml Aloe Conc  
½ ripe banana  
1/8 teaspoon Strawberry  
extract  
1/8 teaspoon Pineapple  
extract  
1/8 teaspoon Coconut extract  
2 Ice cubes

### **Melon Treat**

2 spoons Vanilla F1  
1 cup diced rockmelon  
1 cup diced watermelon  
50ml Aloe Conc  
Ice

### **Honey Shake**

2 level Vanilla Shake  
260ml Soya milk  
1 Banana  
2 dessertspoons Plain Yoghurt  
1 teaspoon honey  
Ice

### **Lemon Cheesecake**

2 scoops Vanilla F1  
Juice from 1 & ½ Lemon  
Lots of Ice  
Water  
Slow blend for 2 mins

## **BERRY**

### **Fruit Juicy Shake**

Formula 1 Wild Berry  
250ml unsweetened juice  
4-5 fresh strawberries  
1/2 banana

### **Kapalua Crush**

Formula 1 Wild Berry  
2 caps herbal aloe juice  
2 tbspn Crushed pineapple  
1 tbspn Coconut milk  
4 fl oz orange juice

### **Suzan's Strawberry Sensation**

Formula 1 Wild Berry  
250ml unsweetened juice  
1/4 cup fresh strawberries  
1/4 fresh apricot

### **Tropical Delight**

Watermelon + Lychee  
Tropical Juice  
Splash of Soya  
Formula 1 Berry  
Protein Powder  
Lots of Ice

### **Ying Yang Yum**

Formula 1 Vanilla / Berry  
125ml Freshly Squeezed  
Orange Juice  
125ml Freshly Squeezed  
Grapefruit Juice  
Freshly Grated Ginger  
Ice Cubes

### **Caramello Shake**

Dutch Chocolate / Vanilla F1  
250ml Caramel So Good Soy  
Milk  
2 TBL Protein Powder  
Crushed Ice

### **Sensation Shake**

Formula 1 Wild Berry  
250ml orange juice  
1/2 banana

### **Fruit Fizz (2 servings)**

2 servings Wild Berry  
250ml unsweetened orange  
juice  
1/2 banana  
4 tbspn Strawberry yogurt  
125-150ml diet Lemonade

### **Strawberry Fizz**

Formula 1 Wild Berry  
250ml diet Lemonade  
4 strawberries  
1/2 banana

### **Divine Inspiration**

Formula 1 Berry  
1/3 cup chilled crushed  
pineapple  
125 ml unsweetened fresh  
orange juice  
100 ml water  
Ice Cubes

### **Watermelon Shake**

2 level spoons Berry Shake  
1 cup diced rockmelon  
ice cubes  
1 cup diced watermelon

### **Fruit Slush**

2 spoons Berry Shake  
ice cubes  
6 oz apricot nectar  
 $\frac{1}{4}$  banana

### **Passionfruit Bliss**

2 spoons Berry Shake  
1 passionfruit  
8 oz unsweetened orange juice  
ice cubes

### **Raspberry Lemonade shake**

$\frac{3}{4}$  of a cup frozen raspberries  
Juice from half a small lemon  
2 capfuls of Aloe conc  
200mls water  
 $\frac{1}{2}$  a cup of ice  
2 scoops Berry Formula 1  
2 scoops of Protein powder

### **Capallua Crush**

2 level dessertspoons Berry Shake  
2 dessertspoons crushed pineapple  
1 dessertspoon coconut milk  
130ml orange juice

### **Fruit Slush**

1 spoon Vanilla shake  
1 spoon Berry shake  
220ml Apricot Nectar  
60ml Herbal Aloe Juice  
1 Frozen Banana

### **Kiwi Quencher**

2 spoons Berry Shake  
8 oz water  
1 fresh ripe Kiwi Fruit  
 $\frac{1}{2}$  banana  
ice cubes

### **Tropical Fruit Delight**

2 scoops Berry F1  
15ml Pineapple juice  
150ml Orange juice  
 $\frac{1}{4}$  or  $\frac{1}{2}$  frozen banana  
Ice

### **Berry Aloe**

2 scoops Berry F1  
 $\frac{1}{2}$  cup Frozen Berries  
100ml Orange Juice  
100ml Aloe Concentrate  
1 Orange "Liftoff"  
1 Mango Cheek  
Ice

### **Grapefruit Delight**

1 scoop Berry F1  
1 scoop Vanilla F1  
150ml Grapefruit Juice  
100ml Water  
Ice

### **Berry-Nut**

2 scoop Berry F1  
Handful Frozen Mixed Berries  
100ml Orange Juice  
100ml Water  
1tbspn Desiccated Coconut

### **Tropical Berry Delight**

2 scoop Berry F1  
100ml Orange Juice  
 $\frac{1}{2}$  cup of Mango Puree  
Juice from 1 Lemon  
1 Banana  
Ice

### **Tooty Fruity**

2 scoops Berry  
1 slice Watermelon  
 $\frac{1}{2}$  Cup mixed Berries  
200ml Light Cranberry Juice  
50ml Water  
Ice

### **Cherry Ripe**

Berry F1  
Vanilla F1  
frozen strawberries,  
greek yoghurt,  
soy, coconut  
protein powder  
sugar free chocolate drinking  
mix  
Ice

### **Berry-Pineapple Shake**

2 spoons Berry F1  
125ml Pineapple juice  
125ml soya milk  
Ice

## **COOKIE "N"CREAM**

### **Cookie and Carmel**

2 Spoons C'n'C Formula 1  
1 spoon Protein Powder  
250mls of vanilla soya milk  
 $\frac{1}{2}$  Banana  
Dash of Caramel essence  
Blend.... With ice if desired.

### **Cookie Apple Pie**

2 spoon C'n'C F1  
1 spoon Protein powder  
250ml soya milk  
Strewed apples  
Cinnamon  
Blend together

### **Cookie Chocolate**

2 spoons C'n'C F1  
1 Protein Powder  
250ml chocolate soya milk  
 $\frac{1}{2}$  Banana  
Ice if desired.

### **Strewberry**

2 spoons C'n'C F1  
1 spoon Berry F1  
250ml soya milk or water  
Ice and blend

### **Cookie White dream**

2 spoons C'n'C F1  
1 spoon vanilla F1  
125ml water  
Top upto 250-300 with ice  
Blend

### **Cookie Banana Apple Pie**

2 scoops C'n'C F1  
200mls Soya or Almond Milk  
1/3 Frozen Banana  
1/3 Frozen Apple  
Pinch of Cinnamon  
Pinch of Nutmeg  
Ice

### **Smurf Smoothie**

2 scoops C'n'C F1  
Handful of Blueberries  
250ml Water  
Ice

### **Brainstorm**

2 scoops C'n'C F1  
250ml Almond or Soya Milk  
1 tbspn Chia Seeds  
 $\frac{1}{4}$  cup Desiccated coconut

### **Sweet Tooth**

2 scoops C'n'C F1  
Handful mixed Berries  
250ml Apple Mango Juice  
1 slice Watermelon Diced  
Ice  
Morning Delight  
2 scoops C'n'C F1  
200ml Orange Juice  
Handful Mixed Berries  
1 tbspn Greek Vanilla Yoghurt  
Ice

### **Banana Berry**

2 scoops C'n'C F1  
200ml Almond or Soya Milk  
1 Frozen Berries  
Pinch of Nutmeg  
Pinch of Cinnamon  
Ice

### **Blue Juice**

2 scoops C'n'C F1  
Blueberries  
250ml Orange Juice  
Ice

### **Creamy Cookie**

2 scoops C'n'C F1  
250ml Soya Milk  
1 tbspn Greek Yoghurt  
Ice

### **Cookie Dough**

2 scoop C'n'C F1  
250ml Light Soya Milk  
1 tbspn Peanut Butter  
1 Frozen Banana  
Ice

### **Honey Shake**

2 level C'n'C Shake  
260ml Soya milk  
1 Banana  
2 dessertspoons Plain Yoghurt  
1 teaspoon honey  
Ice

### **Marshmallow**

1 Spoon C'n'C F1  
1 Spoon Berry F1  
1 Spoon Vanilla F1  
150ml Water  
Lots of Ice to thicken

## **Veggie Shakes**

### **Spinach Shake**

3 Scoop Vanilla Shake  
80mls apple juice,  
250mls water,  
big handful of baby spinach  
big handful of ice

### **Spinach Smoothie**

2 scoop C'n'C F1  
1 scoop Protein Powder  
Spinach  
1 Banana  
1 Pear (canned)  
4 tbspn Pear Juice  
Ice

### **Spinach Shake**

2 scoops Cookie n Cream  
7/8 spinach leaves,  
some silver beet,  
1/2 banana,  
Water

### **Carrot Shake**

Formula 1 French vanilla  
1 cup carrot juice  
 $\frac{1}{2}$  cup apple juice

### **Kale Shake**

2 Scoops Berry F1  
Kale  
Cucumber  
Strawberries  
Watermelon  
Coconut Water  
Ice

### **Kale, Pineapple, & Almond-Milk Shake**

2 scoops F1 Shake  
1-2 scoops Protein  
1 cup almond milk  
1 cup packed chopped kale  
1/2 cup pineapple juice  
1/2 cup diced pineapple  
1 banana

### **Carrot-A-Licious**

2 scoops vanilla F1  
1 scoop Protein powder  
2 Carrots  
1 Orange (peeled)  
1/2 c of Apple juice  
1/2 c of ice water  
1 to 2 capfuls of Herbalife  
Aloe Concentrate

### **Broccoli Shake**

3 heaped spoon Vanilla F1  
2 heaped Protein Powder  
Small head of Broccoli (floret)  
Sliced carrot  
Frozen cube of Spinach  
 $\frac{1}{2}$  Banana  
Frozen Berries  
LSA  
Chia Seeds  
Water  
Ice - optional

### **Chocolate Cabbage Latte**

2 Scoop Chocolate F1  
100g cooked Cabbage  
1 cup soymilk (warm)  
1 tablespoon Honey  
Mix cook cabbage, milk  
Honey in blender then  
Mix Choc F1 in.

### **Pumpkin Banana Smoothie**

2 scoops Vanilla F1  
1 scoop Protein Powder  
250ml Soya Milk  
 $\frac{1}{4}$  cup cooked pumpkin  
 $\frac{1}{2}$  Banana  
A few drops of Vanilla Essence  
Ice

### **Carrot Cake Shake**

2 scoops Vanilla F1  
1 scoop Protein Powder  
1 Medium Carrot  
25gm Raisins  
1 small crystallized ginger  
100ml Orange Juice  
100ml Water

### **Broccoli & Zucchini Shake**

1 heap spoon Vanilla or CC F1  
1 heap soon Protein Powder  
Broccoli  
Zucchini  
Carrot  
Banana  
handful of mixed blue berries,  
water  
plenty of ice

### **Minty Shake**

1 or 2 CC F1  
1or 2 Protein Powder  
fresh mint leaves  
spinach leaves  
silverbeet  
banana  
broccoli  
Water & Ice

### **Immune System**

2 scoop Vanilla F1  
1 scoop Protein Powder  
Aloe Concentrate  
Green Apple  
Avocado  
Celery  
Spinach & Rocket  
Pear  
Water & Ice

## **OTHERS**

### **Herbal All-Bran Shake**

2 dsp All-Bran Cereal  
2 dsp non fat dry milk  
1 pkg non calorie sweetener  
2 level Formula 1  
 $\frac{1}{4}$  cup lukewarm water  
Mix ingredients then stir in  
the water.

### **Barbara Jelly Drink**

2 scoops F1  
1 cup warm water  
1 teaspoon sugar free jelly  
2 oz Herbal Aloe Juice  
Blend jelly and water. Add  
shake and Aloe juice when  
jelly mix is about room temp.

### **Almond Angel**

2 scoops F1  
250ml soya milk  
1/8 teaspoon almond flavour  
15 semi-sweet chocolate chips  
5-6 ice cubes  
Non-calorie sweetener

### **Banana Nut Scrumptious**

2 scoops F 1  
250ml Soya Milk  
 $\frac{1}{2}$  large banana  
1 pkg non-calorie sweetener  
5-6 ice cubes  
1 teaspoon wheat germ  
Blend first 5 ingredients in  
blender until  
frothy, then add wheat germ  
and blend 2  
more seconds.

### **Island Tropic Surprise**

2 scoops F1  
150ml Pineapple juice  
150ml Apple juice  
 $\frac{1}{4}$  or  $\frac{1}{2}$  frozen banana

### **Cuban Delight**

2 scoops F1  
250ml soya milk  
 $\frac{1}{2}$  cup puffed wheat cereal  
Ice

### **Egg Nog Drink**

2 scoops F1  
250ml soya milk  
50ml Herbal Aloe Juice  
 $\frac{1}{2}$  teaspoon brandy extract  
Dash of cinnamon  
Nutmeg (to taste)

### **Strawberry Herbal Aloe Shake**

2 scoop F1  
6 frozen or fresh  
Strawberries  
50ml Herbal Aloe Juice  
Diet Sprite or 7-Up  
Ice  
Mix in blender and enjoy!

### **Ice Cream Delight in a Glass**

2 scoops F1  
250ml soya milk  
1 teaspoon Vanilla extract  
1 teaspoon Lemon extract  
Ice  
Mix in blender until smooth &  
creamy.

### **Carob-Banana Bash**

$\frac{3}{4}$  cup warm water (boil then  
let cool)  
1/3 cup non fat powdered milk  
 $\frac{1}{2}$  small banana  
1 teaspoon Carob powder  
2 level dessertspoons Formula  
1 Shake  
Combine all ingredients in  
blender and  
process until smooth.

### **Prune Whip**

2 scoop F1  
250ml Prune Juice  
50ml Herbal Aloe Juice

### **Guava-Papaya Drink**

2 scoops F1  
150ml Guava juice  
150ml Papaya juice  
Ice

# Herbalife Nutritious Nibbles

(Please note: Some of these are intended for occasional treats, and not for everyday weight loss snack)

F1 = Herbalife Formula One Shake Mix

## Overnight Bircher (Michelle Sharpe)

Bircher Muesli 1/3 cup Raw Oats  
 2 scoops French Vanilla Shake Tablespoon of your choice mixed dried fruit  
 1/4 cup natural yoghurt or Coconut yoghurt 1 Teaspoon Cinnamon  
 1/2 cup Almond Milk  
 Mix well and leave overnight in fridge and enjoy next day!



## Overnight Delight Healthy Breakfast (Michelle Sharpe)

2 heap soon Cookie'n'Cream Shake 1 Banana  
 3/4 cup Raw Oats 1/2 cup Almond milk  
 1/4 cup water 2 tablespoon Blueberries  
 1 tablespoon Goji Berries 1 teaspoon Cinnamon

Mix banana, shake mix, oats and almond milk together, then add water blueberries, goji berries and cinnamon. Place into 2x mason jars refrigerate overnight in morning top with fresh strawberries and some coconut enjoy!!



## Herbalife Chia Bircher.

Soak over night in almond milk- 1 T Chia seeds, 1T Oatbran, 4 raw Almonds, sprinkle of frozen organic berries.

In the morning stir in 2T Vanilla F1, 1 scoop personalised protein. Top with 2T of LSA, 1 teaspoon Maca and Bee Pollen

## Homemade Herbie Chia Pots (Jess Mckean)

4 generous scoops of Vanilla F1  
 1 & 1 / 4 cup Coconut Milk  
 1 / 4 cup Chia Seeds.

Blend the F1 and coconut milk together then in a mixing bowl add in the chia seeds. Spoon into what you will be setting them in ( I make 4 pots with this recipe ). Refrigerate overnight then add yummy toppings



## Breakfast Muesli

(Measurement to suit)

Muesli Cookie & Cream F1  
 Protein Power Nuts  
 Sultans , Yogurt  
 Strawberries, Mandarin



## Yoghurt Snack

(Thea Read)

Greek Yoghurt Protein Powder  
 Berry or Vanilla F1 Walnuts  
 crushed Peanuts Sultanas  
 Dried Cranberries



### Herbie Porridge

Rolled oats,                   grated apple,  
couple of sultanas,       natural low fat yogurt,  
2 scoops Vanilla or Cookies & Cream Formula  
1- 2 scoops Protein Powder

Cook Rolled oats in water, put into a bowl and add in remainder of ingredients

### Salmon & Toast

2 level dessertspoons Vanilla shake  
4 dessertspoons Salmon Mousse.  
Mix and spread on hot toast or dry Biscuits

### Herbie Breakfast Protein Muffin

1 egg                               1 extra egg white  
2 scoops vanilla F1       1 scoop of protein powder  
A few Blueberries, raspberries and mango pieces  
Whisk together Cook in microwave for 2 minutes



### Quick Dish

1 Egg                               2 Eggs Whites  
2 scoops Vanilla F1       2 scoops Protein Powder  
1 small mashed ripe Banana   Sprinkle of chopped up Dates  
some Blueberries and Raspberries

Cook for 2 min 30 seconds in the microwave



### Mud Cake #1

1 Egg                               1 Egg White  
2 scoops Dutch Chocolate F1   1 scoop Protein Powder  
Couple crushed Almonds       Chop up some Dates and/or Cranberry  
Whisk together & Microwave 35sec

**Sauce:** 1 scoop choc F1, 1 tsp coco & choc soy milk, microwave for 10-15sec



### Mug Mud Cake #2

line a mug with Coconut Oil  
In a bowl put 1 Egg and put in Choc F1 Shake on top & mix  
1 tea spoon Salted Caramel  
Chuck in mug  
Microwave 60 seconds

### Mud Cake #3

1 Egg, 2 scoops of Chocolate F1 powder  
A sprinkle of chopped up Dates A sprinkle of slithered Almonds

Cook for 35 seconds in the microwave  
Then top with a little drizzle of maple syrup!!!

### Oat cakes (Lisa Maree & Brad Flynn)

1 cup of Rolled Oats Soya Milk  
3 spoons of Formula 1 (any flavour) 2 spoons of Protein Powder

In a bowl put the rolled oats, add soya milk enough to cover the oats and let them soak for about 30mins. After 30mins add in Formula and Protein, add a little more soya milk if required, should be a thick paste. Spoon a small amount into a frying pan, (just like piklets) cook slowly on a low heat, brown then flip over. Can be eaten warm or cold, topped with a little drizzly of honey and a thin slice of banana.

### Oat Cakes #2

1 cup quick Oats, 2 heaped spoons of desired F1 Shake mix  
2 heaped Protein Powder 2 egg whites  
Soya Milk

Enough soy milk to make wet pancake mix, Heat pan on low heat only, and cook slowly  
Add Banana / Berries to mixture or as a topping



### Pancakes

5 scoops F1 of your choice  $\frac{1}{2}$  cup LSA  
 $\frac{1}{2}$  cup Rolled Oats 2 Egg Whites  
2 tbsps Greek Yoghurt  $\frac{3}{4}$  cup unsweetened Almond or Soya Milk

Mix dry ingredients together, then add egg whites & yoghurt & mix. Add milk slowly until you reach the consistency you prefer. If required, add more milk. Cook in the frying pan on low-medium heat. Serve with Greek Yoghurt & mixed Berries.

### Pancakes #2

1 cup Chocolate Formula 1  $\frac{1}{2}$  cup self-rising Flour  
1 tbsps brown/raw Sugar 2 Eggs,  
Protein Powder as desired  $\frac{1}{2}$  cup Milk,  
water to required thicken mix

Mix all together cook on low-medium heat and serve with raspberries/blueberries

### Pancake #3

A few scoops of Vanilla F1 Almond Meal  
2 Eggs 1 Banana  
Sultanas (optional)

Mix all together cook on low-medium heat and they keep well for snacks though out the week.  
Serve with Fruit if desired

### Date n Nut Pancakes

- 4 dried dates
- 1 Herbie scoop macadamia nuts
- 1 Herbie scoop Dried cranberries
- 1 Herbie scoop flaked Coconut
- 1 Herbie scoop flaked Almonds
- (Food Process)
- 1 egg
- 3 Herbie scoops if Any type of Milk)
- 3 Herbie scoops of cookies n cream F1



Mix the first 5 items in a food processor, then mix in the remaining 3 items & cook on low - medium pan until cooked

### Herbie Pancakes Recipe (Alissa Garland)

- 1/2 cup gluten free self raising flour
  - 1 egg
  - 3/4 cup soy milk
  - 2 scoops cookies n cream Formula 1 (or any flavour)
  - 2 scoops Personalised Protein Powder
  - Optional: add a sprinkle of raspberries and/or some chopped up 'Herbie Chocolate' to the mixture
- Mix all together and spoon into medium heat pan.

### Bananaberry Coconut Pancake (Jo-Hanna Nettleton)

- 1 mashed banana
- 1 egg
- 1 scoop of berry shake mix
- 1 tsp of peach tea
- 1 tbsp of organic rice malt syrup
- 1 tbsp of organic coconut

Mix together and cook in organic virgin coconut oil and enjoy! Delicious!



### Basic Mini Shake Protein Balls

- 1 or 2 spoons of Protein Powder
  - 3 spoons of any flavour Formula 1
- Mix with small amount of water to make a paste.  
Then roll into mini balls and cover with coconut. (makes about 12 mini balls)  
(add a small amount of chopped up dried fruits if desired)

### Choc Coconut Balls

- 5 scoops Dutch Chocolate
- 55g LSA mix (Linseed, Sunflower & Almond Meal)
- 50g Shredded Coconut
- 4 tbspn Pure Honey
- 1 tbspn Vanilla extract
- 25g Desiccated Coconut (to cover the choc balls)

Mix all dry ingredients together & slowly add water until the texture is right for you.  
Roll a little bit of the mix into a small ball & then roll in desiccated coconut until covered.  
Repeat until mix is gone. Makes about 25.

### LSA Protein Balls

- Protein Powder,
- Nutella,
- Peanut butter,
- Honey,
- Slivered Almonds,
- Goji berries,
- Black Chia seeds,
- Flaxseed, Almond meal.
- Cranberries
- Rolled in LSA meal.
- Store in fridge/freezer.

### Bliss Protein Snack Balls

120gm raw Almonds                      120grams dried pitted Dates,  
1/4cup Goji berries,                      1/4 cup shredded Coconut.  
3 heaped tbspn Choc F1                      6-8 tablespoons Coconut oil.

Roll in teaspoon sized balls and roll each ball into extra coconut. Store in fridge/freezer.

### Chocolate Protein Balls

1 cup Oats                                      3 scoops Chocolate formula 1  
half cup dark choc chips                      half cup chopped dried fruit (your choice)  
3 scoops Hazelnut meal                      1 scoop low fat smooth Peanut butter  
1 scoop Hazelnut spread                      1 scoop Honey ( raw & soft )

Mix and gauge how dry it is slowly adding a nut milk ( for this I used hazelnut milk )  
I used half a cup then I rolled balls in more hazelnut meal. Made around 12-16 balls

### Crunch Butter Balls

1/2 cup Peanut Butter                      1/2 cup raw Honey  
1/2 cup Formula One shake                      1 cup fresh toasted Wheat Germ  
1 cup chopped roasted Peanuts                      1 cup chopped fresh Sunflower seeds

Mix, roll into balls and dust with coconut and/or finely chopped nuts.

### F1 Peanut Butter Balls (Amanda Meade)

1 Tbs organic Peanut Butter                      2 tsp organic honey  
1Tbs coconut Flour                      4 scoops Chocolate F1  
Combine, roll & freeze  
Melt 1 tbs coconut oil , 1/2 cup Cocoa nibs dunk, balls then refrigerator



### Nutty Protein Balls

1 cup dry roasted Almonds,                      1/2 cup Pistachio Nuts,  
1/4 Goji berries.                      1 1/2 cups of Pitted Dates (approx 30 dates)  
1/4 cup of natural Coconut,                      1/4 cup Chia Seeds,  
2 scoops of Vanilla or Chocolate F1                      1 scoop of Protein Powder  
3 table spoons Coconut Oil                      3 tablespoons of Organic Honey.

Blend Almonds, Pistachio & Goji Berries in a Food Processor until Fine. (put aside into a bowl)  
Blend Dates until broken up then add in previous blended mix. Add in Coconut, Chia Seeds, Formula One shake mix and Protein Powder until well combined.  
Lastly add in Coconut Oil and Honey, Mix until all combined.  
Roll into bite sized Balls. Store in fridge. Easy snack ready to go.

### Pumpkin & sunflower Protein Balls

2 scoops of chocolate F1                      2 scoops of protein powder  
1 cup rolled oats                      1 cup mix seeds, (pumpkin and sunflower seeds)  
1 table spoon of honey  
Little bit of water and mix it together and put it in the fridge to set

### **Cranberry and Ginger Jingle Balls** (Natasha De Jong)

- 1 cup of vanilla F1
- 1/2 cup of hazelnut meal
- 1 large handful of each apricots and cranberries finely diced (I use a food processor)
- 1/2 cup of desiccated coconut

Combine and set aside

In a cup combine

- 1/2 teaspoon of ginger
- 1/2 cup of melted coconut oil
- 1 teaspoon of vanilla paste
- 1 tablespoon of honey

Combine all ingredients

(add a little warm water if mixture is too dry).

Roll into balls then roll through desiccated coconut.

Refrigerate for about 30 mins and enjoy!



### **Chocolate and Pistachio Jingle Balls** (Natasha De Jong)

- 1 cup of chocolate F1
- 1/2 cup of almond meal
- 1/4 cup of pistachios finely diced (I use a food processor)
- 2 tablespoons of raw cacao powder

Combine and set aside

In a separate cup combine

- 1/2 cup of melted coconut oil
- 2 teaspoon of vanilla paste
- pinch of salt

Combine all ingredients ( add a little warm water if mixture is too dry). Roll into balls then roll through some diced pistachios. Refrigerate for about 30 mins and enjoy



### **3- Scoop Joyballs** (Michael & Liz Balderas)

- 3 Herbalife measuring scoops of the following
- Formula 1 in choc, Vanilla, & cookies n Cream
- Personalised Protein powder
- Raw Cacao Powder
- Rolled Oats
- Dessicated Coconut
- 3 little packets of mixed sultanas & apricots
- 9 scoops of water

Mix together, make into balls roll in coconut & refrigerate

### **Herbie Healthy Chocolate Dipped Banana Bits**

- Firm Bananas
- 2 scoops Raw Cacao Power
- Desiccated or shredded Coconut
- 5 Scoops chocolate F1
- 7 scoops Refined Coconut Oil



Cut Bananas into chunks. Arrange on cookie sheet lined with wax paper with a toothpick in each banana  
Freeze Bananas for about 1-2 hours. This is the most important part! Dipping a banana that isn't frozen makes the process difficult & messy.

Whisk Chocolate F1, Cacao Power, & Coconut oil until really smooth.

Take banana out of the freezer & dip each one in the chocolate mix, & then into a bowl full of coconut.

Return Bananas to the freezer until the chocolate has harden. Eat or keep stored in the freezer.

## Cookie Dough Joy Balls (Alissa Garland)

### Ingredients:

1 Cup of Raw Cashews  
1 Cup of Raw Almonds  
1d Cup of Pitted Dates  
8 Scoops Vanilla or Cookies F1  
Splash of Water

### For Chocolate

6-8 scoops of Vanilla F1  
2 scoops Cacao0  
Cup Coconut Oil  
Splash of Soy/Non-dairy milk



### Method:

- In food processor blend nuts and F1 until crumble consistency
- Add dates and pulse for a few seconds
- Add water a little at a time until a dough forms
- Roll into balls of desired size and place in freezer for 10-15minutes
- Meanwhile, prepare Herbie Choc but placing F1, and cacao in a bowl
- Add coconut oil and soy milk
- Stir until the consistency of melted chocolate
- Remove balls from freezer
- Insert a toothpick of short skewer into each ball, to make for easy dipping
- Dip Balls in chocolate so fully covered, then place on tray covered in baking paper or place each ball in a small patty pan
- Return to freezer or fridge for 5 minutes until choc is set

## Basic Herbalife Chocolates (Joana Guyonnet)

100g organic Coconut oil, 6 scoops Dutch Chocolate F1  
Handful of raw Cacao Nibs (optional)  
(optional - Cocoa, Peppermint Essence or any other flavour, desiccated Coconut, Dried Fruit, etc)

Mix together, pour into ice tray and put in freezer for about 10 minutes.  
Then store it in the fridge



## Coconut Rough

1/3 cup Coconut Oil (melted)  
1/2 cup desiccated Coconut  
1 teaspoon Cocoa  
Mix & Freeze for 10 Mins

5 level scoops of Dutch Chocolate F1  
(Optional - mint or coconut essence, dried fruit)



## Coconut Rough #2

1/2 cup Coconut Oil (melted)  
4 level scoops of shredded Coconut  
Mix and Freeze for 10mins

5 level scoops of Dutch Choc F1  
1 teaspoon of Coconut Essence



## Lift off Coconut Rough

200ml Coconut Oil 8 scoops F1 Choc Shredded Coconut  
Satchel Lift off orange & Lime

Mix Coconut oil, F1 Choc, shredded coconut together...Set in moulds..

Sprinkle Orange lift off at the bottom or top of the moulds before pouring in mixture, Freeze for 10mins

### Healthy Herbie Reece's Pieces (Cais Dillon)

Chocolate Formula 1      Peanut butter (no sugar or salt added)  
Coconut oil



Get some mini paper case wrappers. Then make up a big batch of the health choc using Herbalife Chocolate Formula 1 and coconut oil.

Spoon about a teaspoon of the runny choc mix into each paper case and let set in the freezer for 10mins. Then using a good quality all natural Peanut Butter (no sugar or salt added) spoon half a teaspoon of the peanut butter onto the center of the little choc bases you've just made, and then pour more healthy choc over the top till the peanut butter is covered.

Set in the freezer again for 10 mins and then they are ready to eat!!

### Herbie Orange Herbie Chocolate (Pike Peters)

1/3 Cup Coconut Oil      Zest of 1/2 medium orange  
1-2 caps orange extract      4 scoops Chocolate F1  
2 scoops Cookies N Cream F1

Stand Oil in hot water until liquid (approx 5 minutes)

Zest about half the orange

Combine 1/3 Cup coconut oil with Formula 1 - whisk well until smooth

Add Orange extract - mix in - Add Zest - mix in

Set in freezer for 10 minutes



### Herbie Neapolitan Chocolates (Sarah Darby)

3/4 cup organic unrefined coconut oil      2 scoops berry F1  
2 scoops vanilla F1      2 scoops chocolate F1

- Separate coconut oil into 3x1/4 cup amounts
- Mix each F1 flavour separately into 1/4 cup coconut oil
- Pour small amount of berry mix into ice cube tray/chocolate mould
- Place in freezer for 2 mins to set
- Remove from freezer & pour a little of the vanilla mix over the berry
- Place in freezer again to set vanilla mix
- Remove from Freezer & pour chocolate mix over the vanilla
- Pop out of ice cube tray once all flavours are set



### Choc muesli bits (Trudy Noonan)

Natural muesli      Silvered Almonds  
Cranberries      Basic herbie choc recipe  
(Basic choc - 6scoops Choc F1 & 3/4 cup coconut Oil)

Mix all together & Used a teaspoon of the mix onto a tray, in the fridge to set...



## Herbero Rochers (Michael & Liz Balderas)

### Ingredients:

#### Centre

- ½ Cup Roasted Hazelnuts
- ½ Tsp Vanilla Paste
- 1 Tbl Coconut Oil
- 4 Tbl Herbalife Vanilla Formula 1
- 2 Tbl Raw Cacao Powder
- 100ml Almond or other nut Milk
- 20 Whole Roasted Hazelnuts

*HINT: I like to roast my own hazelnuts. You seem to get a stronger flavour that way. 5-10mins on 180°. Keep an eye on them as they can burn quickly.*

#### Method - Centre

- Liquefy Coconut oil
- Blitz Hazelnuts in a food processor until fine
- Add vanilla paste, coconut oil, formula 1 and cacao to food processor
- Blitz until well combined
- Slowly add milk, keep adding milk until a stiff paste forms. Don't add too much milk as it makes it harder to roll and may not set correctly

*It should be just like "Nutella" at this stage, try not to eat it all now!!!*

- Portion out into approximately 20 balls
- Press one whole hazelnut into the centre of each portion and roll into balls

*The mixture can be a little sticky, so I use Food Handling gloves to make rolling easier. It may be wise to put balls into fridge for a few minutes to set a little and make it easier to work with.*

#### Method - Coating

- Blitz Hazelnuts in a food processor until they are small chunks
- Mix Formula 1, Cacao and Coconut oil well, this should be "thick" liquid consistency
- Roll balls in a little water to slightly wet outside and then immediately roll in crushed nuts so that nuts stick to outside
- Dip balls into chocolate mixture and coat well.
- Place coated balls into mini patty pans and put into freezer for 30 mins to set.

## Healthy Cheese Cakes (Lisen Campbell-Smith)

#### Choc/coconut filling

- 1/2 cup of Light Ricotta cheese
- 2 Big Scoops F1 choc
- 1-2 tbs Designated coconut
- 1/2-1 tbs Flax seed with cocoa & berries

#### Strawberry/orange filling

- 1/2 cup of Light Ricotta cheese
- 2 Big Scoops F1 vanilla
- 1-2 tbs Strawberry essence
- Rind of half an orange

Mix each filling ingredients list into separate bowls and then scoop into small muffin molds.

For best result put into freezer to set for a couple of hours.

Serve with finely chopped almonds, fresh fruit and sprinkle some flax seeds for extra crunch

Enjoy this jam packed protein treat!

Makes approx 20

#### Coating

- 6 Tbl Herbalife Vanilla Formula 1
- 2 Tbl Raw Cacao Powder
- 4 Tbl Coconut Oil
- ½ Cup Crushed Roasted Hazelnuts



## **Herbie Choc Mint Fudge** (Michael & Liz Balderas)

### **Outer Shell**

10 Scoops Herbalife Vanilla Formula 1  
3 Scoops Raw Cacao  
200ml Coconut Oil  
100ml Soy Milk - AT ROOM TEMP  
2 caps Peppermint Essence

### **Centre**

3 Scoops Herbalife Cookies & Cream Formula 1  
50ml Coconut Oil  
25ml Soy Milk - AT ROOM TEMP  
2 caps Peppermint Essence



### **Method**

Liquefy Coconut Oil

Put Herbalife Vanilla Formula 1 & Raw Cacao in a bowl

Stir in Coconut Oil

Stir in Soy Milk, having it a room temp will stop it "setting" the coconut oil

Complete the same steps for the centre mixture

I find it easier to put the fudge mixes into two separate piping bags.

Pipe some of the chocolate fudge into the bottom of your moulds

Pipe some of the cookies fudge into the centre of your moulds

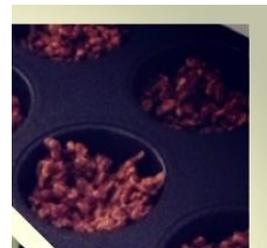
Pipe some of the chocolate fudge onto the top of the other layers and press gently into the moulds

Use some paper towel to soak up any excess oil that may be sitting on top of the moulds. This is purely for presentation.

Freeze for as long as you can without eating them!!

## **Healthy Chocolate Herbalife Crackles**

1/3 cup melted Coconut Oil  
6 big spoons Herbalife Dutch Chocolate  
2 tablespoons Agave or Honey  
1/4 cup dedicated Coconut  
Rice bubbles or any Puffed Rice



Melted coconut oil and add the shake mix, agave or honey and mix until smooth.

Then add coconut & then rice bubble. Mix well.

Spoon into muffin tins and freeze for 15 mins. Store in Fridge.

Great for Kids Treats/Snack

## **Herbie Choc Coconut Crackles**

6 scoops Dutch Chocolate Formula 1 (heaped)  
3 scoops Personalised Protein Powder  
2/3 cup organic Coconut Oil  
1.5 tbsp of Honey  
1 scoop (i.e. 15ml scoop) of unsweetened Cocoa  
2 scoops of desiccated Coconut  
2.5 cups of Rice Puffs

Mash it all up in a bowl and add rice bubbles in last. Flatten into a lined tray  
(I wiped mine down with coconut oil) and sprinkle with more coconut.

Freezer for 15 mins to set.



### Chocolate crackle slice

2 1/2 cups Rice Bubbles      3-4 tbsp shredded Coconut  
6 scoops (tbsp) choc F1      2 scoops Cocoa  
1/2 cup Coconut Oil      2 tbsp Rice Malt Syrup  
Some Cranberries      Cashew nuts



Make sure coconut oil is runny consistency .  
Mix with all ingredients apart from rice bubbles! Add them in at end!  
Put on a cooking tray and flatten out and freeze for 10-20 mins, enjoy

### Bubble Crackle

Cookie'n'Cream F1      Coconut Oil  
Rice Bubbles      Chia Seeds  
Crushed Almonds  
Icing if desired - 6 scoops of F1 and 3/4 cup of coconut oil.



Mix all together put in freezer to set (quantities are to suit individual taste)  
Then melt more coconut oil and add chocolate F1 - then pour on top.

### Lift Off Bars (Liz & Michael Balderas)

#### Ingredients:

#### Filling

1 Sachet of Herbalife Lift Off  
3 Scoops Herbalife Vanilla Formula 1  
1 Scoop Herbalife Personalised Protein  
1 1/2 Scoops of Soy or Almond milk etc  
1 1/2 Scoops of coconut oil

#### Choc Coating

80-100ml Coconut Oil  
6 Scoops Herbalife Vanilla Formula 1  
2 Scoops Raw Cacao

#### Method - Filling

- Mix all dry ingredients in a bowl
- Pour in Soy and Coconut Oil
- Mix well until completely combined
- Mixture will start to "grow" as the Lift Off reacts with the wet ingredients.
- Place in fridge

#### Method - Coating

- Mix Coconut Oil, Formula 1 and Raw Cacao together until smooth

#### Method - Assembly

*HINT: I use a little squirt bottle to control amounts of choc liquid being used*

- Pour / Squirt some choc into the bottom of the mould(s)
- Get the Lift Off mixture out of the fridge. It should be light a fluffy, almost crumbly to touch. Knead it back into a smooth ball.

*HINT: The next part totally depends on the moulds you are using*

- Take a portion of the Lift Off mixture and form it into a roll or rectangle or whatever shape suits your mould. Make sure it is approx 2mm smaller on each side and at both ends. Also not as deep as the mould. You need to get a good layer of choc all around the filling.
- Place gently into mould on top of the choc already 'squirted' in
- Once you have used all you filling or moulds, squirt some more choc on top to completely cover the filling and put into freezer for 5 minutes.



### **Muesli bar slice** (Michelle Sharpe)

In a bowl place

|                               |                             |
|-------------------------------|-----------------------------|
| 2 Cups rolled Oats            | 1/4 cup raw Sugar           |
| 1/4 cup Raw Cacao             | 1/4 cup almond meal         |
| 1/4 cup shredded coconut      | 1 teaspoon ground cinnamon  |
| 1 cup wholemeal flour         | 1/2 cup raisins             |
| 1/4 cup chopped dates         | 1/4 cup Goji berries        |
| 1/4 cup Chia seeds            | 2 Tablespoons pumpkin seeds |
| 2 Tablespoons Sunflower seeds |                             |

Mix until combine - preheat oven to 160 fan forced



In a jug

|                             |                     |
|-----------------------------|---------------------|
| Mix 1 mashed banana         | 1/2 cup honey       |
| 1 egg                       | 1/3 cup coconut oil |
| 2 teaspoons vanilla extract |                     |

Mix this wet mix into dry using hands

Line a slice tray with baking paper pour mix into pan and flatten

Bake for 20-25 mins and cool on wire rack then slice into portions to freeze

### **Basic Muesli Slice**

|   |                               |
|---|-------------------------------|
| 1/2 cup of coconut oil                                  | 1/2 cup of muesli             |
| 50ml of almond/soy milk                                 | 4 tablespoons of Chocolate F1 |
| Mix of fruit, seeds & Nuts, rice bubbles (all optional) |                               |
| Protein Powder (optional)                               |                               |



1. Mix all the ingredients in a bowl until the mixture smooth
2. Pour the mixture into a baking tray or a rectangular container, and then evenly squeeze the mixture until the surface is flat
3. Put it in the fridge for 15 minutes

Note: you can always play around with different ingredients and Shake Mix.

You can always add protein powder as your workout snack or simply increase fullness

### **Protein Bars**

|                               |                      |
|-------------------------------|----------------------|
| 1 Cup Protein Powder          | 1 cup Rolled Oats    |
| 1/2 Cup Honey                 | 1/4 cup Sesame Seeds |
| 1/3 cup Low fat Peanut Butter |                      |

Mix well & press into baking Tray, Cool in Fridge and cut into portions

### **Goodie Bars**

|                                  |                                |
|----------------------------------|--------------------------------|
| 8 oz Carob or Chocolate chips    | 3 dessertspoons Peanut Butter  |
| 1 teaspoon Vanilla               | 1 cup fresh toasted Wheat Germ |
| 1 cup of Formula 1 - any flavour |                                |

Mix all ingredients together and press into a buttered 8" square pan. Chill until firm, cut into 8 bars and individually wrap. Store in refrigerator

### **Shake Bars**

|   |                                      |
|---|--------------------------------------|
| 1 cup Oats  | 1 cup Vanilla or Chocolate Formula 1 |
| 1/4 cup Wheat Germ (honey crunch) or sesame seeds | 1/3 cup Peanut Butter                |
| 1/4 cup Honey                                     |                                      |

Mix together and refrigerate.

### Chewy Crunchy Snack Bars

1/2 cup + 1 tablespoon Oats  
1 cup any flavour F1  
1/2 cup Rice Bubbles (or dry cereal of your choice)

1/2 cup Honey  
1/4 cup Wheatgerm  
1/3 cup Peanut Butter

Blend together thoroughly. Press into an 8" x 8" pan. Cut into eight equal portions. Wrap individually and refrigerate.  
One bar contains only 188 calories and 7grams of fat.

Options:

Crunchy Peanut butter                  Cinnamon to taste

1 cup non fat dry milk (if you add this, you will also need to add 1½ tablespoons of water. Also, remember that, while this will increase the amount of protein, it will also increase the calorie count).

### Nut Free Protein Snack Slice

1 cup of Herbalife Shake Mix (can mix flavours together)      1 cup of Natural Oat Bran (or Oats)  
1/2 cup of Sunflower Seeds    1/2 Lemon Juice (freshly squeezed)  
1/4 zest of Lemon (add more or less for taste)                      1/4 cup of Honey  
1/4 cup of lite Soy Milk or Skim Milk (more if needed)



Mix together and press into slice tray and put in the freezer.  
Cut into small bite sizes.  
You can also roll into balls - if you prefer.  
Tips: Keep in the freezer in air-tight container ready for when we need a healthy snack treat.  
Yummy for kids and adults. My kids love them!

### Nutty Slice

Vanilla F1                              Protein Powder  
Oats,                                      Coconut,  
Dried Cranberries                  Chopped Walnuts  
Peanuts,                                  Almond Meal,  
Honey,                                      Peanut Butter  
mixed with water & Refrigerate until set



### Healthy F1 Slice

6 scoops Chocolate Formula 1    3 scoops Protein Powder  
1 scoops Vanilla Formula 1    approx 150- 300ml water  
1/2 cup of Chopped Pineapple    1 cup chopped roasted Soybeans  
1/2 cup chopped Sultanas    1/2 cup dedicated Coconut  
1 tsp Orange rind



Mix chocolate F1, protein powder, soy beans, sultanas, coconut & orange rind in a bowl.  
Blend water, pineapple & vanilla F1 until a frothy, concentrated consistency is met.  
Fold pineapple concentrate into dry ingredients  
Press mixture firmly into a slice tray, Freeze for 20-30 mins  
Flip on chopping board & cut into desired portions

## Healthy Slice!

|   |  |
|---|--|
| 1 cup of Formula 1 Vanilla/Cookies n Cream/Chocolate    | 1/2 cup of Personalised Protein Powder |
| 1 cup of Oats   | 1/2 cup of Almond Meal                 |
| 1/2 cup of Coconut - shredded or desiccated             | Chopped Pepita seeds (qty to suit)     |
| Chopped dried Cranberries (or what ever fruit you like) | 2tbls of Honey                         |
| Chopped nuts - Macadamia or Pistachios or similar       | 2tbls of Peanut Butter                 |

Combine all and add a bit of water to get it to a consistency to push into a slice tin and then refrigerate.  
Can add a cup of healthy cereal if you want to add a bit of volume  
Cut into squares - roughly 50cals a square

## Peanut Butter Sesame Seed Bars

|   |                            |
|---|----------------------------|
| 1/2 cup Formula 1 Vanilla               | 3/4 cup Non fat dry Milk   |
| 1 cup of old fashioned or quick Oatmeal | 3/4 cup Peanut Butter      |
| 1/2 cup Honey                           | 2 dessertspoons warm water |

Sesame seeds (mix in for consistency)

Place all of the ingredients in a bowl and mix thoroughly. Press mixture into a 9x 9 pan.  
Refrigerate and cut into brownie like bars

## Pineapple Vanilla Shake Mini Muffins (Simone Loannidis)

|   |                                     |
|---|-------------------------------------|
| 440gms crushed pineapple in natural juice | 3/4 cup Vanilla Formula 1 shake mix |
| 1 1/2 cups Self raising flour             | 1/2 cup sunflower oil               |
| 1/2 cup lite soy milk                     | 1 teaspoon baking powder            |
| 1 tbsp raw or coconut sugar ( optional)   | 1 egg                               |

Mix oil, pineapple & egg together . Add dry ingredients and mix.  
Spray non stick muffin tray and fill with teaspoonfuls of muffin mixture . Bake for 5 to 10 mins or until ready.  
Around 30 calories in each . Makes 48 mini muffins .



## Healthy Chocolate & Banana Muffins

|                                     |                                 |
|-------------------------------------|---------------------------------|
| Herbalife Formula 1 Breakfast shake | 3 Ripe-Over ripe Bananas        |
| 125ml Grape Seed Oil                | 2 Organic or Free Range Eggs    |
| 100g Soft Dark Brown Sugar          | 225g Organic White Flour Sifted |
| 45g Cocoa Powder                    | 1 Teaspoon Bicarb soda          |

Preheat fan forced oven to 160. Fork mash the bananas in a bowl until mashed. Using a hand mixer slowly pour in the Grape Seed oil followed by the eggs and sugar until combined. Using a wooden spoon stir in the dry ingredients gently until combined. Then 3/4 fill each muffin case with batter and bake in the oven for 15-20mins muffins will be dark and rounded on top. Cool on wire racks and enjoy! These freeze well for lunchboxes

## Herbie Mind Slice Biscuits (Liz & Michael Balderas)

Ingredients - Makes approx 25 biscuits (20c peicesize)

### Biscuit

6 tbl Herbalife Cookies Formula 1  
2 tbl Herbalife Vanilla Formula 1  
1 tbl Raw Cacao Powder  
100g Gluten Free Plain Flour  
1 egg  
40ml Soy  
60g Nuttlex  
1/3 Cup Almond Meal

5 tbl Herbalife Vanilla Formula 1  
1 & 1/2 tbl Refined Coconut Oil  
1 & 1/2 tbl Soy Milk  
1 tsp Peppermint Essence (to taste)

### Chocolate Coating

5 tbl Herbalife Vanilla Formula 1  
2 tbl Raw Cacao Powder  
7 tbl Refined Coconut Oil



### Method - Biscuit

- Pre-heat oven to 160C
- Sieve flour and mix with both F1 flavours and cacao
- Add egg, almond meal, milk and nuttlex mix well
- Knead until dough is nice and smooth
- Put half of the dough in sandwich bag and keep in fridge or freezer for future use. You will only need half for this recipe
- Roll out mixture to about 2-4mm thickness and cut with small circle cutter, I use the lid of a Tang Bottle, about 20 cent piece size
- Line a tray with baking paper
- Place cut out biscuits on tray and bake for approx 10-15 mins
- Set aside to cool

### Method - Filling

- Liquefy Coconut Oil
- Mix all ingredients together thoroughly

### Method - Chocolate Coating

- Liquefy Coconut Oil
- Mix all ingredients together thoroughly

### Method - Assembly

- Put chocolate mix into a sauce bottle and squirt some into the bottom of a small patty pan, about half way up.
- Press a small amount of filling onto a biscuit so it is about 5mm thick.
- Put biscuit into the patty pan - filling side down
- Squirt some more chocolate, making sure top and all sides of biscuit are covered.
- Put in freezer for 5-10 mins to set

## Vanilla & Cookies "n" Cream Biscuits (Sarah Darby)

4 scoops Vanilla F1  
100g plain gluten free flour  
25mls Vanilla Soy milk  
4 Scoops C&C F1  
1 Egg  
60g Melted Nuttalex

- Sieve flour & combine with F1's
- Add eggs, milk & melted Nuttalex
- Mix well into a dough texture
- Form bite size balls & flatten onto oven tray
- Bake at 180'C till golden



## Vanilla Cookies n Cream Biscuits (Liz & Michael Balderas)

(gluten and dairy free)

Ingredients:

12 tbs Formula 1 Cookies n Cream

200g plain gluten free flour

50 ml soy milk

4 tbsp Formula 1 Vanilla

2 eggs

120g melted Nuttelex (dairy free)



**Method:**

- Pre-heat oven to 160 degrees
- Sieve the flour and mix with both flavours of Formula 1 in a bowl
- Add eggs, soy milk and melted nuttelex and mix well
- Roll out mixture and cut biscuits with a cutter of your choice (this mixture made approx 25 Xmas trees today!)
- Place biscuits on baking sheet, then bake biscuits in pre-heated oven for 10 minutes.

## Herbie Cross Buns (Liz & Michael Balderas)

**Ingredients:**

**Buns**

2 cups Almond Meal

1 cup Water

3/4 Dried Fruit

1 cup Psyllium Husk

1/2 cup Dates (finely chopped)

1/2 cup Herbalife Cookies & Cream Formula 1

Zest & Juice of 1 Orange

2 Tsp Herbalife Instant Beverage (Original)

1 tsp All Spice

1 tsp Nutmeg

1 tbl Cinnamon

**Glaze**

1 Tbl Warm Water

1 Tbl agave or honey

2 Tsp Herbalife Instant Beverage (Original)

**Cross Paste**

2 Tbl Coconut Oil

2 Tbl Herbalife Vanilla F1



**Method - Base**

- Soak almond meal and dried fruit (not dates) with water and set aside
- Combine all other ingredients and mix well, separating date bits
- Add almond meal & fruit and mix until it comes together like a wet dough ball
- Line a slice tray or square/rectangle pie dish with baking paper
- Firmly press into tray, make sure mix is as even as possible
- Use the baking paper to lift the dough out of the dish and place on a chopping board
- Cut the dough into desired size pieces and place on baking tray lined with baking paper

**Method - Glaze / Dehydrating**

- Combine water agave and Herbal Beverage.
- Using a pastry brush, glaze the top of the buns
- Then place in oven on lowest temperature possible - 50°C is best. This is to try and avoid cooking out all the wonderful Herbalife Nutrition! This will take about 2-3 hours - basically dehydrating the buns rather than cooking.
- Remove from oven and allow to cool completely.

**Method - Cross Paste**

- Mix liquefied coconut oil and Vanilla Formula 1 into a paste.
- For ease, I recommend to put the paste into a piping bag crosses onto the buns

**Notes:**

- If you don't want to dehydrate, place the cut buns straight in the fridge to firm
- Continue to glaze throughout the dehydrating process
- If your oven doesn't go as low as 50°C, that's cool. Just go as low as you can and adjust times to suit

## Raw Chocolate Cheesecake (Michelle Sharpe)

300g Almonds

85g Dried Pitted Dates

80g Organic Shredded Coconut

3 Tablespoons Coconut Oil

1 Pinch Himalayan salt

Blend together in a blender until chopped and combined

Then firmly press mixture into a springform tin and freeze for 15-20mins

3 Medium Avocados peeled/stoned      35g Raw Cocoa Powder

100g Agave      1 Pinch Himalayan salt-

Blend until smooth then pour mixture onto the frozen base and smooth sprinkle with extra Coconut the pop in the fridge for approx 45mins and serve



## HERBIE LEMON SLICE (Liz & Michael Balderas)

### Base:

2 scoops x vanilla f1

4-8 scoops x almond meal

50ml x coconut oil (melted)

zest and juice of 1 large lemon (or 2 small ones)

1/2 cup x oats

1/2 cup x desiccated coconut

1 scoop x coconut flour

water (enough to make mix not too dry)

### Topping:

50ml x soy milk (at room temperature)

4 scoops x vanilla f1

3 scoops x cookies f1

100ml x coconut oil (melted)



## METHOD

- Combine all base ingredients in a bowl
- Line a small rectangular tin (approx. 30x10cm) with baking paper
- Spoon mixture into tin and squash down, refrigerate /place in freezer

To make topping:

- Combine ingredients in bowl to create fudge consistency
- Spoon over base and smooth flat
- Decorate as desired with extra lemon zest or coconut, freeze until firm, then slice

## Herbie Peach & Mango Jelly Slice (Liz & Michael Balderas)



### Ingredients:

#### Base Layer

- 1 cup dates (soaked in boiled water)
- 1 cup nuts (almonds or cashews etc)
- 1/2 cup desiccated coconut
- 1/2 cup liquefied coconut oil
- 4 scoops Herbalife Vanilla Formula 1

#### Jelly Layer

- 300ml boiling water
- 50ml Mango Aloe

#### Middle Layer

- 500ml Soy or Almond milk etc
- 5 scoops Herbalife Vanilla Formula 1
- 5 scoops Herbalife Cookies Formula 1
- 3 scoops Rice Malt Syrup or Agave Syrup
- 1 sachet "Jel-it-in"
  
- 3 (*small end 5ml*) scoops Herbalife Peach Tea
- 1 sachet "Jel-it-in"

### Method - Base

- Soak dates in boiled water for 10 mins & liquefy coconut oil
- Drain dates, then put all ingredients into a food processor
- Blitz until the mixture comes together like a wet dough ball
- Line a deep slice tray or square/rectangle pie dish with baking paper
- Firmly press into tray, make sure mix is as even as possible, place in fridge to harden.

### Method - Centre

- Heat milk on stovetop until just simmering.
- Add Formula 1, rice syrup and "jel-it-in" stirring well, making sure no lumps remain and "jel-it-in" is completely dissolved (*maybe add mango aloe here also, see note below*)
- Take tray from fridge and pour onto base mixture
- Put in freezer for 5 mins (fridge 10 mins) to start to set.

### Method - Jelly

- Mix hot water, Peach Tea and Mango Aloe, stir in "jel-it-in" until completely dissolved.
- Take tray from freezer and check that middle layer has started to set and the top has a firm 'skin' on it.
- **Slowly** pour jelly mix on top and put into fridge for at least 1 hour for best results.

**Notes:** "Jel-it-in" is the brand name of a vege based gelatine found in major supermarkets in the baking section, yay no hooves!

Next time I will replace 50ml of milk with 50ml of Mango Aloe for the centre mix to hopefully create some extra sweetness & flavour.

Scoop measurement is the large end of a Herbalife scoop (15ml)

## Herbie Nut Free Protein Snack Slice

### Ingredients:

- 1/2 to 1 cup (6-10 spoons) of Herbalife Shake Mix (you can mix different flavours together)
- 1 cup of Natural Oat Bran (or Oats)
- 1/4 zest of Lemon (*add more or less for taste*)
- 1/4 cup of Honey
- 1/4 cup of lite Soy Milk, skim Milk or Water (*more if needed*)
- 1/4 to 1/2 cup of Sunflower Seeds
- 1/2 Lemon Juice (*freshly squeezed*)
- Shredded Coconut (*optional*)



### Method:

Mix together and press into slice tray. Feel free to also sprinkle with coconut, then put in the freezer. Once set cut into small bite sizes. You can also roll into balls and coconut - if you prefer it this way.

### Tips:

Keep in the freezer in air-tight container ready for when we need a healthy snack treat.

Try different shake flavours and adjust quantities of ingredients to suit your own taste!

## HERBIE-HOG SLICE (Liz & Michael Balderas)

### Base:

- 3 cups x pitted dates
- 1 ½ cups x almonds
- 1 cup x water (add more if mix is too stiff)
- 5 scoops x choc f1
- 2 scoops x cookies f1
- 2 scoops x cacao powder
- 5 tbsps x coconut
- 100g x walnuts
- 1 batch x herbalife cookies (approx. 20 rounds)

### Cookies

- 8 scoops x cookies F1
- 4 scoops x vanilla F1
- 150g x gluten free flour
- 2 x eggs
- 50ml x soy milk
- 100g x nuttalex
- ¾ cup x almond meal

### Topping

- 50ml x soy milk (room temp)
- 4 scoops x vanilla F1
- 2 scoops x cookies F1
- 3 scoops x cacao powder
- 100ml x coconut oil (melted)

### METHOD

To make cookies:

- preheat oven to 160C
- sift f1 powders and flour into a bowl
- mix in eggs, milk, melted nuttalex and almond meal and stir to combine
- use hands to roll mix into small rounds and flatten on baking tray lined with non stick paper (biscuits should be slightly bigger than the base of a herbal bev canister in size)
- bake in oven for 10 minutes or until golden brown, cool



For herbie hog:

- blitz dates, almonds and water in food processor until smooth (can be slightly chunky)
- add f1 powders, cacao and coconut to processor and blend until combined
- break cookies into large bowl, pour over date mixture and stir in walnuts to coat biscuits fully in mixture
- press mixture into lined square brownie tin and place in freezer

## Raw Herbie Chocolate Cake (Liz & Michael Balderas)

### Ingredients;

#### Cake

- 1 ½ Cups Walnuts
- 1 ½ Cups Pecans
- 1 ½ Cups Raisins
- 1 ½ Cups Dates
- 1 Cup Herbalife Chocolate Formula 1
- 1/3 Cup Raw Cacao Powder
- Water

#### Top

- Raspberries
- Herbalife Chocolate Formula 1



### Method - Base

Blitz Almonds and pecans in a food processor until little chunks  
Add Raw Cacao and Herbalife Chocolate Formula 1 and blitz a bit more  
Add Raisins and blitz and combined well  
Add dates and blitz well, mix should be started to get wet and combine now  
Add a little bit of water at a time, to help bind ingredients. When they come together in a big bowl, its done.

**BE CAREFUL NOT TO ADD TOOMUCH WATER**

Line a cake tin with some baking powder, then press the mixture into the tin firmly. Make sure it is pushed in tight, as the will be the last chance to bind the cake.

Put in freezer for an hour or two or fridge for a few hours, even overnight.

Garnish with raspberries, essential as the tartness of the raspberries helps with the richness of the cake.

Dust with Herbalife Chocolate Formula 1 and enjoy!

## Key Lime & Coconut Tart (Liz & Michael Balderas)

### Ingredients:

Makes approx 24

#### Base

2 Cup Dates  
1 Cup Coconut Flour  
1 Cup Cookies F1  
2 Tbl Agave Nectar  
1 Cup Coconut Oil

#### Filling

1 x 400g Can Coconut Cream  
2/3 Cup Lime Juice  
3/4 Cup Vanilla F1  
1/4 Cup Coconut Flour  
2/3 Cup Coconut Oil  
Zest of one lime

#### Topping

2 x 400g Can Coconut Cream  
2 Tbl Agave Nectar  
4 Tbl Vanilla F1  
Shredded Coconut  
Lime Slice or Zest

### Tips and Notes:

- The quantities above are to make 24 regular muffin size tarts. If you wish to make one tart, I suggest halving the base and topping quantities. This should be fine for a 6" tin.
- Next time I will try replacing the Coconut Flour in base and filling for Herbalife Protein Powder
- Put the Coconut Cream for the topping upside down in the freezer for a few hours or fridge overnight. This will separate the water from the cream. We only want the cream for the topping mixture. Use the water for something else, like a shake!

### Method - Base

- Cover dates in a bowl with boiled water for at least 30 mins, then drain
- Liquefy a jar of Coconut oil
- Blitz Dates, Coconut Flour (or Protein Powder), Formula 1 and Agave Nectar in a food processor. The mix should resemble biscuit crumbs like for a cheesecake base.
- Add coconut oil and blitz until well combined. At this stage you should be able to "clump" the mix together and it hold its shape.
- Line muffin tray with patty pans, put approximately 2 Tbl of base mixture into each pan. About a golf ball size.
- Press mixture to line entire pan

### Method - Filling

- Put Coconut Cream, Juice, Zest, Formula 1 and Coconut Flour (or Protein Powder) into food processor and combine well.
- Pour in Coconut Oil and continue to combine.
- Working reasonably quickly put approximately 1 - 1.5 Tbl of filling into lined patty pans. Not quite to the top of the patty pan
- Tap the tray against the bench to settle mixture and get rid of air bubbles
- Put into fridge for 10 mins

### Method - Topping

- Open Coconut Cream Can and pour out separated water into a different bowl.
- Add Coconut Cream, Formula 1, Agave Nectar and using a blender whip it up like you would normal cream
- Top set tarts with 1 tbl of cream mixture
- Garnish with shredded coconut and a lime slice and or lime zest



## Herbie Tart

(Liz & Michael Balderas)

| Base                  | Filling - Choc Tart        | Filling - Key Lime         |
|-----------------------|----------------------------|----------------------------|
| 1 1/3 cups almonds    | 3 scoops choc F1           | 3 scoops cookies F1        |
| 1 1/3 cups dates      | 3 scoops vanilla F1        | 3 scoops vanilla F1        |
| 2/3 cup coconut       | 6 scoops raw cacao         | 6 scoops vanilla F1        |
| 4 tbl coconut oil     | 120ml soy (approx)         | 120ml soy (approx)         |
| 4 scoops choc F1      | 120ml coconut oil (approx) | 120ml coconut oil (approx) |
| 1/2 tsp vanilla paste |                            | Juice of whole lime        |



(Guys with all the amounts it's only a estimated as I didn't measure anything when I made them.)

Soak dates in warm water for 10mins

Blitz almonds until fine, then set aside

Blitz dates and some of the water into a paste, add coconut, almonds, coconut oil, vanilla paste and choc f1 and combine well. Should resemble cookie dough sort of consistency.

Working reasonably quickly (before oil sets) push heaped tablespoon on mixture into a muffin tray (I used patty pans to line tray) and spread evenly around the patty case.

Put tray in fridge whilst you make filling

For filling just add all the ingredients and mix really well with a fork or spoon. Should be a smooth mousse texture. So add more or less soy as needed.

Spoon filling into patty cases and push in firmly to pack the case completely. I used a wet spoon to smooth out the tops to level with top of case.

Put in fridge and wait as long as you possibly can!!!!!! Definitely at least 20 mins. Dust with choc f1 or coconut etc and voila!!!!

## Australian Pudding Recipe (makes 12 pies)

2 packets of White Wings" Biscuits base (mixed with water not butter)

2 packets of Cottees instant Pudding Mix (any flavour)

1.6L So Good fat free soymilk or choc vitasoy

12 x 250ml round plastic containers with lids

Herbalife Formula 1

Herbalife Protein Powder

Mix packets of biscuits base with water (not margarine or butter), Spread with back of spoon on 12 x 250ml round containers (Do not put lid on containers until very end of the preparation) \*\*Put in Freezer to set while you make the pudding\*\*. Mix in Blender 800mls soya milk with 1 packet of pudding mix and 6 level Herbalife measuring spoons of Formula 1 (makes 6) and 6 levels Protein Powder. Pour or spoon on to 6 of the biscuit bases. Do this again to make 2 lots of this quantity, equalling 12 pies. \*\*Put lids on and keep frozen until used\*

## Protein Cake

200g Chocolate Formula 1

100g Protein Powder

200g Porridge oats

200ml Chocolate Soya Milk

1 Egg

1 Ripe Banana

100g Chopped Hazelnut



Mix all the above ingredients together until you get a paste consistency.

If it's too thick then add a little more soya milk to loosen. Put baking paper in a loaf tin and spread cake mixture evenly. Bake in the centre of the oven at 160 degrees/gas mark 3 for approximately 15-20 minutes. Remove from loaf tin and leave to cool on wire rack.

Cut into medium sized slices (approximately 80/100 calories per slice).

## Raw Herbie Christmas Pudding (Liz & Michael Balderas)

### Ingredients:

#### pudding

60g Dried Figs Chopped  
Zest of 1 Orange  
50g Herbalife Protein Powder  
2 Tbl Goji Berries  
1 Tsp Minced Ginger  
100g Dried Apricots Chopped  
250g Dried Dates Chopped

#### Frosting

100ml Coconut Cream  
 $\frac{1}{4}$  Cup Coconut Oil  
1 Scoop Herbalife Formula 1 Vanilla  
 $\frac{1}{2}$  tsp Vanilla paste

#### • **Tips and Notes:**

- Make sure you chop dates to ensure all pip have been removed
- Soak dates before-hand with hot water and drain to make blitzing easier
- This is designed for mini (60g) puddings. They are quite rich and dense, don't make them too big.
- If you like, the puddings can be warmed in microwave, however you will obviously lose some nutritional value from the Herbalife.

#### Method - Pudding

- Cover dates in a bowl with boiled water for at 5 mins, then drain well
- Liquefy a jar of Coconut oil
- Blitz all ingredients except, Orange Juice and Coconut Oil
- Mixture should resemble bread crumbs in texture
- Add Orange Juice and Coconut Oil, mix well until all combined.
- Take out mixture and knead in a bowl to combined well, put in freezer for 3-5mins.

#### Method - Frosting

- Mix Coconut Cream, Coconut Oil, Vanilla Paste and Herbalife Formula 1 Vanilla, combine well.
- Put into fridge for 5 mins.

#### Method - Compiling

- Press pudding mixture into desired mould, remove and turn upside on platter
- Spoon  $\frac{1}{2}$  dessert spoon of frosting on top of each pudding
- Top with a raspberry
- Dust with Herbalife Formula 1 Vanilla

Makes approx 12 x 60g

170g Herbalife Formula 1 Vanilla

$\frac{1}{4}$  tsp Allspice

1 tsp Cinnamon

$\frac{1}{4}$  tsp Ground Nutmeg

$\frac{1}{4}$  tsp Ground Ginger

$\frac{1}{4}$  Cup Fresh Orange Juice

40ml Coconut Oil

#### Garnish

Raspberries

Herbalife Formula 1 Vanilla for dusting

Something Green



(Alternative way to make the Christmas Pudding Recipe - same ingredients)



### **Aeroplane Jelly shots** (Sibylle Gibson)

I use Aeroplane jelly and mix it half with hot water to dissolve, let it cool then add 1/4 cup juice or herbie tea or just water.

Then add 1/4 of a cup either soymilk, greek yoghurt, light sour cream or ricotta. Take your pick, be creative  
(can use vegetarian gelatine instead. Blueberries to make blue colour)



### **Herbalife Banana Split** (Lisa Young)

\*Two table spoons of nutritional shake & 1/2 cup of water  
(mixed it up with a fork to make it like melted chocolate texture)

\*Spread natural peanut butter and mixture from top on top ..



### **Chocolate Dessert or Mousse.**

1 packet of low fat (or weightwatchers) Chocolate Dessert or Mousse.

2 spoons of Chocolate Formula 1

100 - 150mls Chocolate Soya Milk (see back of packet or qty/mix instructions)  
(scoop of Protein if desired)

Blend all together and refrigerate until set.

### **Yoghurt Mousse**

3 scoops Preferred Shake Mix                      Greek Yoghurt  
100ml Water

Mix all ingredients & set in a ramekin or small glass dish. Refrigerate for an hour before eating.  
Create to your preferred consistency; add more Greek yoghurt for thicker mousse

### **Choc Mousse**

3 scoops Chocolate Formula 1,                      1 tsp raw Cacao,  
80mls of chocolate Soy Milk.  
Blitz with hand blender (or could use whisk). Put in freezer for 10 mins.



### **Chocolate vegan chia seed moose** (Kelsey Yorke)

In blender mix  
One can coconut milk                      Cornflower (to thicken )  
Roughly 1/4 cup chia seeds                      1/2 cup coca powder  
Squeeze maple syrup                      F1 chocolate (quantity to suit)

Let it sit for least 10 mins so seeds can swell  
Then blend! Pour and let set for about 4 hours yum!



### **Loxys Chocolate Mousse** (Lorraine Healey)

1/2 cup coconut oil                      3 scoops cookies F1  
2 scoops raw cacao  
1 cup of coconut milk or cream (I've used both and they taste as great!)  
Mix it up and pop on the fridge for at least an hour



### **Homemade Cookie Dough Ice-Cream** (Julie Chalmers)

4 Frozen Bananas  
Splash of soy Milk  
4 scoops of Cookies & Cream F1  
Blend until smooth.

### **Mango Ice-cream** (Amy Heath)

300g Frozen Mango  
Van of coconut cream  
4 vanilla F1 scoops  
Mix & freeze until set

### **Herbalife Strawberry Ice Cream**

2 scoops Berry Shake  
250ml Soya Milk  
Blend to together for thick consistency,  
Frozen Strawberry (roughly 15)  
Ice  
Add more Strawberries and/or Ice

### **Banana & Cookie Dessert** (Thea Read)

Greek Yoghurt,  
Banana topped with Cinnamon!  
2-3 spoons Cookies F1,  
(optional - Almonds, Honey)

Be sure to stir in the F1 really well



### **Fruit Pudding**

$\frac{1}{2}$  cup low fat Cottage Cheese  
2-3 oz Orange Juice  
2 level dessertspoons Formula 1 Shake  
 $\frac{1}{2}$  cup fresh, raw or cooked Fruit  
2 dessertspoons raw Honey

Mix in blender, put in refrigerator until thick and serve cool. Great as topping for pancakes or waffles.

### **Guilt free Apple crumble**

- two apples (or two small apples and a pear) peeled and cut into wedges
- 1/4 cup water
- ground cinnamon

Put in a pot on the stove and stew until apples just start to soften

#### **In a bowl combine:**

- equal parts oats, desiccated coconut and almond meal (about 1/4 - 1/3 cup each.. Depending how much crumble you like)
- 1.5 scoops combined van f1 & cookies f1
- 1tsp vanilla extract
- approx. 3tbsp your choice of butter (nutalex, nut butter.. Go for an almond or a macadamia)
- coconut flour to adjust texture to crumble

Spoon Apple mixture into dish (if there is an excess of liquid do not add it all as this will make it too soggy) and top with crumble mixture, cook in over for about 5-10 minutes or until golden brown on top and enjoy!  
served with some vanilla bean yoghurt /greek yoghurt with honey etc..



### Chocolate Peach Crumble

2-4 scoops Chocolate Shake  
150ml Low fat Custard

4 Peaches halved  
1-2 digestive biscuits crumbled

Liquidise all ingredients together except biscuits, pour mixture into a bowl and sprinkle with biscuit crumbs



### Icy Pole Snack (Katrina Black)

Chocolate F1                      Soya milk  
Blueberries

Blend all together just as you do a shake,  
Pour into Ice-Block moulds and freeze until set

### Banana Cream Pie

2 level dessertspoons Vanilla Formula 1                      1 cup Soya Milk  
1 - 2 dessertspoons fat free, sugar free Instant Banana Pudding

Blend together.

Top with banana slices and low fat vanilla wafers or crumbled graham crackers

### EGGNOG Thermo Pie

1 1/2 cups eggnog                      1 Pkg. Vanilla Diet Instant Pudding mix  
1/2 cup water                      1 cup French Vanilla Formula 1  
1/2 tsp nutmeg

Blend all ingredients together and add 1 package of Vanilla Diet Instant Pudding. Pour into a short bread crust and top with French Vanilla whipped cream. Sprinkle with a dash of nutmeg and chill for at least an hour. Enjoy!!!

### Date, coconut and F1 cake in a mug (Sarah Wooden)

In a mug combine...

10 dates - torn in half and 1 1/2scoops boiling water. Microwave 50secs.

Add 1/8tsp bicarb and stir until the dates break up.

Add 1 egg and 1 1/2 scoops each coconut oil, vanilla F1 and coconut flour.

Stir to combine.

Microwave for 45-60secs or until it rises and cooked



### Jelly Custard (Dimi Dimas)

2 sachets "Jell it In"                      1 Ltre Vanilla Soy Milk  
8 Scoops of desired shake flavour

Dissolve "Jell it in" in 300mls of soy milk

Heat up 500mls of soy milk, add the dissolved mix & simmer for 1 minute.

Take off heat, add remainder of soy milk to cool it a little & then mix in F1 flavour.

Put in fridge to set



## Herbie Fruit "Cheese" (Liz & Michael Balderas)

### Ingredients:

#### Cheese

3 ½ Scoops Herbalife Vanilla Formula 1  
2 Scoops Coconut Cream  
2 Scoops Apricot Nectar  
1 Scoop Herbalife Personalised Protein Powder  
3 Scoops Coconut Flour  
3 Scoops Desiccated Coconut

3 Scoops Apple Cider Vinegar  
1 Scoop Coconut Oil  
10-12 Almonds Chopped  
5-6 Dried Apricots Chopped  
Tbl of blitzed Almonds and Coconut for garnish

### Method

Mix all dry ingredients in a bowl

Pour in Vinegar and Coconut Oil

Mix well until mixture starts to combine

Add chopped almonds and apricots

Knead mixture until all the ingredients are well combined and a smooth ball of 'cheese' is formed

Use your hands to shape mix into a "cheese" wheel or alternatively push into a mould of your choice

Dampen the edges of the wheel with a little water, then roll the "cheese" in the blitzed Almond & Coconut garnish. Put on a plate and cover with plastic wrap and refrigerate for 20 mins



## Savoury Protein Spread

1 tub of low fat Cottage Cheese  
2 scoops Protein Powder  
Drops of Tabasco Sauce

2 Scoops Vanilla Shake Mix  
Pepper to taste  
1 tspn of HB Sauce

## Hummus

1 cup Vanilla Shake  
2 cloves Garlic  
Sea Salt to taste  
Juice from 2 Lemons

1 cup Chick Peas  
¼ cup Tahini  
4 tbspn plain Yoghurt

Soak chick peas overnight then cooked until soft.

Blend Peas with enough of their cooking water to make a smooth paste.

Add everything else to the blender & continue processing, adding more water if necessary. (Do not add too much water as humus should have a thick consistency) Correct seasoning to your taste. Serve Chilled

## High Protein Food Dip

1 lb cake of Soft Tofu  
¼ cup French Onion or Chicken soup powder  
1 dessertspoon Soy Sauce  
1 dessertspoon fresh chopped chives

1 cup low fat Creamed Cottage Cheese  
½ cup hot water  
1 dessertspoon chopped parsley

Combine Tofu & Cottage Cheese together and blend well. Dissolve soup in hot water with Soy Sauce. Mix all ingredients and season to taste.

Serve with fresh cut vegetables or whole wheat crackers

### **Raw Vegetable Dip**

1 cup low-fat Mayonnaise

1 cup plain low-fat yoghurt

2 dessertspoons French Onion soup powder

1 dessertspoon Dill Weed

1 teaspoon Diced Minced Onion

1 level dessertspoon Vanilla Shake

Combine all ingredients and chill one hour before serving

