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

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
1/2 teaspoon vanilla extract
1 teaspoon coffee (optional)
1 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
1/2 banana
1/2 teaspoon vanilla extract
1/2 teaspoon coconut extract
1/2 teaspoon orange extract
1 ice cubes

Black Forrest Shake
2 level dessertspoons
Chocolate Shake
250ml soya milk
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

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
1/2 cup crushed ice

Choconana Shake
Formula 1 Dutch chocolate
1 banana
250ml soya milk

Extra Chocolately Shake
Formula 1 Dutch chocolate
250ml soya milk
1/2 tsp Vanilla Essence
1/2 tsp Chocolate syrup
1 tsp Hershey’s cocoa

Mounds Chocolate Drink
Formula 1 Dutch chocolate
250ml soya milk or water
1/2 tsp Coconut Essence
1/2 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
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 Cacoa Coconut Butter
Ice

Chocolate Cream
2 scoops Chocolate F1
200ml chocolate soymilk
2 tbspn Greek yoghurt
Ice

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

Apricot Delight
2 scoops Dutch Chocolate F1
250ml soya milk
1/2 Frozen Banana
Dash of Honey
Ice

Coconut Lychee Banana
Tin Lychees + juice
Banana
C Lite Coconut Milk
Cinnamon + Nutmeg
Lite Soya
Formula 1 Vanilla
Protein Powder
Lots of 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 tsp 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
1/4 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

VANILLA

Aloha-Banana
Vanilla F1
Protein Powder
Banana
1/4 C Lite Coconut Milk
Cinnamon + Nutmeg
Lite Soya
Lots of Ice
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  
½ cup apple  
½ 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  
½ cup orange juice  
½ cup soya milk  

Italian Soda Shake  
Formula 1 French Vanilla  
50ml lite orange juice  
50ml soda water  
50ml soya milk  
2 tbsp Herbal aloe juice  

Papaya-Raspberry Shake  
Formula 1 French Vanilla  
½ cup fruit juice or water  
1/2 frozen banana, peeled  
½ cup fresh pineapple  
10-12 raspberries  

Black & Blue  
Formula 1 French Vanilla  
½ cup apple juice  
½ cup blueberries  
½ cup blackberries  
½ 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  
½ 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  
½ 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  
½ cup apple juice  
1 tbsp coconut milk  
½ banana  
½ tsp ginger  

Banana Berry Smoothie  
Formula 1 French Vanilla  
250ml berry flavoured yoghurt  
1 med. banana  
½ cup water  

Arctic Forest (2 servings)  
2 servings French Vanilla  
½ cup soya milk  
1 peach, frozen  
10 blueberries, frozen  
½ tbsp crushed pecan  
½ tsp Vanilla Essence  
1 cup light vanilla frozen yoghurt  

Green for Two (2 servings)  
2 servings French Vanilla  
1 kiwi fruit  
1 banana  
3 tbsp Crushed pineapple  
2 tbsp 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
½ cup whole strawberries
1 cup pineapple juice
½ cup orange juice
½ cup low fat vanilla frozen yoghurt

Strawberry Banana Smoothie
Formula 1 French Vanilla
1/2 banana
1/2 cup frozen strawberries
1 1/2 cup orange juice

Pineapple Berry Crash
(2 servings)
2 servings French Vanilla
1 cup orange juice
2 pineapple rings
6 fresh strawberries
12-15 frozen raspberries
12-15 frozen blueberries
125ml soy yoghurt -any flavour

Blueberry Orange Smoothie
Formula 1 French Vanilla
1/2 cup blueberries
1/2 cup vanilla soy yoghurt
1/2 cup orange juice
1/2 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
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
1/2 cup diced pineapple
1/2 cup diced rockmelon / honeydew melon
1/2 cup fresh orange juice
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
1/2 apricot
1/2 nectarine

Yoghurt Smoothie
Formula 1 French Vanilla
5 HUGE tbsp soy yoghurt
1/2 cup frozen fruit
1/2 banana
1 tbsp honey

Tangy Summer Blend
Formula 1 French vanilla
1/2 cup dole pine-orange juice
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 1/2 cup orange juice

Five Fruit Crush (2 servings)
2 servings French Vanilla
1/2 cup sliced ripe banana
1/2 cup chopped mango
1 cup whole strawberries
1 cup pineapple juice
1 1/2 cup orange juice

Crazy Addiction
Formula 1 French Vanilla
1/2 banana
1/2 cup crushed pineapple
1/2 cup soya yoghurt
1 tbsp honey
Dash of coconut Essence

Vanilla Coffee
2 scoops Vanilla F1
200ml Almond or Soy Milk
1/2 tspn Instant Coffee
Ice

Mango Mania
2 scoops Vanilla F1
150ml Water
100ml Mango Nectar
1 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
250ml Mango/Peaches
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
1/2 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 & 1/2 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 tbsp Crushed pineapple
1 tbsp Coconut milk
4 fl oz orange juice

Suzan’s Strawberry Sensation
Formula 1 Wild 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
½ banana

Berry Aloe
2 scoops Berry F1
½ cup Frozen Berries
100ml Orange Juice
100ml Aloe Concentrate
1 Orange “Liftoff”
1 Mango Cheek
Ice

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

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

Raspberry Lemonade shake
3/4 of a cup frozen raspberries
Juice from half a small lemon
2 capfuls of Aloe conc
200mls water
1/2 a cup of ice
2 scoops Berry Formula 1
2 scoops of Protein powder

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

Raspberry Lemonade shake
3/4 of a cup frozen raspberries
Juice from half a small lemon
2 capfuls of Aloe conc
200mls water
1/2 a cup of ice
2 scoops Berry Formula 1
2 scoops of Protein powder

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

Tropical Berry Delight
2 scoop Berry F1
100ml Orange Juice
½ cup of Mango Puree
Juice from 1 Lemon
1 Banana
Ice

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

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

Kiwi Quencher
2 spoons Berry Shake
8 oz water
1 fresh ripe Kiwi Fruit
½ banana
ice cubes

Tropical “N”CREAM
Cookie and Carmel
2 Spoons C’n’C Formula 1
1 spoon Protein Powder
250mls of vanilla soya milk
½ Banana
Dash of Caramel essence
Blend.... With ice if desired.

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

Tropical Fruit Delight
2 scoops Berry F1
125ml Pineapple juice
125ml soya milk
½ or ½ frozen banana
Ice

Cookie Apple Pie
2 spoon C’n’C F1
1 spoon Protein powder
250ml soya milk
Strewed apples
Cinnamon
Blend together

Tropical Fruit Delight
2 scoops Berry F1
125ml Pineapple juice
125ml soya milk
½ or ½ frozen banana
Ice

Strawberry
2 spoons C’n’C F1
1 spoon Vanilla F1
250ml soya milk or water
Ice and blend

Tropical Fruit Delight
2 scoops Berry F1
125ml Pineapple juice
125ml soya milk
½ or ½ frozen banana
Ice

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

Cookie White dream
2 spoons C’n’C F1
1 spoon vanilla F1
125ml water
Top upto 250-300 with ice
Blend

Cookie Apple Pie
2 spoon C’n’C F1
1 spoon Protein powder
250ml soya milk
Strewed apples
Cinnamon
Blend together

Tropical “N”CREAM
Cookie Chocolate
2 spoons C’n’C F1
1 Protein Powder
250ml chocolate soya milk
½ Banana
Ice if desired.

Tropical “N”CREAM
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

**Cookie Dough**
2 scoop C’n’C F1
250ml Light Soya Milk
1 tbspn Peanut Butter
1 Frozen Banana
Ice

**Smurf Smoothie**
2 scoops C’n’C F1
Handful of Blueberries
250ml Water
Ice

**Honey Shake**
2 level C’nC Shake
260ml Soya milk
1 Banana
2 dessertspoons Plain Yoghurt
1 teaspoon honey
Ice

**Brainstorm**
2 scoops C’n’C F1
250ml Almond or Soya Milk
1 tbspn Chia Seeds
½ cup Desiccated coconut

**Marshmallow**
1 Spoon C’nC F1
1 Spoon Berry F1
1 Spoon Vanilla F1
150ml Water
Lots of Ice to thicken

**Sweet Tooth**
2 scoops C’n’C F1
Handful mixed Berries
250ml Apple Mango Juice
1 slice Watermelon Diced
Ice

**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

**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
½ 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
- ½ cup cooked pumpkin
- ½ 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
- 1 or 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
- ½ 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 F1
- 250ml Soya Milk
- ½ 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
- ½ or ¼ frozen banana

**Cuban Delight**
- 2 scoops F1
- 250ml soya milk
- ½ cup puffed wheat cereal
- Ice

**Egg Nog Drink**
- 2 scoops F1
- 250ml soya milk
- 50ml Herbal Aloe Juice
- ½ 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**
- ½ cup warm water (boil then let cool)
- 1/3 cup non fat powdered milk
- ½ 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)

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

## Overnight Delight Healthy Breakfast (Michelle Sharpe)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 heap soon Cookie'n'Cream Shake</td>
<td>1 Banana</td>
</tr>
<tr>
<td>3/4 cup Raw Oats</td>
<td>1/2 cup Almond milk</td>
</tr>
<tr>
<td>1/4 cup water</td>
<td>2 tablespoon Blueberries</td>
</tr>
<tr>
<td>1 tablespoon Goji Berries</td>
<td>1 teaspoon Cinnamon</td>
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</tbody>
</table>

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 Oat bran, 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 McKeon)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 generous scoops of Vanilla F1</td>
<td></td>
</tr>
<tr>
<td>1 &amp; 1 / 4 cup Coconut Milk</td>
<td></td>
</tr>
<tr>
<td>1 / 4 cup Chia Seeds</td>
<td></td>
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</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muesli</td>
<td>Cookie &amp; Cream F1</td>
</tr>
<tr>
<td>Protein Power</td>
<td>Nuts</td>
</tr>
<tr>
<td>Sultanas</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Mandarin</td>
</tr>
</tbody>
</table>

## Yoghurt Snack (Thea Read)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greek Yoghurt</td>
<td>Protein Powder</td>
</tr>
<tr>
<td>Berry or Vanilla F1</td>
<td>Walnuts</td>
</tr>
<tr>
<td>crushed Peanuts</td>
<td>Sultanas</td>
</tr>
<tr>
<td>Dried Cranberries</td>
<td></td>
</tr>
</tbody>
</table>
**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, 1/2 cup LSA
1/2 cup Rolled Oats, 2 Egg Whites
2 tbsp Greek Yoghurt, 1/2 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, 1/2 cup self-rising Flour
1 tbsp brown/raw Sugar, 2 Eggs,
Protein Powder as desired, 1/2 cup Milk,
water to required thick 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,
1/4 cup 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
1/2 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 tablespoons 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  
5 Scoops chocolate F1
2 scoops Raw Cacao Power  
7 scoops Refined Coconut Oil
Desiccated or shredded Coconut

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:**
- For Chocolate
  - 1 Cup of Raw Cashews
  - 1 Cup of Raw Almonds
  - 1d Cup of Pitted Dates
  - 8 Scoops Vanilla or Cookies F1
  - Splash of Water
  - 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 10-15 minutes
- 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)
- 5 level scoops of Dutch Chocolate F1
- ½ cup desiccated Coconut
- 1 teaspoon Cocoa

Mix & Freeze for 10 Mins

Coconut Rough #2

- 1/2 cup Coconut Oil (melted)
- 5 level scoops of Dutch Choc F1
- 4 level scoops of shredded Coconut
- 1 teaspoon of Coconut Essence

Mix and Freeze for 10mins

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 healthy 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 10 mins.
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
- ⅛ Tsp Vanilla Paste
- 1 Tbl Coconut Oil
- 2 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.

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

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!
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
½ 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 Cocnut 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 ½ Scoops of Soy or Almond milk etc  
1 ½ 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
½ Cup Honey ½ 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 7 grams 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 1 1/2 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)  
1/2 cup of Sunflower Seeds  
1/4 zest of Lemon (add more or less for taste)  
1/4 cup of lite Soy Milk or Skim Milk (more if needed)

1 cup of Natural Oat Bran (or Oats)  
1/2 Lemon Juice (freshly squeezed)  
1/4 cup of Honey

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**

<table>
<thead>
<tr>
<th>Vanilla F1</th>
<th>Protein Powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats,</td>
<td>Coconut,</td>
</tr>
<tr>
<td>Dried Cranberries</td>
<td>Chopped Walnuts</td>
</tr>
<tr>
<td>Peanuts,</td>
<td>Almond Meal,</td>
</tr>
<tr>
<td>Honey,</td>
<td>Peanut Butter</td>
</tr>
</tbody>
</table>

mixed with water & Refrigerate until set

**Healthy F1 Slice**

<table>
<thead>
<tr>
<th>6 scoops Chocolate Formula 1</th>
<th>3 scoops Protein Powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 scoops Vanilla Formula 1</td>
<td>approx 150-300ml water</td>
</tr>
<tr>
<td>1/2 cup of Chopped Pineapple</td>
<td>1 cup chopped roasted Soybeans</td>
</tr>
<tr>
<td>1/2 cup chopped Sultanas</td>
<td>1/2 cup dedicated Coconut</td>
</tr>
<tr>
<td>1 tsp Orange rind</td>
<td></td>
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</tbody>
</table>

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 cup of Oats  
1/2 cup of Coconut - shredded or desiccated  
Chopped dried Cranberries (or whatever fruit you like)  
Chopped nuts - Macadamia or Pistachios or similar  
1/2 cup of Personalised Protein Powder  
1/2 cup of Almond Meal  
Chopped Pepita seeds (qty to suit)  
2 tbls of Honey  
2 tbls 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  
1 cup of old fashioned or quick Oatmeal  
1/2 cup Honey  
3/4 cup Non fat dry Milk  
3/4 cup Peanut Butter  
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 9x9 pan. Refrigerate and cut into brownie like bars.

**Pineapple Vanilla Shake Mini Muffins** *(Simone Loannidis)*

440gms crushed pineapple in natural juice  
1 1/2 cups Self raising flour  
1/2 cup sunflower oil  
1 tbsp raw or coconut sugar (optional)  
3/4 cup Vanilla Formula 1 shake mix  
1 1/2 cup lite soy milk  
1/2 cup 1 teaspoon baking powder  
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  
125ml Grape Seed Oil  
100g Soft Dark Brown Sugar  
45g Cocoa Powder  
3 Ripe-Over ripe Bananas  
2 Organic or Free Range Eggs  
225g Organic White Flour Sifted  
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)

Buscuit

- 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

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 2-4ml 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

Vanilla & Cookies “n” Cream Biscuits  (Sarah Darby)

- 4 scoops Vanilla F1
- 100g plain gluten free flour
- 25mls Vanilla Soy milk

- 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
- 1 tsp All Spice
- 1 tsp Nutmeg
- 1 tbl Cinnamon
- Zest & Juice of 1 Orange
- 2 Tsp Herbalife Instant Beverage (Original)

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 mixt 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 an 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 you 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  
100g Agave  
35g Raw Cacoa Powder  
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

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**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

**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"

**Jelly Layer**
- 300ml boiling water
- 50ml Mango Aloe
- 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 stove top 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 cup of Honey
- 1/4 cup of lite Soy Milk, skim Milk or Water *(more if needed)*

**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 tbsp 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
- 150ml x soy milk
- 100g x nuttelex
- 3/4 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 nuttelex 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 TOO MUCH 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:**

<table>
<thead>
<tr>
<th>Base</th>
<th>Filling</th>
<th>Topping</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Cup Dates</td>
<td>1 x 400g Can Coconut Cream</td>
<td>2 x 400g Can Coconut Cream</td>
</tr>
<tr>
<td>1 Cup Coconut Flour</td>
<td>2/3 Cup Lime Juice</td>
<td>2 Tbl Agave Nectar</td>
</tr>
<tr>
<td>1 Cup Cookies F1</td>
<td>3/4 Cup Vanilla F1</td>
<td>4 Tbl Vanilla F1</td>
</tr>
<tr>
<td>2 Tbl Agave Nectar</td>
<td>1/4 Cup Coconut Flour</td>
<td>Shredded Coconut</td>
</tr>
<tr>
<td>1 Cup Coconut Oil</td>
<td>2/3 Cup Coconut Oil</td>
<td>Lime Slice or Zest</td>
</tr>
<tr>
<td></td>
<td>Zest of one lime</td>
<td></td>
</tr>
</tbody>
</table>

**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)

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

(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 visasoy
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**

<table>
<thead>
<tr>
<th>200g Chocolate Formula 1</th>
<th>100g Protein Powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>200g Porridge oats</td>
<td>200ml Chocolate Soya Milk</td>
</tr>
<tr>
<td>1 Egg</td>
<td>1 Ripe Banana</td>
</tr>
<tr>
<td>100g Chopped Hazelnut</td>
<td></td>
</tr>
</tbody>
</table>

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
- ¼ Cup Coconut Oil
- 1 Scoop Herbalife Formula 1 Vanilla
- ¼ tsp Vanilla paste
- ½ tsp Allspice
- 1 tsp Cinnamon
- ½ tsp Ground Nutmeg
- ½ tsp Ground Ginger
- ¼ Cup Fresh Orange Juice
- 40ml Coconut Oil

**Garnish**
- Raspberries
- Herbalife Formula 1 Vanilla for dusting
- Something Green

**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 ½ dessert spoon of frosting on top of each pudding
- Top with a raspberry
- Dust with Herbalife Formula 1 Vanilla

*(Alternative way to make the Christmas Pudding Recipe – same ingredients)*
**Aeroplane Jelly shots**  (Sibyle 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 mousse**  (Kelsey Yorke)
In blender mix
One can coconut milk  Cornflower (to thicken )
Roughly 1/4 cup chia seeds  1/2 cup cocoa 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**  (Loraine 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 Frozen Strawberry (roughly 15)
250ml Soya Milk Ice
Blend to together for thick consistency, Add more Strawberries and/or Ice

Banana & Cookie Dessert (Thea Read)
Greek Yoghurt, 2-3 spoons Cookies F1,
Banana topped with Cinnamon! (optional – Almonds, Honey)
Be sure to stir in the F1 really well

Fruit Pudding
½ cup low fat Cottage Cheese ½ cup fresh, raw or cooked Fruit
2-3 oz Orange Juice 2 dessertspoons raw Honey
2 level dessertspoons Formula 1 Shake
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 oven 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
- 4 Peaches halved
- 150ml Low fat Custard
- 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 1/2 scoops boiling water. Microwave 50secs.
- Add 1/8 tsp 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 45-60 secs 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

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
½ 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