

# Shaklee Smoothee Recipes!



## Blueberry Bliss

- 2 scoops Vanilla Life Plan
- 8 oz non-fat/light soy Milk
- ¼ cup Blueberries
- ¼ Banana
- Ice



## Mocha Latte

- 1 scoop Café Latte Life Plan
- 1 scoop Chocolate Life Plan
- 8 oz non-fat/light soy Milk
- 2-4 drops Coffee Extract
- Ice



## Pina Colada

- Ⓢ 2 scoops Vanilla Life Plan
- Ⓢ 8 oz non-fat/light soy Milk
- Ⓢ ½ cup Pineapple chunks
- Ⓢ ½ tsp Coconut Extract
- Ⓢ Ice



## Berry Blast

- ◆ 1 scoop Vanilla Life Plan
- ◆ 1 scoop Strawberry Life Plan
- ◆ 8 oz non-fat/light soy Milk
- ◆ ½ cup Frozen Mixed Berries



## Spiced

- ☞ 2 scoops Vanilla Life Plan
- ☞ 8 oz non-fat/light soy Milk
- ☞ ½ tsp. Pumpkin Pie Spice or Cinnamon
- ☞ Ice



## Peanut Butter Cup

- 2 scoops Chocolate Life Plan
- 8 oz non-fat/light soy Milk
- 1 tsp all natural Peanut Butter
- Ice



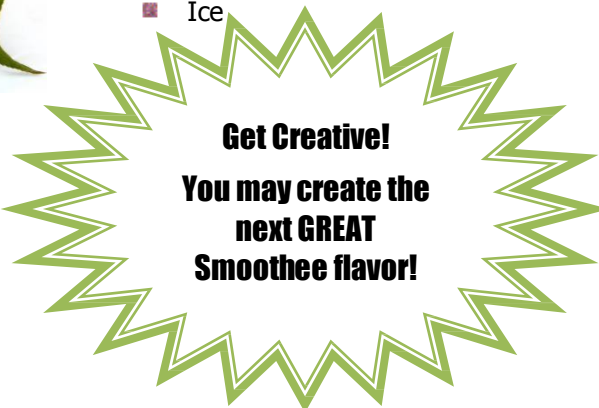
## Spiced Latte

- 2 scoops Café Latte
- 8 oz non-fat/light soy Milk
- ½ tsp. Pumpkin Pie Spice
- Ice



## Just Peachy

- 2 scoops Vanilla Life Plan
- 8 oz non-fat/light soy Milk
- ½ cup Peach slices
- Ice



**Get Creative!**

**You may create the  
next GREAT  
Smoothee flavor!**



## Pumpkin Pie

- 2 scoops Vanilla Life Plan
- 8 oz non-fat/light soy milk
- ¼ teaspoon Pumpkin Pie Spice
- 1 cup fresh Pumpkin (cooked)
- Ice



## Chocolate Covered Banana

- 2 scoops Chocolate Life Plan
- 8 oz non-fat/light soy Milk
- ½ frozen Banana
- Ice



## Mint Chocolate Chip

- 2 scoops Chocolate Life Plan
- 8 oz non-fat/light soy Milk
- 2-4 drops of Mint Extract (fresh works too)
- Ice



## Strawberry Banana

- 2 scoops Strawberry Life Plan
- 8 oz of non-fat/light soy Milk
- 3 frozen Strawberries
- ¼ Banana
- Ice



## St. Patty's Pleasure

- 2 scoops Vanilla\* Life Plan
- 1 handful of Spinach/Green Chard
- ½ cup fresh Strawberries
- ½ Banana
- 12 oz cold Water
- Ice



## Strawberry Chard

- ◆ 2 scoops Strawberry Life Plan
- ◆ 1 handful of Red Chard
- ◆ 4 oz canned Pumpkin
- ◆ 1 inch fresh Ginger
- ◆ 3 frozen Strawberries
- ◆ 12 oz Water
- ◆ Ice



## Orange Crème Delight

- 2 scoops Vanilla\* Life Plan
- 4 oz non-fat/light soy Milk
- 4 oz all-natural Orange Juice
- Ice



## Shamrock

- 2 scoops Vanilla\* Life Plan
- 1 handful of Spinach/Green Chard
- ¼ cup Pineapple chunks
- 1 inch peel fresh Ginger Root
- 12 oz cold Water
- Ice



## Hawaiian

- 2 scoops Vanilla Life Plan
- 8 oz non-fat/light soy Milk
- ¼ Banana
- ½ cup Pineapple chunks
- ½ teaspoon Coconut Extract
- Ice



## French Christiana

- 2 scoops Vanilla Life Plan
- 8 oz non-fat/light soy Milk
- ½ teaspoon ground Ginger
- 1/8 teaspoon Cinnamon
- 1/8 teaspoon Cayenne Powder
- Ice



## Strawberry Lemonade

- 2 scoops Strawberry Life Plan
- 6 oz non-fat/light soy Milk
- 2 oz all-natural Lemonade
- Ice

**\* DENOTES SMOOTHIES WITH 18 GRAMS OF PROTEIN.**

**TRY LIGHT VANILLA SOY MILK; SLIGHT INCREASE OF CALORIES, BUT YUM!**