

# Shaklee 180 Smoothee Recipes!



## BLUEBERRY BLISS

- 2 scoops Vanilla Shaklee 180
- 8 oz non-fat/light soy Milk
- ¼ cup Blueberries
- ¼ Banana
- Ice



## MOCHA LATTE

- 1 scoop Café Latte Shaklee 180
- 1 scoop Chocolate Shaklee 180
- 8 oz non-fat/light soy Milk
- 2-4 drops Coffee Extract
- Ice



## PINA COLADA

- Ⓢ 2 scoops Vanilla Shaklee 180
- Ⓢ 8 oz non-fat/light soy Milk
- Ⓢ ½ cup Pineapple chunks
- Ⓢ ½ tsp Coconut Extract
- Ⓢ Ice



## BERRY BLAST

- ◆ 1 scoop Vanilla Shaklee 180
- ◆ 1 scoop Strawberry Shaklee 180
- ◆ 8 oz non-fat/light soy Milk
- ◆ ½ cup Frozen Mixed Berries



## SPICED

- ☞ 2 scoops Vanilla Shaklee 180
- ☞ 8 oz non-fat/light soy Milk
- ☞ ½ tsp. Pumpkin Pie Spice or Cinnamon
- ☞ Ice



## PEANUT BUTTER CUP

- 2 scoops Chocolate Shaklee 180
- 8 oz non-fat/light soy Milk
- 1 tsp all natural Peanut Butter
- Ice



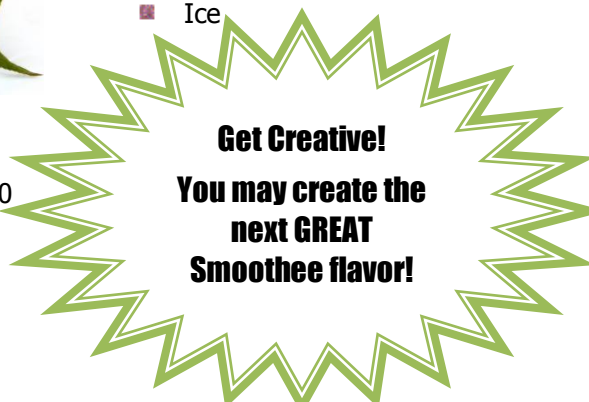
## SPICED LATTE

- 2 scoops Café Latte Shaklee 180
- 8 oz non-fat/light soy Milk
- ½ tsp. Pumpkin Pie Spice
- Ice



## JUST PEACHY

- 2 scoops Vanilla Shaklee 180
- 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 Shaklee 180
- 8 oz non-fat/light soy milk
- ¼ teaspoon Pumpkin Pie Spice
- 1 cup fresh Pumpkin (cooked)
- Ice



## CHOCOLATE COVERED BANANA

- 2 scoops Chocolate Shaklee 180
- 8 oz non-fat/light soy Milk
- ½ frozen Banana
- Ice



## MINT CHOCOLATE CHIP

- 2 scoops Chocolate Shaklee 180
- 8 oz non-fat/light soy Milk
- 2-4 drops of Mint Extract (fresh works too)
- Ice



## STRAWBERRY BANANA

- 2 scoops Strawberry Shaklee 180
- 8 oz of non-fat/light soy Milk
- 3 frozen Strawberries
- ¼ Banana
- Ice



## ST. PATTY'S PLEASURE

- ✿ 2 scoops Vanilla\* Shaklee 180
- ✿ 1 handful of Spinach/Green Chard
- ✿ ½ cup fresh Strawberries
- ✿ ½ Banana
- ✿ 12 oz cold Water
- ✿ Ice



## STRAWBERRY CHARD

- ◆ 2 scoops Strawberry Shaklee 180
- ◆ 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\* Shaklee 180
- 4 oz non-fat/light soy Milk
- 4 oz all-natural Orange Juice
- Ice



## SHAMROCK

- ✿ 2 scoops Vanilla\* Shaklee 180
- ✿ 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 Shaklee 180
- ✿ 8 oz non-fat/light soy Milk
- ✿ ¼ Banana
- ✿ ½ cup Pineapple chunks
- ✿ ½ teaspoon Coconut Extract
- ✿ Ice



## FRENCH CHRISTIANA

- 2 scoops Vanilla Shaklee 180
- 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 Shaklee 180
- ✿ 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!**