

# Shaklee 180 Smoothee Recipes!



## BLUEBERRY BLISS

- 2 scoops Vanilla Shaklee 180
- \* 8 oz Liquid - See directions
- ¼ cup Blueberries
- ¼ Banana
- Ice



## BERRY BLAST

- ◆ 1 scoop Vanilla Shaklee 180
- ◆ 1 scoop Strawberry Shaklee 180
- ◆ \* 8 oz Liquid - See directions
- ◆ ½ cup Frozen Mixed Berries



## JUST PEACHY

- 2 scoops Vanilla Shaklee 180
- \* 8 oz Liquid - See directions
- ½ cup Peach slices
- Ice

8 Oz. Liquid- Choose among:

Skim or 1 % milk

Full-fat Organic Soy Milk \_\_\_\_\_ OR \_\_\_\_\_

Almond Milk

Coconut Milk

Rice Milk

Water

} Use 3 scoops to bring protein to 24 grams.



## MOCHA LATTE

- 1 scoop Café Latte Shaklee 180
- 1 scoop Chocolate Shaklee 180
- \* 8 oz Liquid - See directions
- 2-4 drops Coffee Extract
- Ice



## PEANUT BUTTER CUP

- 2 scoops Chocolate Shaklee 180
- \* 8 oz Liquid - See directions
- 1 tsp all natural Peanut Butter
- Ice



## PINA COLADA

- 2 scoops Vanilla Shaklee 180
- \* 8 oz Liquid - See directions
- ½ cup Pineapple chunks
- ½ tsp Coconut Extract
- Ice



## SPICED

- 2 scoops Vanilla Shaklee 180
- \* 8 oz Liquid - See directions
- ½ tsp. Pumpkin Pie Spice or Cinnamon
- Ice



## SPICED LATTE

- 2 scoops Café Latte Shaklee 180
- \* 8 oz Liquid - See directions
- ½ tsp. Pumpkin Pie Spice
- Ice

**Get Creative!**

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



### PUMPKIN PIE

- 2 scoops Vanilla Shaklee 180
- \* 8 oz Liquid - See directions
- ¼ teaspoon Pumpkin Pie Spice
- 1 cup fresh Pumpkin (cooked)
- Ice



### CHOCOLATE COVERED BANANA

- 2 scoops Chocolate Shaklee 180
- \* 8 oz Liquid - See directions
- ½ frozen Banana
- Ice



### MINT

### CHOCOLATE CHIP

- 2 scoops Chocolate Shaklee 180
- \* 8 oz Liquid - See directions
- 2-4 drops of Mint Extract (fresh works too)
- Ice



### STRAWBERRY BANANA

- 2 scoops Strawberry Shaklee 180
- \* 8 oz Liquid - See directions
- 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 full-fat organic 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 Liquid - See directions
- ¼ Banana
- ½ cup Pineapple chunks
- ½ teaspoon Coconut Extract
- Ice



### FRENCH CHRISTIANA

- 2 scoops Vanilla Shaklee 180
- \* 8 oz Liquid - See directions
- ½ teaspoon ground Ginger
- 1/8 teaspoon Cinnamon
- 1/8 teaspoon Cayenne Powder
- Ice



### STRAWBERRY LEMONADE

- 2 scoops Strawberry Shaklee 180
- 6 oz full-fat organic Soy Milk
- 2 oz all-natural Lemonade
- Ice

Low-fat and non-fat soy products are significantly low in the protective isoflavone, genestein, which has been found to be helpful in cancer prevention. Full fat is high in genestein.