

## BOD-SOLUTIONS SHAKE RECIPES

### Aloha Delight



- 1 cup of low fat milk or soy milk
- 2 scoops Formula 1 Vanilla
- 1/2 teaspoon coconut extract
- 1/2 teaspoon pineapple extract
- 1 tablespoon orange juice
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with fresh pineapple and a sprig of mint.

### Apple Pie Shake

- 1 cup of low fat milk or soy milk
- 2 scoops Formula 1 Vanilla
- 1/2 teaspoon cinnamon
- 1 small apple or 1/4 cup apple sauce
- dash of nutmeg
- 3 ice cubes



Combine all the ingredients in a blender until smooth.  
Serve chilled.

### Banana Fruit Shake



- 2 scoops Formula 1 Vanilla
- 1/2 cup nonfat yogurt
- 1/2 cup water
- 1/2 cup frozen peach slices
- 1/2 medium banana
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a slice of banana.

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### Black Forest Shake

- 2 scoops Formula 1 Chocolate
- 1 cup low fat milk or soy milk
- 1/2 teaspoon black walnut extract
- 1/2 medium banana
- 4 ice cubes

Combine all the ingredients in a blender until smooth.

Serve chilled, garnished with chocolate sprinkles.



### Cappuccino Shake



- 2 scoops Formula 1 Chocolate
- 1/2 cup low fat milk or soy milk
- 1/2 cup nonfat vanilla yogurt
- 1 tablespoon instant coffee
- 3 ice cubes

Combine all the ingredients in a blender until smooth.

### Coffee Shake

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- 2 scoops Formula 1 Vanilla
- 1 cup low fat milk or soy milk
- 1/2 peach
- 1 tablespoon instant coffee
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a slice of peach.



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### Cranberry Citrus Blast



- 2 scoops Formula 1 Vanilla
- 1/2 teaspoon orange extract
- 1 cup orange juice
- 4 teaspoons unsweetened cranberry concentrate
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a slice of orange.

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### Cranberry Zing

- 2 scoops Formula 1 Vanilla
- 1 cup low fat milk or soy milk
- 8 teaspoons unsweetened cranberry concentrate
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a slice of orange.

\* If this is too tart, it can be sweetened by adding a little apple juice concentrate or honey.

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## BOD-SOLUTIONS SHAKE RECIPES

### Eggnog Shake



- 2 scoops Formula 1 Vanilla
- 1 cup very cold low fat milk or soy milk
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1-2 dashes nutmeg

Combine all the ingredients in a blender until smooth.

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### Extra Chocolatey Shake

- 1 scoops Formula 1 Chocolate
- 1 cup of low fat milk or soy milk
- 2 teaspoons vanilla extract
- 1/2 teaspoon chocolate syrup
- 1/2 teaspoon cocoa
- 3 ice cubes

Combine all the ingredients in a blender until smooth.

Serve chilled, garnished with chocolate sprinkles.



### Frosty Chocolate Mint Shake

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- 2 scoops Formula 1 Chocolate
- 1 cup very cold low fat milk or soy milk
- 1/4 teaspoon peppermint extract
- 3 ice cubes

Combine all the ingredients in a blender until smooth.

Serve chilled, garnished with fresh mint leaves.

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### Fruit - Juicy Shake

- 2 scoops Formula 1 Berry
- 1 cup low calorie pineapple juice
- 4 strawberries
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a strawberry



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### Herbal All-Bran Shake

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- 2 tablespoons All-Bran Cereal
- 2 scoops Formula 1 Vanilla
- 2 tablespoons dry skimmed milk
- 1/4 cup warm water

Combine dry ingredients and stir in water. Adjust the consistency to taste.  
Serve chilled for breakfast, garnished with fresh strawberry slices.

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### Italian Soda Shake

- 2 scoops Formula 1 Vanilla
- 1/4 cup orange juice
- 1/4 cup soda water
- 1/2 cup low fat milk or soy milk
- 2 tablespoons Herbal Aloe drink

Combine all the ingredients in a blender until smooth.

Serve chilled, garnished with thin strips of orange peel and a sprig of mint.



### Kiwi Quencher



- 2 scoops Formula 1 Vanilla
- 1 cup water (or kiwi fruit juice)
- 1 kiwi fruit
- 1/2 banana
- 3 ice cubes
- 2 drops Green Chartreuse

Combine all the ingredients in a blender until smooth.

Serve chilled, garnished with a slice of kiwi fruit.

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### I love Cookies

- 2 scoops Formula 1 Cookies 'n Cream
- 1 cup low fat milk or soy milk
- 1 cup ice

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a sprinkle of cocoa powder.



### Melon Masterpiece

- 2 scoops Formula 1 Tropical Fruit
- 1 cup soda water
- 1/2 cup fresh mango pieces
- 1/2 cup fresh cantaloupe(or watermelon)pieces
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a slice of melon and a sprig of mint.

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### Mocha Shake



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- 2 scoops Formula 1 Chocolate
- 1 cup low fat milk or soy milk
- 1/2 medium banana
- 1/2 teaspoon instant coffee
- 3 ice cubes

Combine all the ingredients in a blender until smooth. Serve chilled, garnished with a few chocolate sprinkles or a chocolate coated coffee bean.



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### Orange Blossom Shake



- 2 scoops Formula 1 Vanilla
- 1 cup low fat milk or soy milk
- 1/2 teaspoon orange extract
- 1/2 orange
- 3 ice cubes

Combine all the ingredients in a blender until smooth. Serve chilled, garnished with a slice of orange.

### Passionate Papaya Shake

- 2 scoops Formula 1 Vanilla
- 3/4 cup apple juice
- 1/2 papaya
- 1/4 cup Herbal Aloe Juice
- dash cinnamon

Combine all the ingredients in a blender until smooth. Serve chilled.





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### Peach Milk Shake



- 2 scoops Formula 1 Vanilla
- 1 cup low fat milk or soy milk
- 1 teaspoon brandy extract
- 1/2 fresh peach
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a slice of peach.

### Pear Shake

- 2 scoops Formula 1 Vanilla
- 1 small pear
- 1/3 medium banana
- 4 fluid ounces Herbal Aloe
- 2 drops almond extract
- dash cinnamon

Combine all the ingredients in a blender until smooth.  
Serve chilled.



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### Pumpkin Pie Shake

- 2 scoops Formula 1 Vanilla
- 1 cup low fat milk or soy milk or apple juice
- 1/4 cup canned pumpkin
- 1/2 teaspoon pumpkin pie spice (cinnamon, nutmeg, allspice)

Combine all the ingredients in a blender until smooth.

### Raspberry Razzamaz

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- 2 scoops Formula 1 Chocolate
- 1 cup water
- 1/3 cup raspberries, fresh or frozen
- 1/2 medium banana
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with fresh raspberries and a sprig of mint.



### Soda Fountain Shake



- 2 scoops Formula 1 Vanilla
- 3/4 cup low fat milk or soy milk
- 1/4 cup diet soda
- 1/2 medium banana or peach
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a slice of banana or peach.

### Spicy Cinnamon Shake

- 2 scoops Formula 1 Vanilla
- 1 cup low fat milk or soy milk or water
- 1/2 cup ice
- 1/2 teaspoon cinnamon

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- 1/2 teaspoon nutmeg

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a sprinkle of cinnamon.

### Strawberry Sensation



- 2 scoops Formula 1 Berry
- 1 cup water
- 1 cup strawberries
- 1 apricot
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a strawberry and a sprig of fresh mint.

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### Wild Berry - Orange Shake

- 2 scoops Formula 1 Berry
- 1 cup orange juice
- 4 strawberries
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled, garnished with a fresh strawberry.



### Peppermint Twist

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- 2 scoops Formula 1 Vanilla
- 1 Chocolate Soy Milk
- 1/2 cup Vanilla yoghurt
- 1 peppermint essenceot
- 3 ice cubes

Combine all the ingredients in a blender until smooth.

Serve chilled, garnished with a strawberry and a sprig of fresh mint.

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### Fejoa Crumble

- 2 scoops Formula 1 Vanilla
- 1 cup low fat milk or soy milk
- 3 fejoas
- 2 Arrowroot biscuits
- 3 ice cubes

Combine all the ingredients in a blender until smooth.  
Serve chilled.

