

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



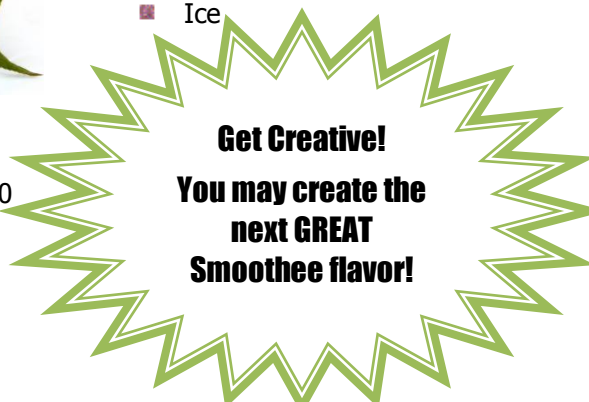
SPICED LATTE

- 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!