

1/2 apple, thinly sliced and sprinkled
with cinnamon - heat in micro til soft.

Warm a 180 Toffee Chocolate
Crunch bar in the microwave

Put apples on top of the bar and
enjoy!

(Just like apple crisp, except better
for you!) Linda Orso

PUMPKIN CHAI

Vanilla 180 2 scoops

1 scoop of Chai Tea Mix (I use Trader Joe's)

1 cup milk, soymilk, or almond milk

1/4 cup pumpkin puree

ice

Dash pumpkin pie spice. Blend and enjoy!

Chris Hartmann

Schmelzer

PUMPKIN CHAI+

I add these to the Pumpkin Chai recipe above.

1 heaping tsp of cocoa

1 tsp of vanilla. **YUMMY!** Jane Weaver

FALL PUMPKIN PIE

2 scoops Vanilla 180

8-10oz soy, almond, coconut, or dairy milk

1/3 frozen banana

$\frac{1}{4}$ cup organic canned pumpkin (or fresh!)

$\frac{1}{2}$ tsp cinnamon or pumpkin pie spice

Optional: $\frac{1}{4}$ tsp vanilla extract

Strawberry-Sicle

2 scoops Vanilla 180

8-10 oz soy, almond, coconut, or dairy milk

1/3 frozen banana

$\frac{1}{2}$ cup organic strawberries

THIN MINT

2 scoops Vanilla 180 or Chocolate 180

8-10oz soy, almond, coconut, or dairy milk

1/3 frozen banana

1-2 handfuls of spinach or kale

$\frac{1}{4}$ tsp pure mint extract

FRUITY VANILLA CHAI

1 cup almond or coconut milk

1 tsp vanilla extract

2 scoops Vanilla 180

1 scoop Chai Tea Mix (I use Trader Joe's brand)

1/2 frozen banana

4-5 pcs of frozen mango or pineapple Blends and enjoy. Bev
O'Keefe

180 "ICE CREAM"

8oz of almond milk

2 scoops of vanilla

half an avocado

Blend--it tastes like ice cream.

Pour into popsicle trays (or plastic cups w popsicle stick or plastic spoon "handles") and freeze.

[These are especially delightful for those who are lactose intolerant.] Liz Fitzpatrick

180 Banana Delight

--1 scoop of vanilla 180

--1 scoop of Physique

--half a banana

--8 oz. of soy vanilla milk

--ice cubes! Lesley Huff

180 Dessert for Breakfast

--frozen banana

--peanut butter

--180 Chocolate Smoothee Mix

Marie-anne Rouse

Carlos' 180 Smoothee Carlos Blanco

--1/3 banana

--pineapple chunks

--mango

--Vanilla 180

--ice

As a base: soy milk with 1 tablespoon of Shaklee Instant Protein (so that's water with 1 TB.)

PB & BANANA

--1/3 banana

--some peanut butter

--Vanilla 180

--ice

As a base: soy milk with 1 tablespoon of Shaklee Instant Protein (so that's water with 1 TB.)

Blueberry Chai

--1/3 frozen banana

- 1/2 cup frozen organic blueberries
- 2 scoops Vanilla 180 mix
- 1 scoop Chai Tea mix (I use Trader Joe's)
- 8oz almond milk

BANANA COCONUT CHOCOLATE

- 1 scoop of Physique
- frozen banana pieces
- 2 scoops of Shaklee 180 chocolate
- ice
- coconut milk Pam Huffaker Belders

OPTIONS SMOOTHIE

TIP: Use almond milk because it's the least allergenic type of "milk."

TIP: Use a third to a half of a frozen banana instead of ice cubes because it makes it creamier.

Peel the bananas, break into fourths & throw into a bag in the freezer.

- 180 Smoothie flavor of your choice
- Add either blueberries or strawberries

--OPTIONAL: add 1 tsp of coconut to give it a little chewiness

--FOR VARIETY: add at tsp of peanut butter. Nancy Mitchell

SUPERFOOD SMOOTHIE

--180 Chocolate Smoothie Mix

--Superfood powder (maca, cacao nibs, chia and goji berry...3 calories per tbsp)

--frozen strawberries and bananas

--unsweetened vanilla almond milk.

The result tastes and has the consistency of a Wendy's chocolate Frostee.

Yum. Without all the nasty stuff that is probably in one! Nanine Tengo

VEGGIE SMOOTHIES Susan Sueishi Amine

-- 2 scoops 180 Vanilla

-- Milk

-- a handful of organic baby spinach (you will hardly notice!)

OR add one of the following:

- Banana
- Broccoli
- avocado

CARROT SMOOTHIE

- 2 scoops 180 Vanilla
- 1 scoop of Chai tea mix (I use Trader Joe)
- 8-10oz of Almond Milk, Soy Milk, Dairy Milk
- Add carrots
- Dash of Allspice or Pumpkin Pie Spice

Chai Peach

- 1c Almond Milk, soymilk or dairy milk
- 1/4 c organic pumpkin
- 2 scoops 180 vanilla

--1 scoop of Chai Tea mix (I use Trader Joe's)

--1/4 c frozen peaches.

Peanut Butter and Banana Nancy Jackson

3 tbsp. Vanilla Energizing Soy Protein or 2 scoops of Vanilla Shaklee 180 (Cocoa Soy or Chocolate Shaklee 180 is also very tasty!)

2 cups of ice

8-10 oz of soy milk, almond milk or dairy milk

1 banana

1 heaping scoop of peanut butter

Throw all ingredients in a blender on high to crush ice.
Enjoy!