




IT'S TIME TO GET YOUR "JOE" ON WITH THESE TASTY TREATS FOR EVERY DAY OF THE MONTH. Just add Shakeology®.

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|--|---|---|--|---|--|--|
| <p><b>1</b><br/><b>Muddy Nutty Buddy</b></p> <p>½ cup unsweetened almond milk<br/>½ cup water<br/>2 tsp. all-natural peanut butter<br/>¼ large banana, cut into chunks</p>   | <p><b>2</b><br/><b>Frozen Thai Iced Coffee</b></p> <p>1 cup strongly brewed coffee, chilled<br/>½ tsp. ground cardamom<br/>½ tsp. pure almond extract</p>  | <p><b>3</b><br/><b>Greek Coffee Shake</b></p> <p>1 cup strongly brewed coffee, chilled<br/>¼ cup low-fat plain Greek yogurt<br/>1 tsp. raw honey</p>                        | <p><b>4</b><br/><b>Cinnamon Dolce Latte</b></p> <p>1 cup unsweetened almond milk<br/>1 tsp. ground cinnamon</p>  | <p><b>5</b><br/><b>Salty Caramel Latte</b></p> <p>½ cup water<br/>½ cup low-fat milk<br/>1 dash sea salt<br/>1 tsp. pure caramel extract</p>  | <p><b>6</b><br/><b>Maple Coffee Shake</b></p> <p>1 cup unsweetened almond milk<br/>2 tsp. pure maple syrup</p>  | <p><b>7</b><br/><b>Banana Spice Latte</b></p> <p>½ cup water<br/>½ cup unsweetened almond milk<br/>½ large banana, cut into chunks<br/>1 tsp. ground cinnamon</p>                                |
| <p><b>8</b><br/><b>Mocha Caramel Latte</b></p> <p>1 cup unsweetened chocolate almond milk<br/>1 tsp. pure caramel extract</p>                       | <p><b>9</b><br/><b>Honey Peanutty Coffee</b></p> <p>1 cup unsweetened almond milk<br/>2 tsp. all-natural peanut butter<br/>1 tsp. raw honey</p>   | <p><b>10</b><br/><b>Mocha Java Joe</b></p> <p>1 cup unsweetened chocolate almond milk</p>  | <p><b>11</b><br/><b>Pumpkin Latte</b></p> <p>1 cup water<br/>½ cup canned pumpkin puree<br/>½ tsp. ground pumpkin pie spice</p>  | <p><b>12</b><br/><b>Iced Vanilla Latte</b></p> <p>1 cup water<br/>1 tsp. pure vanilla extract</p>   | <p><b>13</b><br/><b>Peppermint Mocha</b></p> <p>1 cup unsweetened chocolate almond milk<br/>1 tsp. pure peppermint extract</p>   | <p><b>14</b><br/><b>Tiramisu Latte</b></p> <p>½ cup unsweetened chocolate almond milk<br/>½ cup water<br/>2 Tbsp. part-skim ricotta</p>  |
| <p><b>15</b><br/><b>Hazelnut Latte</b></p> <p>1 cup unsweetened almond milk<br/>2 Tbsp. chopped raw hazelnuts<br/>1 tsp. pure hazelnut extract</p>  | <p><b>16</b><br/><b>Black Forest Coffee</b></p> <p>¾ cup unsweetened chocolate almond milk<br/>¼ cup organic tart cherry juice</p>  | <p><b>17</b><br/><b>Red Eye Coffee</b></p> <p>¾ cup water<br/>¼ cup brewed espresso</p>    | <p><b>18</b><br/><b>Flaxseed Banana Joe</b></p> <p>1 cup unsweetened almond milk<br/>¼ large banana, cut into chunks<br/>1 Tbsp. flaxseed</p>  | <p><b>19</b><br/><b>Blueberry Brew</b></p> <p>1 cup unsweetened almond milk<br/>½ cup fresh or frozen blueberries</p>  | <p><b>20</b><br/><b>Honey Nutty Latte</b></p> <p>1 cup unsweetened soy milk<br/>2 tsp. all-natural cashew butter<br/>1 tsp. raw honey</p>  | <p><b>21</b><br/><b>Oatmeal Latte</b></p> <p>1 cup unsweetened almond milk<br/>2 Tbsp. dry old-fashioned rolled oats<br/>1 tsp. raw honey</p>  |
| <p><b>22</b><br/><b>Creamy Coconut Latte</b></p> <p>½ cup water<br/>½ cup canned lite coconut milk</p>   | <p><b>23</b><br/><b>Peanut Butter Mocha</b></p> <p>1 cup unsweetened almond milk<br/>2 tsp. unsweetened cocoa powder<br/>1 tsp. pure maple syrup (or raw honey)<br/>2 tsp. all-natural peanut butter</p>                                    | <p><b>24</b><br/><b>Coco-Latte</b></p> <p>½ cup unsweetened almond milk<br/>½ cup coconut water beverage<br/>2 tsp. unsweetened shredded coconut</p>                        | <p><b>25</b><br/><b>Orange Mocha Latte</b></p> <p>1 cup unsweetened almond milk<br/>2 Tbsp. unsweetened cocoa powder<br/>2 tsp. finely grated orange peel (orange zest)</p>                        | <p><b>26</b><br/><b>Spicy Latte</b></p> <p>1 cup water<br/>½ tsp. ground cayenne pepper<br/>½ tsp. ground cinnamon<br/>¼ tsp. ground nutmeg<br/>2 tsp. raw honey</p>                                      | <p><b>27</b><br/><b>Almond Latte</b></p> <p>1 cup unsweetened almond milk<br/>1 tsp. pure almond extract<br/>2 Tbsp. sliced raw almonds</p>  | <p><b>28</b><br/><b>Mexican Spiced Coffee</b></p> <p>1 cup water<br/>½ tsp. ground cinnamon<br/>¼ tsp. ground cloves<br/>1 tsp. finely grated orange peel (orange zest)<br/>1 tsp. raw honey</p> |

**29**  
**Anise Latte**

1 cup unsweetened almond milk  
1 tsp. pure anise extract



**30**  
**Vanilla Sea Salt Latte**

1 cup unsweetened almond milk  
1 dash sea salt (or Himalayan salt)  
½ fresh vanilla bean, cut in half lengthwise

### HERE'S HOW TO MAKE IT

For each of these delicious recipes, add 1 serving of Café Latte Shakeology and ice to taste (the more ice you add, the thicker the shake) to the ingredients listed. Mix in blender until creamy. And enjoy!

For more recipes, visit [Shakeology.com](http://Shakeology.com)

### YOU'VE GOT CHOICES

Fresh or frozen fruit. Almond, rice, hemp, coconut, or nonfat (the more milk you add, the creamier it gets). Try almond butter instead of peanut butter, whichever you like better—the possibilities are limitless.

