

# SOME VERY VANILLA VARIETIES

TASTY TREATS FOR EVERY DAY OF THE MONTH.  
Just add Shakeology®.



“ I loved it! Thought it was amazing.  
I was sad when the whole shake was gone.”

—Vanilla Taste Panelist

<p><b>1</b></p> <p><b>Orange Dream</b> ½ cup 100% orange juice ½ cup water ½ tsp. grated orange peel</p> 	<p><b>2</b></p> <p><b>Vanilla Almond</b> 1 cup unsweetened almond milk 1 Tbsp. all-natural almond butter</p>	<p><b>3</b></p> <p><b>Minty Watermelon</b> 1 cup cubed watermelon 6 fresh mint leaves</p> 	<p><b>4</b></p> <p><b>Vanilla Chai</b> 1 cup brewed Chai tea, cooled 1 tsp. raw honey 1 dash ground allspice</p>	<p><b>5</b></p> <p><b>Tiramisu</b> 1 cup brewed coffee, cooled 1 Tbsp. mascarpone (or ricotta cheese) 1 tsp. unsweetened cocoa ½ tsp. rum extract ½ tsp. cinnamon</p>	<p><b>6</b></p> <p><b>Blueberry Basil</b> ½ cup water ½ cup unsweetened almond milk ½ cup fresh or frozen blueberries 4 fresh basil leaves</p>	<p><b>7</b></p> <p><b>Vanilla Latte</b> 1 cup brewed coffee, cooled ½ cup unsweetened vanilla almond milk 1 tsp. pure maple syrup (or raw honey)</p> 
<p><b>8</b></p> <p><b>Maple Pecan</b> 1 cup unsweetened almond milk 1 Tbsp. coarsely chopped raw pecans 1 Tbsp. coarsely chopped raw cashews 1 tsp. pure maple syrup</p>	<p><b>9</b></p> <p><b>Pumpkin Pie</b> ¾ cup unsweetened vanilla almond milk ½ cup canned pumpkin puree 1 Tbsp. coarsely chopped raw pecans 1 tsp. pure maple syrup (or raw honey) 1 tsp. pumpkin pie spice</p>	<p><b>10</b></p> <p><b>Apple Pie</b> 1 cup water ½ cup unsweetened applesauce ½ tsp. ground cinnamon</p> 	<p><b>11</b></p> <p><b>Coconut-Avocado</b> ½ cup water ½ cup unsweetened coconut milk beverage 2 Tbsp. mashed avocado ½ tsp. pure coconut extract</p>	<p><b>12</b></p> <p><b>Vanilla Nog</b> 1 cup nonfat milk 1 tsp. rum extract ¼ tsp. ground nutmeg</p>	<p><b>13</b></p> <p><b>Neapolitan</b> 1 cup water ½ cup fresh or frozen strawberries 1 tsp. unsweetened cocoa</p> 	<p><b>14</b></p> <p><b>Vanilla Hazelnut</b> ½ cup hazelnut milk beverage (or unsweetened almond milk) ½ cup water 2 Tbsp. coarsely chopped hazelnuts</p>
<p><b>15</b></p> <p><b>Minty Honeydew</b> 1 cup cubed honeydew melon 1 cup water 4 fresh mint leaves</p>	<p><b>16</b></p> <p><b>Piña Colada</b> ½ cup water ½ cup 100% pineapple juice ½ tsp. pure coconut extract</p> 	<p><b>17</b></p> <p><b>Greek Islander</b> 1 cup vanilla Greek yogurt ½ cup 100% pomegranate juice ½ cup fresh or frozen blackberries 2 fresh basil leaves</p>	<p><b>18</b></p> <p><b>Cantaloupe Crème</b> 1 cup cubed cantaloupe 1 cup water</p> 	<p><b>19</b></p> <p><b>Peaches and Crème</b> 1 cup frozen sliced peaches ⅔ cup water 1 Tbsp. fresh lemon juice</p>	<p><b>20</b></p> <p><b>PB &amp; J</b> ½ cup unsweetened almond milk ½ cup water ½ cup red grapes 2 tsp. all-natural peanut butter</p> 	<p><b>21</b></p> <p><b>Iced Mocha</b> ½ cup unsweetened almond milk ½ cup brewed coffee, cooled 1 tsp. unsweetened cocoa</p>
<p><b>22</b></p> <p><b>Morning Refresher</b> ⅓ cup cubed mango ⅓ cup pineapple chunks ½ medium banana</p> 	<p><b>23</b></p> <p><b>Nutty Butter</b> 1 cup nonfat milk ½ medium banana ¼ cup coarsely chopped raw walnuts 1 Tbsp. all-natural peanut butter</p>	<p><b>24</b></p> <p><b>Coconut-Lime</b> ½ cup unsweetened coconut milk beverage ½ cup water 2 Tbsp. fresh lime juice ½ tsp. pure coconut extract</p>	<p><b>25</b></p> <p><b>Vanilla Berry Delight</b> 1 cup frozen mixed berries 1 cup unsweetened rice milk</p> 	<p><b>26</b></p> <p><b>Orange Crème</b> ½ cup 100% orange juice ½ cup unsweetened almond milk (or nonfat milk)</p>	<p><b>27</b></p> <p><b>Apple Oatmeal</b> ½ cup unsweetened applesauce ½ cup unsweetened vanilla almond milk 1 packet instant oatmeal 1 tsp. ground cinnamon</p>	<p><b>28</b></p> <p><b>Watermelon Breeze</b> 1 cup cubed watermelon 1 cup unsweetened rice milk 2 fresh basil leaves</p> 
<p><b>20</b></p> <p><b>Just Grape</b> 1 cup red grapes 1 cup unsweetened rice milk</p>	<p><b>30</b></p> <p><b>Spiced Orange Blossom</b> 1 cup water 4 tsp. orange herbal tea, cooled ½ tsp. ground cinnamon</p>	<p><b>HERE'S HOW TO MAKE IT</b> For each of these delicious recipes, add 1 serving of Vanilla Shakeology and ice to taste (the more you add, the thicker the shake) to the ingredients listed. Mix in blender until creamy. And enjoy!</p> <p><b>YOU'VE GOT CHOICES</b> Fresh or frozen fruit. Almond, rice, hemp, coconut, or skim milk (the more you add, the creamier it gets). Try almond butter instead of peanut butter—the possibilities are limitless—whichever you like better.</p>				<p><b>shakeology®</b> THE HEALTHIEST MEAL OF THE DAY</p> <p>For more recipes, visit <a href="http://Shakeology.com">Shakeology.com</a></p>