

Cafe Latte Shakeology Recipes



Cafe Latte Shakeology Recipes

Basic Recipes (3 ingredients or less)

1. **Plain** – Café Latte Shakeology + 1 cup water + 1/2 cup of ice, optional
2. **Vanilla Latte** – Café Latte Shakeology + 1 tsp. vanilla extract + 1 cup water
3. **Cappuccino** – Café Latte Shakeology + 1 tsp. vanilla

extract + 1 cup almond milk

4. **Hazelnut Latte** – Café Latte Shakeology + 1 tsp. hazelnut extract + 1 cup water
5. **Hazelnut Cream** – Café Latte Shakeology + 1 tsp. hazelnut extract + 1 cup almond milk
6. **Iced Almond Latte** – Café Latte Shakeology + 1 tsp. almond extract + 1 cup cold coffee
7. **Holiday Latte** – Café Latte Shakeology + 1 tsp. mint extract + 1 cup water
8. **Cinnamon Latte** – Café Latte Shakeology + 1 tsp. ground cinnamon + 1 cup water
9. **Irish Coffee Latte** – Café Latte Shakeology + 1 tsp. rum extract + 1 cup water
10. **Chocolate Latte** – $\frac{1}{2}$ scoop Café Latte Shakeology + $\frac{1}{2}$ scoop Chocolate Shakeology + 1 cup water
11. **Creamy Caramel Latte** – Café Latte Shakeology + $\frac{1}{2}$ tsp. caramel extract + 1 cup almond milk
12. **Frozen Banana** – Café Latte Shakeology + 1 cup water + 1 frozen banana
13. **Tropical Latte** – Café Latte Shakeology + $\frac{1}{2}$ tsp. coconut extract + $\frac{1}{2}$ cup water
14. **Raspberry Latte** – Café Latte Shakeology + 1 cup raspberries + 1 cup water
15. **Blueberries and Cream Latte** – Café Latte Shakeology + 1 cup blueberries + 1 cup almond milk
16. **Coffee Bee** – Café Latte Shakeology + 1 Tbsp. honey + 1 cup milk
17. **Café Parisian** – Café Latte Shakeology + $\frac{1}{2}$ tsp. orange extract + 1 cup water
18. **Vanilla Cherry Latte** – Café Latte Shakeology + $\frac{1}{2}$ cup black cherries, pitted + 1 cup vanilla almond milk
19. **Creamy Candy Cane** – Café Latte Shakeology + $\frac{2}{3}$ drops peppermint extract + 1 cup almond milk
20. **Creamy Almond Latte** – Café Latte Shakeology + 1 cup unsweetened almond milk + 1 Tbsp. all-natural almond butter

How about DESSERT?

Dessert Time!

Pumpkin Spice Latte- 4 ounces water and 4 ounces unsweetened almond milk, 1-2 Tbs Pumpkin Puree, pumpkin pie spice and add pure caramel extract if you'd like a caramel flavor!



1. **Tiramisu** – Café Latte Shakeology + 1 cup brewed coffee, cooled + 1 Tbsp. mascarpone (or ricotta cheese) + 1 tsp. unsweetened cocoa + $\frac{1}{2}$ tsp. rum extract
2. **Pecan Pie** – Café Latte Shakeology + 1 cup cashew milk + $\frac{1}{2}$ tsp. almond extract + $\frac{1}{2}$ teaspoon vanilla extract + $\frac{1}{4}$

cup pecans

3. **Rum Coffee Cake** – Café Latte Shakeology + 1 tsp. rum extract + 1 Tbsp. almond butter + 1 cup coffee, chilled
4. **Amped Up Mint Cappuccino** – Café Latte Shakeology + 1/2 tsp. vanilla extract + 1/2 tsp. mint extract + 1 cup skim milk + Crushed candy canes (for garnish)
5. **Peanut Butter Cookie** – Café Latte Shakeology + 1 Tbsp. peanut butter + 1/2 tsp. vanilla extract + 1 cup cashew milk
6. **Espresso Cheesecake** – Café Latte Shakeology + 1/4 cup fat-free ricotta cheese + 1/4 cup plain nonfat yogurt + 1/2 tsp. vanilla extract + 1/4 cup water + 3/4 cup coffee, chilled
7. **Coffee Ice Cream Recipe** – Café Latte Shakeology + 6 ice cubes + 1/2 banana + 1 1/2 cups of almond or coconut milk + 1 tablespoon of peanut butter or almond butter (I used PB2). Mix in blender, pour into bowl, and freeze for 2 hours.
8. **Pecan Cinnamon Roll** – Café Latte Shakeology + 1 tsp. cinnamon + 1/2 tsp. vanilla extract + 8 pecan halves + 1 cup skim milk
9. **Vanilla Mocha Mousse** – Café Latte Shakeology + 2 egg whites, whipped + 1/4 tsp. vanilla + 1/2 frozen banana + 1 Tbsp. instant coffee crystals + 1/2 cup water
10. **Espresso Almond Joy** – Café Latte Shakeology + 1 cup light coconut milk + 1 Tbsp. almond butter + Ice + Water, as needed
11. **Latte Almond Fudge** – 1/2 scoop Café Latte Shakeology + 1/2 scoop Chocolate Shakeology + 1 Tbsp. almond butter + 1 tsp. vanilla extract + 4 dashes cinnamon + 1 cup almond milk
12. **Cinnamon Bun** – Café Latte Shakeology + 1/2 cup almond milk + 3/4 cup water + 1/2 tsp. cinnamon + 1/2 graham cracker + 4 ice cubes

- Please note, All recipes (unless noted) are for 1 serving or 1 scoop/packet of Shakeology.

- As always, feel free to substitute any liquid ingredient, depending on dietary needs. Water, unsweetened almond milk, coconut water, etc. are all excellent options. Remember to track if you are doing 21 Day Fix Portion Fix or 2B Mindset or any other nutrition program!
- If you're adding solids like peanut butter, it adds protein, but also calories. Keep track! be sure to track your containers if you are using 21 Day Fix Portion Fix Containers
- I prefer making my shake in a blender with ice and letting it run the whole cycle for good texture!