

# Vanilla Shakeology Recipes



## Vanilla Shakeology Recipes

### 3 INGREDIENTS OR LESS

1. **Plain** – Vanilla Shakeology + 1 cup water
2. **Vanilla Latte** – Vanilla Shakeology + 1 cup cold coffee +  $\frac{1}{2}$  cup unsweetened almond milk
3. **Double Vanilla** – Vanilla Shakeology + 1 tsp. vanilla extract + 1 cup water

4. **Vanilla Hazelnut** – Vanilla Shakeology + 1 tsp. hazelnut extract + 1 cup water
5. **Peanut Butter Cream** – Vanilla Shakeology + 1 cup water + 1 tbsp. peanut butter
6. **Iced Hazelnut Coffee** – Vanilla Shakeology + 1 tsp. almond extract + 1 cup cold coffee
7. **Cool Vanilla Mint** – Vanilla Shakeology + 1 tsp. mint extract + 1 cup water
8. **Strawberry Vanilla** – Vanilla Shakeology + 1 cup strawberries + 1 cup water
9. **Frozen Strawberry** – Vanilla Shakeology + 1 cup of water + 1 cup frozen strawberries
10. **Frozen Banana** – Vanilla Shakeology + 1 cup water + 1 frozen banana
11. **Vanilla Orange** – Vanilla Shakeology +  $\frac{1}{2}$  cup orange juice +  $\frac{1}{2}$  cup water
12. **Vanilla Raspberry** – Vanilla Shakeology + 1 cup raspberries + 1 cup water
13. **Vanilla Blueberry** – Vanilla Shakeology + 1 cup blueberries + 1 cup water
14. **Vanilla Bee** – Vanilla Shakeology + 1 Tbsp. honey + 1 cup milk
15. **Vanilla Cherry** – Vanilla Shakeology +  $\frac{1}{2}$  cup black cherries, pitted + 1 cup vanilla almond milk
16. **Creamy Candy Cane** – Vanilla Shakeology +  $\frac{2}{3}$  drops peppermint extract + 1 cup almond milk
17. **Vanilla Ginger** – Vanilla Shakeology + 1 tsp. ground ginger + 1 cup milk
18. **Orange Crème** – Vanilla Shakeology +  $\frac{1}{2}$  cup orange juice,  $\frac{1}{2}$  cup almond milk
19. **Vanilla Almond** – Vanilla Shakeology + 1 cup unsweetened almond milk + 1 Tbsp. all-natural almond butter
20. **Vanilla Cranberry** – Vanilla Shakeology +  $\frac{1}{2}$  cup cranberry juice +  $\frac{1}{2}$  cup water
21. **Vanilla Almond Chai** – Vanilla Shakeology +  $\frac{1}{2}$  tsp. almond extract + 1 cup chilled unsweetened chai tea

## 4 INGREDIENTS

1. **Berry Vanilla Cooler** – Vanilla Shakeology + 1 cup water + 1 cup frozen wild berry mix
2. **Blueberry Vanilla Chiller** – Vanilla Shakeology + 1 cup water + 1 cup frozen wild blueberries
3. **Apple Pie** – Vanilla Shakeology + 1 cup water +  $\frac{1}{2}$  cup unsweetened applesauce +  $\frac{1}{2}$  tsp. ground cinnamon
4. **Piña Colada** – Vanilla Shakeology +  $\frac{1}{2}$  cup water +  $\frac{1}{2}$  cup 100% pineapple juice +  $\frac{1}{2}$  tsp. coconut extract
5. **Egg Nog** – Vanilla Shakeology + 1 cup milk + 1 tsp. rum extract +  $\frac{1}{4}$  tsp. ground nutmeg
6. **Peaches and Cream** – Vanilla Shakeology + 1 cup frozen sliced peaches +  $\frac{2}{3}$  cup milk
7. **Spiced Orange Blossom** – Vanilla Shakeology + 1 cup water, 4 tsp. cooled orange herbal tea,  $\frac{1}{2}$  tsp cinnamon
8. **Cherry Bomb** – Vanilla Shakeology + 1 cup almond milk,  $\frac{1}{2}$  cup cherries,  $\frac{1}{4}$  cup water, 1 tsp. cocoa powder
9. **Strawberry Shortcake** – Vanilla Shakeology + 1.5 cups pineapple chunks +  $\frac{1}{2}$  cup strawberries + 1 cup almond milk
10. **Berry Works** – Vanilla Shakeology + 1 cup almond milk +  $\frac{1}{4}$  cup blueberries +  $\frac{1}{4}$  cup strawberries
11. **Piña-Banana Cream** – Vanilla Shakeology +  $\frac{1}{2}$  medium banana +  $\frac{1}{2}$  cup pineapple juice +  $\frac{1}{2}$  cup water
12. **Vanilla Coconut** – Vanilla Shakeology + 1 tsp. coconut extract +  $\frac{1}{2}$  cup coconut milk +  $\frac{1}{2}$  cup water
13. **Vanilla Raspberry Orange** – Vanilla Shakeology +  $\frac{1}{2}$  cup raspberries +  $\frac{1}{2}$  cup orange juice +  $\frac{1}{2}$  cup water
14. **Vanilla Spice** – Vanilla Shakeology + 1 tsp. cinnamon +  $\frac{1}{2}$  tsp. nutmeg + 1 cup milk
15. **Berry Love** – Vanilla Shakeology + 1 cup strawberries +  $\frac{1}{2}$  cup blueberries + 1 cup water
16. **Coconut Banana** – Vanilla Shakeology + 1 tsp. coconut extract + 1 medium banana + 1 cup milk
17. **Maple Butter** – Vanilla Shakeology + 1 Tbsp. almond butter + 1 cup milk + 1 tsp. maple syrup

18. **Banana Nut** – Vanilla Shakeology + 1 Tbsp. natural peanut butter + 1 medium banana + 1 cup water
19. **Cherry Banana** – Vanilla Shakeology +  $\frac{1}{2}$  cup black cherries +  $\frac{1}{2}$  medium banana + 1 cup milk
20. **Frozen Mint** – Vanilla Shakeology + Fresh mint + 1 cup water
21. **Vanilla Frappuccino** – Vanilla Shakeology + 1/2 cup cappuccino flavored soy milk + 1 cup cold coffee
22. **Vanilla Chai** – Vanilla Shakeology + 1 cup unsweetened chai tea (cooled) + 2 teaspoons raw honey
23. **Blueberry Blast** – Vanilla Shakeology +  $\frac{1}{2}$  cup frozen blueberries + 1/2 cup water +  $\frac{1}{2}$  cup unsweetened almond milk
24. **Nuts for Almond** – Vanilla Shakeology + 1 Tbsp. almond butter +  $\frac{1}{2}$  tsp. almond extract + 1 cup almond milk
25. **Maple Berry Cream** – Vanilla Shakeology + 1 tsp. pure maple syrup + 1/2 cup strawberries + 1 cup skim milk
26. **Cherry Spice** – Vanilla Shakeology + 1/2 cup pitted black cherries + 1 tsp. cinnamon + 1 cup water
27. **Vanilla Peach Dream** – Vanilla Shakeology + Handful frozen peaches + 10 oz. unsweetened almond milk/rice milk
28. **Vanilla Shake** – Vanilla Shakeology + 1 scoop vanilla frozen yogurt +  $\frac{1}{2}$  cup water
29. **Strawberry Chia** – Vanilla Shakeology + 1 cup coconut water + 1 tsp. chia seeds
30. **Vanilla Iced Latte** – Vanilla Shakeology + 1 cup cold coffee +  $\frac{1}{2}$  cup unsweetened vanilla almond milk + 1 tsp. pure maple syrup
31. **Cantaloupe Cream** – Vanilla Shakeology + 1 cup cubed Cantaloupe + 1/2 cup almond milk + 3/4 cup water
32. **Watermelon Breeze** – Vanilla Shakeology + 1 cup watermelon, 1 cup rice milk, 2 fresh basil leaves
33. **Cinna-Latte** – Vanilla Shakeology + 1 cup almond milk, coconut milk or water + 1/4 – 1/2 tsp cinnamon + 1 tbsp. instant coffee
34. **Mango Lassi** – Vanilla Shakeology +  $\frac{1}{2}$  cup ripe mango +  $\frac{1}{2}$

- cup plain yogurt + 1 cup milk or coconut milk
35. **Coconut Lime** – Vanilla Shakeology +  $\frac{3}{4}$  cup unsweetened coconut milk + 2 Tbsp. fresh lime juice +  $\frac{1}{2}$  tsp. pure coconut extract
  36. **Fruit and Nuts** – Vanilla Shakeology + 1 Tbsp. peanut butter +  $\frac{1}{2}$  cup raspberries +  $\frac{1}{2}$  cup blackberries + 1 cup almond milk
  37. **Blue Banana** – Vanilla Shakeology + 8 oz. water + 1/2 cup Blueberries + 1 banana
  38. **Raspberry Ripping Strawberry** – Vanilla Shakeology + 8 oz. water +  $\frac{1}{2}$  cup Raspberries +  $\frac{1}{2}$  cup Strawberries
  39. **Iced Mocha** – Vanilla Shakeology +  $\frac{1}{2}$  cup unsweetened vanilla almond milk +  $\frac{1}{2}$  cup cooled coffee + 1 tsp. unsweetened cocoa

## 5+ INGREDIENTS

1. **Morning Refresher** – Vanilla Shakeology +  $\frac{1}{3}$  cup cubed mango +  $\frac{1}{3}$  cup pineapple chunks +  $\frac{1}{2}$  medium banana +  $\frac{1}{2}$  cup water
2. **Nutty Butter** – Vanilla Shakeology + 1 cup milk +  $\frac{1}{2}$  medium banana +  $\frac{1}{4}$  cup coarsely chopped raw walnuts + 1 Tbsp. peanut butter
3. **Maple Pecan** – Vanilla Shakeology + 1 cup unsweetened almond milk + 1 Tbsp. coarsely chopped raw pecans + 1 Tbsp. coarsely
4. **Apple Oatmeal** – Vanilla Shakeology +  $\frac{1}{2}$  cup unsweetened applesauce +  $\frac{1}{2}$  cup unsweetened vanilla almond milk + 1 packet instant oatmeal + 1 tsp. ground cinnamon
5. **Greek Basil** – Vanilla Shakeology + 1 cup plain Greek Yogurt +  $\frac{1}{2}$  cup pomegranate juice +  $\frac{1}{2}$  cup berries of your choice + 2 fresh basil leaves
6. **Banana Honey** – Vanilla Shakeology +  $\frac{1}{2}$  medium banana + 1 Tbsp. peanut butter + 1 Tbsp. honey + 1 cup water
7. **Vanilla Almond Spice** – Vanilla Shakeology + 1 tsp. cinnamon + 1/2 tsp. nutmeg + 1/2 tsp. almond extract + 1 cup almond milk

8. **Honey Berry Banana** – Vanilla Shakeology + 1/2 banana + 1 tsp. honey + 1/2 cup blueberries + 1 cup skim milk
9. **PB&J** – Vanilla Shakeology + 1/2 cup unsweetened almond milk + 1/2 cup water 1/2 cup red grape juice + 2 tsp. natural peanut butter

## **DESSERT TIME!**

1. **Lemon Bar** – Vanilla Shakeology + 3/4 cup milk + 1/4 cup water + 2 Tbsp. fresh lemon juice + 1 tsp. vanilla extract + lemon zest
2. **Yummy Rummy** – Vanilla Shakeology + 1 banana + 3/4 cup nonfat milk + 1/2 tsp cinnamon + 1/2 tsp rum extract
3. **Snowflake Candy Crush** – Vanilla Shakeology + 1 tsp vanilla extract + 1 cup skim milk + Crushed candy canes (for garnish)
4. **Peanut Butter Split** – Vanilla Shakeology + 1 Tbsp. peanut butter + 1/2 banana + 1 fresh pineapple ring + 2 large strawberries + 1 cup water
5. **Raspberry Cheesecake** – Vanilla Shakeology + 1/4 cup fat-free ricotta cheese + 1/4 cup plain nonfat yogurt + 1/2 cup raspberries + 1/4 cup water + 1/2 cup skim milk
6. **Vanilla Ice Cream Recipe** – Vanilla Shakeology + 6 ice cubes + 1/2 banana + 1 1/2 cups of almond or coconut milk + 1 tablespoon of peanut butter or almond butter – Mix in blender, pour into bowl, and freeze for 2 hours
7. **Peanut Butter Ice Cream** – Vanilla Shakeology + 1.5 cups of Almond Milk or Fat Free Milk + 1/2 Banana + 1 Tbsp. Peanut butter + 1 cup (or more) of Ice. Blend until smooth and thick
8. **Frozen White Chocolate Bark** – 5 tbsp. coconut oil, melted + 5 tbsp. Vanilla Shakeology, stirred until blended. Pour into tinfoil oil-lined pan and freeze until hard. Store in refrigerator
9. **Pecan Cinnamon Roll** – Vanilla Shakeology + 1 tsp. cinnamon + 1/2 tsp. vanilla extract + 8 pecan halves + 1 cup skim milk

10. **Banana Nutter** – Vanilla Shakeology + 1 cup unsweetened almond milk + 1 Tbsp. peanut butter or 2 Tbsp. PB2 + 1/2 banana + 1 tsp. coconut oil
11. **S'mores** – Vanilla Shakeology + 1/2 cup unsweetened vanilla almond milk + 1/2 cup brewed coffee, chilled + 1 tsp. pure vanilla extract + 2 tsp. ground whole wheat graham cracker crumbs + 1 tsp. cocoa powder + 1 cup ice
12. **Vanilla Mocha Mousse** – Vanilla Shakeology + 2 egg whites, whipped + 1/4 cup blueberries + 1 Tbsp. instant coffee crystals + 1/2 cup water
13. **Vanilla Almond Joy** – Vanilla Shakeology + 1 cup light coconut milk + 1 Tbsp. almond butter + Ice + Water, as needed
14. **Banana Bread** – Vanilla Shakeology + 1 medium banana + 2 Tbsp. dry quick oats + 1 Tbsp. chopped pecans + 1 tsp. vanilla extract + 1/2 tsp. cinnamon + 1/2 cup milk + 1/2 cup water
15. **Peanut Butter Cheesecake** – Vanilla Shakeology + 1/4 cup fat-free ricotta cheese + 1/4 cup plain nonfat yogurt + 2 Tbsp. peanut butter + 1/2 cup skim (nonfat) milk + 1/4 cup water + Ice
16. **Bananas Foster** – Vanilla Shakeology + 1 medium banana + 1/2 tsp. cinnamon + 1/2 tsp. rum extract + 1 cup milk
17. **Vanilla Almond Fudge** – Vanilla Shakeology + 1 Tbsp. almond butter + 1 tsp. vanilla extract + 4 dashes cinnamon + 1 cup milk
18. **Banana Split** – Vanilla Shakeology + 1/2 medium banana + 2 fresh pineapple rings + 2 large strawberries + 1 tsp. unsweetened cocoa powder + 1 cup water
19. **Cinnamon Bun** – Vanilla Shakeology + 1/2 cup almond milk + 3/4 cup water + 1/2 tsp. cinnamon + 1/2 graham cracker + 4 ice cubes
20. **Pumpkin Pie** – Vanilla Shakeology + 3/4 cup unsweetened vanilla almond milk + 1/2 cup canned pumpkin puree + 1 Tbsp. coarsely chopped raw pecans + 1 tsp. maple syrup (or raw honey) + 1 tsp. pumpkin pie spice
21. **Tiramisu** – Vanilla Shakeology + 1 cup brewed coffee,

cooled + 1 Tbsp. mascarpone (or ricotta cheese) + 1 tsp.  
unsweetened cocoa +  $\frac{1}{2}$  tsp. rum extract