

New Year, New Shakes!

Are your tastebuds ready for something new and exciting? Get creative and shake up your meal plans with some mouthwatering new Thermojetics® shake recipes! The new year is the perfect time to make a fresh start, and that means getting out of your diet rut and trying some new tastes. And what could taste better than a delicious yet good-for-you Thermojetics® shake? Whip up some of these great new concoctions and take your Herbalife experience to new heights!

Spicy Cinnamon Shake

- 2 tbs. Thermojetics® Gold High-Protein, Low-Carb Shake Mix, vanilla flavor
- 8 oz. fat-free milk or soy milk or cold water
- 1/2 c. ice
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg

Directions: Combine all ingredients and blend until smooth. Sprinkle a little cinnamon on top for garnish.

Indian Mango-Yogurt Smoothie (Lassi)

- 2 tbs. Thermojetics® Formula 1 Protein Drink Mix, vanilla flavor
- 1 c. fresh or frozen mango
- 1 c. cold water
- 1/2 c. nonfat plain yogurt
- 1 tsp. ginger powder
- 1/2 tsp. cardamom
- 1 c. ice

Directions: Combine all ingredients and blend until smooth. Garnish with fresh mint leaves.

Banana Cream Smoothie

- 2 tbs. Thermojetics® Formula 1 Protein Drink Mix, vanilla flavor
- 1 ripe banana
- 1 c. ice
- 1 c. cold water
- 1/2 c. yogurt
- 1 tbs. heavy cream
- 1/2 tsp. vanilla extract

Directions: Combine all ingredients and blend until smooth.

Malted-Milk Smoothie

- 2 tbs. Thermojetics® Formula 1 Protein Drink Mix or Thermojetics® Gold High-Protein, Low-Carb Shake Mix, chocolate or vanilla flavor
- 1 c. fat-free milk
- 2 tbs. malted milk powder
- 1 c. ice
- 1 tsp. unsweetened cocoa powder

Directions: Combine all ingredients and blend until smooth. Sprinkle with cocoa powder to garnish.

