

## SLIMFX Recipes

Have fun creating your own flavors and style by adding fruit, yogurt, or juice to your shake mix. Listed below are some ideas to get you started. For each recipe—blend in a blender until creamy. And then enjoy this delicious, nutritious shake. It's so good, you'll think you're cheating!

### My favorite:

2 rounded scoops of nutritional shake mix  
8–10 oz. of non-fat milk, soy milk, or water  
1–2 tsp unsweetened Hersey's cocoa mix/powder  
1-2 tsp of low fat peanut butter  
1/2–1 banana (optional)  
4–5 ice cubes

### Café Mocha:

2 rounded scoops of nutritional shake mix  
1/2–1 tsp of instant coffee or 8-10 oz. cold coffee  
1–2 tsp unsweetened Hersey's cocoa mix/powder  
8–10 oz. of non-fat milk, soy milk, or water  
4–6 ice cubes

### Chai Latte:

2 rounded scoops of nutritional shake mix  
8–10 oz. of non-fat milk, soy milk, or water  
3 tbsp ice tea mix (powder)  
1/2–1 banana (optional)  
Cinnamon to taste  
Dash each of ginger, powdered cloves, and ground black pepper  
4–6 ice cubes

### Apple Pie:

2 rounded scoops of nutritional shake mix  
8–10 oz. of non-fat milk, soy milk, or water  
1 small apple—seeded, or 1/4 cup applesauce  
1/2 tsp cinnamon  
4–6 ice cubes

### Banana Cream Pie:

2 rounded scoops of nutritional shake mix  
8 oz. water  
1/2–1 cup yogurt (vanilla, plain, or flavored low fat)  
1 banana  
1/4 tsp vanilla extract  
4–6 ice cubes

### Berry Blast:

2 rounded scoops of nutritional shake mix  
8–10 oz. of non-fat milk, soy milk, or water  
1 cup frozen berries (mixed, or any of your favorites)  
4–5 ice cubes

**Cran-Blueberry:**

2 rounded scoops of nutritional shake mix  
1/2 cup of non-fat milk, soy milk, or water  
1/2 cup cranberry juice (low calorie)  
1 cup frozen blueberries  
4-6 ice cubes

**Orange Dream:**

2 rounded scoops of nutritional shake mix  
8 oz. of orange juice  
4-6 ice cubes

**Peach Dream:**

2 rounded scoops of nutritional shake mix  
8-10 oz. of non-fat milk, soy milk, or water  
1 cup frozen peach slices  
4-5 ice cubes