

Smoothie Recipes

Turn any Herbalife Shake into a delicious and healthy Smoothie!

All smoothies are made with 6 oz. water (1 cup) and 2 cups of cubed ice. You can add more or less ice as desired. In smoothies with frozen fruit, we recommend adding less ice. All fruit used should be frozen. First put water and ice into the blender, then the rest of the ingredients. DO NOT put the shake and protein powders or pudding mix in first, as it will not blend properly.

French Vanilla Formula 1

1. Vanilla Dream

- 1 scoop Vanilla Formula F1
- 1 scoop Cookies & Cream F1
- 1-2 scoops Vanilla PDM
- 1 tbsp vanilla syrup
- 1 tsp vanilla pudding

2. Apple Pie

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- ¼ tsp cinnamon
- 3 tbsp apple sauce
- 1 tsp vanilla pudding mix

3. Banana Cream Pie

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 1/3 banana
- 1 tsp vanilla pudding mix

4. Blueberry YumYum

- 1 scoop Vanilla Formula F1
- 1 scoop wild berry F1
- 1-2 scoops Vanilla PDM
- 1/3 cup frozen blueberries
- 1 tsp vanilla pudding mix

5. The Elvis

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 1/3 banana
- 1 tsp vanilla pudding mix
- 1 tbsp peanut butter powder (PB2)

6. French Vanilla Frappuccino

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 1 tbsp decaf French vanilla cappuccino mix
- 1 tsp decaf instant coffee
- 1 tsp vanilla pudding mix

7. Key Lime Pie

- 1 scoop Vanilla F1
- 1 scoop Cookies & Cream F1
- 1-2 scoops Vanilla PDM
- 1 tbsp H30 Lemonade
- 1 tbsp lime juice
- 1 tsp vanilla pudding mix

8. Lemon Berry Ice Box

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 1/3 cup mixed frozen berries
- 1 tsp lemon syrup (can also do lemon juice)
- 1 tsp vanilla pudding mix

9. Lemon Ice Box

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 1 tbsp H30 Lemonade
- 1 tsp lemon syrup (can also do lemon juice)
- 1 tsp vanilla pudding mix

10. Mango Tango

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 1 tsp H30 Orangeade
- 4 frozen mango slices

11. Pistachio

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 1 tbsp pistachio syrup mix
- 1 tsp pistachio pudding mix

12. Peach Cobbler

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 1 tbsp peach mango beverage mix
- 3 frozen peach slices

13. Blueberry Muffin

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 1/3 cup frozen blueberries
- 1 tbsp blueberry syrup
- 1 tbsp pistachio pudding

14. Hawaii 5-O

- 1 scoop Vanilla F1
- 1 scoop pina colada F1
- 1-2 scoops Vanilla PDM
- 1 tsp H3O Lemonade
- ½ banana
- 3 frozen strawberries
- (optional) 1 tsp coconut syrup

15. Orange Dreamsicle

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 2 tbsp H3O orangeade
- 1 tbsp orange syrup

16. Butter Pecan

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- ½ tsp butter extract (butter buds)
- 1 tsp butterscotch pudding
- 2 tbsp. chopped pecans

17. Peaches & Cream

- 1 scoop Vanilla F1
- 1 scoop cookies & cream F1
- 1-2 scoops Vanilla PDM
- 1 tbsp peach mango beverage mix
- 3 frozen peach slices
- 1 tsp vanilla pudding mix

18. Strawberry Cheesecake

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 3 frozen strawberries
- 1 tsp cheesecake pudding mix

19. Root Beer Float

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 1 tbsp vanilla pudding
- 1/2 tsp root beer extract

20. Strawberry Banana Supreme

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- ½ banana
- 4 frozen strawberries

21. Caramel Apple

- 2 scoops Vanilla F1
- 1-2 scoops Vanilla PDM
- 2 tbsp apple sauce
- 1 tbsp apple syrup
- 1 tbsp caramel syrup

Cookies & Cream Formula 1

1. Cinnamon Roll

- 2 scoops cookies & cream F1
- 1-2 scoops Vanilla PDM
- 1 tsp cinnamon
- 1 tbsp. caramel syrup
- 1 tsp butterscotch pudding mix

2. Butter Finger

- 2 scoops cookies & cream F1
- 1-2 scoops chocolate PDM
- 1 tbsp. peanut butter powder (PB2)
- 2 tsp butterscotch pudding mix

3. Egg Nog

- 2 scoops cookies & cream F1
- 1-2 scoops Vanilla PDM
- 1 tsp egg nog flavor extract
- ½ tsp allspice

4. Oreo

- 2 scoops cookies & cream F1
- 1-2 scoops vanilla PDM
- 1 tsp cheesecake pudding mix
- (can garnish w/ crushed Oreos)

5. Snicker Doodle Cookie

- 2 scoops cookies & cream F1
- 1-2 scoops chocolate PDM
- 2 tbsp oatmeal
- 1 tbsp peanut butter powder
- 1 tsp caramel syrup

6. Banana Split

- 2 scoops cookies & cream F1
- 1-2 scoops chocolate PDM
- 1/3 banana
- 3 frozen strawberries
- 1 tsp caramel syrup
- 1 tsp vanilla pudding mix

7. Peanut Butter Cookie

- 2 scoops cookies & cream F1
- 1-2 scoops vanilla PDM
- 2 tbsp peanut butter powder (PB2)
- ¼ tsp vanilla extract

8. Wedding Cake

- 2 scoops cookies & cream F1
- 1-2 scoops vanilla PDM
- ½ tbsp cheesecake pudding mix
- ½ tbsp. white chocolate pudding mix
- (can add a tsp almond syrup if desired)

9. Pineapple Berry Crush

- 2 scoops cookies & cream F1
- 1-2 scoops vanilla PDM
- 4 frozen pineapple slices
- 3 frozen strawberries
- 1/4 cup mixed berries

10. Kahlua and Cream

- 1 scoop cookies & cream F1
- 1 scoop café late F1
- 1-2 scoops Vanilla PDM
- 2 tbsp butterscotch pudding
- 1 tbsp Kahlua extract

11. Pumpkin Pecan Pie

- 2 scoops cookies & cream F1
- 1-2 scoops Vanilla PDM
- ½ tsp pumpkin spice
- 1 tsp vanilla extract
- 2 tbsp canned pumpkin
- 1 tbsp chopped pecans

Dutch Chocolate F1

1. Dutch Chocolate Cake

- 1 scoop Dutch chocolate F1
- 1 scoop cookies & cream F1
- 1-2 scoops chocolate PDM
- 1 tsp cheesecake pudding mix
- 1 tsp chocolate pudding mix

2. Chocolate Coconut

- 2 scoops Dutch Chocolate F1
- 1-2 scoops chocolate PDM
- 1 tbsp coconut syrup
- 1 tbsp shredded coconut flakes
- 1 tsp chocolate pudding mix

3. Blueberry Surprise

- 1 scoop Dutch chocolate F1
- 1 scoop cookies & cream F1
- 1-2 scoops vanilla PDM
- 1/3 cup frozen blueberries
- 1 tbsp blueberry syrup
- 1 tsp chocolate pudding mix

4. Chocolate Caramel Frappuccino

- 2 scoops Dutch chocolate F1
- 1-2 scoops chocolate PDM
- 1 tbsp caramel syrup
- 1 tsp decaf chocolate mocha cappuccino mix
- 1 tsp decaf instant coffee
- 1 tsp chocolate pudding mix

5. Chocolate Caramel Cheesecake

- 2 scoops Dutch chocolate F1
- 1-2 scoops chocolate PDM
- 2 tbsp cheesecake pudding mix
- 1 tbsp caramel syrup

6. Chocolate Peanut Monkey

- 2 scoops Dutch chocolate F1
- 1-2 scoops chocolate PDM
- 1 tbsp powdered peanut butter (PB2)
- 1/3 banana

7. Dutch Chocolate Cake

- 1 scoop Dutch chocolate F1
- 1 scoop cookies & cream F1
- 1-2 scoops chocolate PDM
- 1 tsp cheesecake pudding mix
- 1 tsp chocolate pudding mix

8. Chocolate Raspberry

- 2 scoops Dutch chocolate F1
- 1-2 scoops chocolate PDM
- 1/3 cup frozen raspberries
- 1 tsp chocolate pudding mix

9. German Chocolate Cake

- 2 scoops Dutch chocolate F1
- 1-2 scoops chocolate PDM
- 1 tbsp coconut syrup
- 1/2 tsp chocolate pudding mix
- 1 tbsp chopped pecans
- 1 tbsp shredded coconut flakes

10. Reese's Peanut Butter Cup

- 2 scoops Dutch chocolate F1
- 1-2 scoops chocolate PDM
- 2 tbsp powdered peanut butter (PB2)
- 1 tsp chocolate pudding mix

11. Snickers

- 2 scoops Dutch chocolate F1
- 1-2 scoops chocolate PDM
- 1 tbsp powdered peanut butter (PB2)
- 1 tbsp caramel syrup
- 1 tsp butterscotch pudding

Café Latte Formula 1

1. Cafe Latte

- 2 scoops café latte F1
- 1-2 scoops vanilla PDM
- 1 tsp decaffeinated instant coffee
- 1 tsp vanilla pudding

2. Caramel Mocha Latte

- 2 scoops café latte F1
- 1-2 scoops chocolate PDM
- 1 tsp decaffeinated instant coffee
- 1 tsp caramel syrup

3. Jamocha Almond Fudge

- 1 scoop café latte F1
- 1 scoop cookies & cream F1
- 1-2 scoops chocolate PDM
- 1 tbsp almond syrup
- 1 tsp decaffeinated instant coffee

4. Cinnamon Mocha Latte

- 2 scoops café latte F1
- 1-2 scoops chocolate PDM
- 1 tsp decaffeinated instant coffee
- ½ tsp cinnamon

5. The Zebra

- 1 scoop café latte F1
- 1 scoop vanilla F1
- 1-2 scoops chocolate PDM
- 1 tsp white chocolate pudding
- 1 tsp decaffeinated instant coffee
- Swirl cup with caramel and chocolate syrup

6. Mocha Java

- 2 scoops café latte F1
- 1-2 scoops chocolate PDM
- 1 tsp decaffeinated chocolate mocha cappuccino mix
- 1 tsp vanilla pudding

- 3 frozen pineapple slices
- ¼ cup frozen raspberries
- 1 tsp lemon pudding mix
- 1 tbsp lemon juice

5. Aloha Orange Sunset

- 2 scoops wild berry F1
- 1-2 scoops vanilla PDM
- 1 H3O orangeade
- 1 tbsp orange syrup
- ¼ cup frozen raspberries

6. Summer Surprise

- 2 scoops wild berry F1
- 1-2 scoops vanilla PDM
- 3 frozen peach slices
- 3 frozen pineapple slices

Wild Berry Formula 1 & Pina Colada Formula 1

1. Maui Madness

- 2 scoops wild berry F1
- 1-2 scoops vanilla PDM
- 1 H3O orangeade
- 3 frozen pineapple slices
- 1/3 banana

2. Mango Tropics

- 1 scoop wild berry F1
- 1 scoop vanilla F1
- 1-2 scoops vanilla PDM
- 3 frozen mango slices
- 1/3 banana
- 1 tsp vanilla pudding mix

3. Berry YumYum

- 2 scoops wild berry F1
- 1-2 scoops vanilla PDM
- ¼ cup mixed frozen berries
- 1 tsp vanilla pudding mix

4. Raspberry Lemonade

- 2 scoops wild berry F1
- 1-2 scoops vanilla PDM
- 2 tbsp. H3O orangeade

7. Pina Colada

- 2 scoops pina colada F1
- 1-2 scoops vanilla PDM
- 3 frozen pineapple slices
- 1/3 banana
- 1 tsp coconut syrup
- 1 tsp shredded coconut flakes

8. Lava Flow

- 2 scoops pina colada F1
- 1-2 scoops vanilla PDM
- 3 frozen pineapple slices
- 1/3 banana
- 1 tsp coconut syrup
- 1 tsp shredded coconut flakes
- 3 frozen strawberries
- Swirl cup with strawberry syrup

