

# FALL AND WINTER 180 RECIPES

NOTE: **If you are doing the 180 program**, remember to pay attention to getting the most protein you can in whatever milk you mix a Smoothie Mix into...and remember **not to overload the drink with calories not in your daily plan.**

If you are not on the 180 program and just looking for "healthy fast food," no worries! All of these are SO MUCH healthier for you than other kinds of fast food.



1/2 apple, thinly sliced and sprinkled with cinnamon - heat in micro til soft.  
Warm a 180 Toffee Chocolate Crunch bar in the microwave  
Put apples on top of the bar and enjoy!  
(Just like apple crisp, except better for you!) Linda Orso

Vanilla Chai 180 2 scoops [even Vanilla 180 works]  
1 cup milk, soymilk, or almond milk  
1/4 cup pumpkin puree  
ice  
1 tsp pumpkin pie spice. Blend and enjoy! Chris Hartmann Schmelzer

## PUMPKIN CHAI+

I add these to the Pumpkin Chai recipe above.  
1 heaping tsp of cocoa  
1 tsp of vanilla. YUMMY! Jane Weaver

## FRUITY VANILLA CHAI

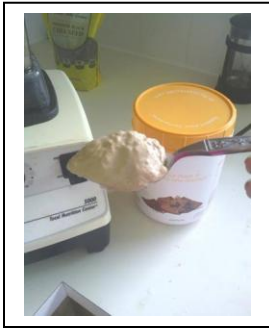
1 cup almond or coconut milk  
1 tsp vanilla  
2 scoops Vanilla Chai 180  
1/2 banana  
4-5 pcs of frozen mango or pineapple Blends and enjoy. Bev O'Keefe

## 180 "ICE CREAM"

8oz of almond milk  
2 scoops of vanilla  
half an avocado  
Blend--it tastes like ice cream.  
Pour into popsicle trays (or plastic cups w popsicle stick or plastic spoon "handles") and freeze.  
[These are especially delightful for those who are lactose intolerant.] Liz Fitzpatrick

## 180 Banana Delight

--1 scoop of vanilla 180  
--1 scoop of Physique  
--half a banana  
--8 oz. of soy vanilla milk  
--ice cubes! Lesley Huff



## 180 Dessert for Breakfast

- frozen banana
  - peanut butter
  - 180 Chocolate Smoothie Mix
- Marie-anne Rouse

### Carlos' 180 Smoothie Carlos Blanco

- 1/3 banana
  - pineapple chunks
  - mango
  - Vanilla 180
  - ice
- As a base: soy milk with 1 tablespoon of Shaklee Instant Protein (so that's water with 1 TB.)

### PB & BANANA

- 1/3 banana
  - some peanut butter
  - Vanilla 180
  - ice
- As a base: soy milk with 1 tablespoon of Shaklee Instant Protein (so that's water with 1 TB.)

### CHAI BLUE POM

- 1 banana
- 1/2 cup blueberries
- 2 scoops Chai 180 mix
- 8oz almond milk
- 1/2 scoop ESP Vanilla
- 5 ice cubes.
- Optional: a sleeve of Pomegranate 180 Tea. Suni Ferrer

### BANANA COCONUT CHOCOLATE

- 1 scoop of Physique
- frozen banana pieces
- 2 scoops of Shaklee 180 chocolate
- ice
- coconut milk Pam Huffaker Belders

### OPTIONS SMOOTHIE

- TIP: Use almond milk because it's the least allergenic type of "milk."
- TIP: Use a third to a half of a frozen banana instead of ice cubes because it makes it creamier.
- Peel the bananas, break into fourths & throw into a bag in the freezer.
- 180 Smoothie flavor of your choice
  - Add either blueberries or strawberries
  - OPTIONAL: add 1 tsp of coconut to give it a little chewiness
  - FOR VARIETY: add at tsp of peanut butter. Nancy Mitchell

## SUPERFOOD SMOOTHIE

- 180 Chocolate Smoothie Mix
  - Superfood powder (maca, cacao nibs, chia and goji berry...3 calories per tbsp)
  - frozen strawberries and bananas
  - unsweetened vanilla almond milk.
- The result tastes and has the consistency of a Wendy's chocolate Frostee.  
Yum. Without all the nasty stuff that is probably in one! Nanine Tengo

## VEGGIE SMOOTHIES Susan Sueishi Amine

- 2 scoops 180 Vanilla
- Milk
- a handful of organic baby spinach (you will hardly notice!)

OR add one of the following:

- Banana
- Broccoli
- avocado

## CARROT SMOOTHIE

- 2 scoops 180 Vanilla Chai
- Add carrots
- Add extra spices Kati Sikich

## PEACHY KEEN CHAI

- 1c milk
- 1/4 c pumpkin
- 2 scoops 180 vanilla chai
- 1/4 c frozen peaches. Lynn Logan Mathena

## PUMPKIN PIE SMOOTHIE



TIP: Freeze tablespoons of 100% pumpkin. Put them in baggies once frozen.

- 8oz of Shaklee Filtered Water
- 4 frozen pumpkin tablespoons
- 2 scoops Vanilla Chai Smoothie
- 1/2 scoop Vanilla Energizing Soy Protein
- 1/4 teaspoon all spice
- 1/4 teaspoon cinnamon And blend! SO VERY YUMMY!! Cawn Dionizio-Chasse