

Shake things up  
with these healthy  
**Shakeology®**  
treats.

**shakeology**  
THE HEALTHIEST MEAL OF THE DAY™

## CHOCOLATE SHAKEOLOGY PIE

(MAKES 8 SERVINGS)  
Total Time: 1 hr. 10 min.  
Prep Time: 10 min.  
Cooking Time: None

2 scoops Chocolate Shakeology  
2 Tbsp. nonfat milk  
1 (12-oz.) container firm  
(or silken) tofu  
½ cup all-natural peanut butter  
1 whole wheat graham cracker  
pie crust

Place milk, tofu, Shakeology, and  
peanut butter in blender; cover.  
Blend until smooth. Pour tofu  
mixture into pie crust; refrigerate  
for at least 1 hour, or until firm.  
Cut into eight servings.

## PIES

### VERY BERRY SHAKEOLOGY PIE

(MAKES 8 SERVINGS)  
Total Time: 1 hr. 10 min.  
Prep Time: 10 min.  
Cooking Time: None

2 scoops Greenberry Shakeology  
2 Tbsp. 100% orange juice  
2 Tbsp. fresh lemon juice  
1 (12-oz.) container firm  
(or silken) tofu  
½ cup fresh or frozen raspberries  
3 oz. Neufchâtel cheese  
(or low-fat cream cheese)  
1 whole wheat graham  
cracker pie crust

Place orange juice, lemon juice,  
tofu, Shakeology, raspberries,  
and Neufchâtel cheese in blender;  
cover. Blend until smooth. Pour tofu  
mixture into pie crust; refrigerate for  
at least 1 hour, or until firm.  
Cut into eight servings.

### BANANA HONEYMOON SHAKEOLOGY PIE

(MAKES 8 SERVINGS)  
Total Time: 1 hr. 10 min.  
Prep Time: 10 min.  
Cooking Time: None

2 scoops Chocolate Shakeology  
2 Tbsp. nonfat milk  
1 (12-oz.) container firm  
(or silken) tofu  
½ cup all-natural peanut butter  
2 ripe medium bananas,  
cut into chunks  
1 Tbsp. raw honey  
1 whole wheat graham  
cracker pie crust

Place milk, tofu, Shakeology, peanut  
butter, bananas, and honey in  
blender; cover. Blend until smooth.  
Pour tofu mixture into pie crust;  
refrigerate for at least 1 hour, or  
until firm. Cut into eight servings.



### KEY LIME SHAKEOLOGY PIE

(MAKES 8 SERVINGS)  
Total Time: 1 hr. 10 min.  
Prep Time: 10 min.  
Cooking Time: None

2 scoops Greenberry Shakeology  
½ cup fresh lime juice  
1 Tbsp. lime peel, finely grated  
1 (12-oz.) container firm (or silken) tofu  
3 oz. Neufchâtel cheese  
(or low-fat cream cheese)  
1 whole wheat graham  
cracker pie crust

Place lime juice, lime peel, tofu,  
Shakeology, and Neufchâtel cheese  
in blender; cover. Blend until smooth.  
Pour tofu mixture into pie crust;  
refrigerate for at least 1 hour, or until  
firm. Cut into eight servings.

## SORBET

### SHAKEOLOGY BERRY SORBET

(MAKES 2 SERVINGS)  
Total Time: 1 hr. 5 min.  
Prep Time: 5 min.  
Cooking Time: None

2 scoops Greenberry Shakeology  
1 cup 100% orange juice  
6 whole frozen strawberries  
½ cup ice

Place orange juice, Shakeology,  
strawberries, and ice in blender;  
cover. Blend until mixture is smooth  
and thick, adding more ice if  
necessary. Pour evenly into two  
medium serving bowls; freeze for  
1 hour, or until firm.

### SHAKEOLOGY PEPPERMINT SORBET

(MAKES 2 SERVINGS)  
Total Time: 1 hr. 5 min.  
Prep Time: 5 min.  
Cooking Time: None

2 scoops Chocolate Shakeology  
1 cup nonfat milk  
4 to 5 drops peppermint extract  
½ cup ice

Place milk, Shakeology, extract, and  
ice in blender; cover. Blend until  
mixture is smooth and thick, adding  
more ice if necessary. Pour evenly  
into two medium serving bowls;  
freeze for 1 hour, or until firm.



## PARFAIT



### VANILLA YOGURT BOWL

(MAKES 2 SERVINGS)  
Total Time: 10 min.  
Prep Time: 10 min.  
Cooking Time: None

1 scoop Vanilla Shakeology  
1 cup nonfat plain yogurt  
4 medium strawberries, chopped  
½ medium banana, chopped  
1 tsp. sliced raw almonds

Combine yogurt and Shakeology in  
a small bowl; mix well. Divide yogurt  
mixture evenly into two medium serving  
bowls. Top each bowl evenly with  
strawberries, banana, and almonds.

## NO-BAKE COOKIES

### SHAKEOLOGY NO-BAKE COOKIES

(MAKES 24 SERVINGS, 1 COOKIE EACH)  
Total Time: 10 min.  
Prep Time: 10 min.  
Cooking Time: None

1 cup Chocolate Shakeology  
1 cup all-natural peanut butter  
(or almond butter)  
1 cup quick-cooking rolled oats  
½ cup raw honey

Combine peanut butter, oats, honey,  
and Shakeology in a medium bowl;  
mix well with a rubber spatula or clean  
hands. Roll mixture into twenty-four  
balls, each about 1-inch in size.  
Flatten each slightly so that it is  
shaped like a traditional cookie.

### VANILLA ENERGY BALLS

(MAKES 15 SERVINGS, 1 BALL EACH)  
Total Time: 15 min.  
Prep Time: 15 min.  
Cooking Time: None

1½ scoops Vanilla Shakeology  
½ cup almond flour  
½ cup old-fashioned rolled oats  
¼ cup all-natural almond butter  
⅓ cup unsweetened almond milk  
¼ cup sliced raw almonds

Combine Shakeology, almond flour,  
and oats in a medium bowl; mix well.  
Add almond butter and almond milk;  
mix well with a rubber spatula or clean  
hands until it forms a thick batter. Roll  
mixture into fifteen balls, each about  
1-inch in size. Roll balls in almonds.

### SHAKEOLOGY NUTTY NO-BAKE COOKIES

(MAKES 24 SERVINGS, 1 COOKIE EACH)  
Total Time: 10 min.  
Prep Time: 10 min.  
Cooking Time: None

1 cup Chocolate Shakeology  
1 cup all-natural almond butter  
1 tsp. pure almond extract  
1 cup quick-cooking rolled oats  
½ cup raw honey

Combine almond butter, almond  
extract, oats, honey, and Shakeology  
in a medium bowl; mix well with a  
rubber spatula or clean hands.  
Roll mixture into twenty-four balls,  
each about 1-inch in size. Flatten  
each slightly so that it is shaped  
like a traditional cookie.

OPTIONAL FOR ALL COOKIES: Roll balls in crushed nuts, oatmeal mixed with a little cinnamon, whole-grain graham cracker crumbs, or unsweetened coconut flakes.





## FROZEN TREATS

### PEANUT BUTTER FUDGY POPS

(MAKES 4 SERVINGS, 1 POP EACH)  
Total Time: 3 hrs. 5 min.  
Prep Time: 5 min.  
Cooking Time: None

1½ scoops Chocolate Shakeology  
1 cup nonfat milk  
1 Tbsp. all-natural peanut butter

Place milk, Shakeology, and peanut butter in blender; cover. Blend until smooth. Pour evenly into four ice pop molds; freeze for at least 3 hours, or until set.

### VANILLA PB&B ICE CREAM

(MAKES 5 SERVINGS, ABOUT ½ CUP EACH)  
Total Time: 4 hrs. 5 min.  
Prep Time: 5 min.  
Cooking Time: None

2 scoops Vanilla Shakeology  
1 cup nonfat milk  
(or unsweetened almond milk)  
2 medium frozen bananas  
(cut into chunks before freezing)  
2 Tbsp. all-natural creamy peanut butter

Place milk, Shakeology, bananas, and peanut butter in high-powered blender (such as a Vitamix); cover. Blend on low for 5 seconds; increase power to high and continue blending for 30 seconds until smooth. Pour mixture in a large glass bowl; cover. Freeze for 4 hours, stirring every 30 minutes, before serving.

### SUPER BERRY POPS

(MAKES 4 SERVINGS, 1 POP EACH)  
Total Time: 4 hrs. 10 min.  
Prep Time: 10 min.  
Cooking Time: None

1½ scoops Greenberry Shakeology  
1 cup unsweetened cranberry juice  
½ cup fresh or frozen raspberries

Place cranberry juice, raspberries, and Shakeology in blender; cover. Blend until smooth. Pour evenly into four ice pop molds; freeze for at least 4 hours, or until set.

### FROZEN CHOCOLATE VANILLA BITES

(MAKES 25 SERVINGS, 1 SQUARE EACH)  
Total Time: 1 hr. 10 min.  
Prep Time: 10 min.  
Cooking Time: None

2 scoops Vanilla Shakeology  
½ cup nonfat milk  
(or unsweetened almond milk)  
¼ cup coconut butter, softened  
¼ cup dark chocolate chips

Layer a small square container (about 5 x 5-inch) with plastic wrap; set aside. Combine Shakeology and milk in a medium bowl; mix well. Add coconut butter; mix until it forms a smooth mixture. Place in prepared container; spread into a smooth and even layer. Melt chocolate chips according to package directions. Spread melted chocolate over Shakeology mixture. Freeze for 1 hour, or until set. Gently lift from container and remove plastic wrap; cut into twenty-five squares. Store in an airtight container in freezer.

Tip: Coconut butter is the whole meat of the coconut pureed into a creamy butter. It differs from coconut oil as it is only 65% oil. It can be purchased at specialty markets or online.



## PUDDING

### VANILLA-CINNAMON CHIA PUDDING

(MAKES 6 SERVINGS, ½ CUP EACH)  
Total Time: 4 hrs. 10 min.  
Prep Time: 10 min.  
Cooking Time: None

1½ scoops Vanilla Shakeology  
3 cups nonfat milk  
(or unsweetened almond milk)  
1 Tbsp. raw honey  
1 tsp. ground cinnamon  
6 Tbsp. chia seeds  
Chopped fresh strawberries  
(for garnish; optional)

Place milk, Shakeology, honey, and cinnamon in blender; cover. Blend until smooth. Pour milk mixture into medium glass bowl. Add chia seeds; mix well. Cover bowl; refrigerate for at least 4 hours or overnight, mixing after 2 hours. Garnish with strawberries if desired.

### CHOCOLATE SHAKEOLOGY PUDDING

(MAKES 4 SERVINGS)  
Total Time: 1 hr. 10 min.  
Prep Time: 10 min.  
Cooking Time: None

1½ scoops Chocolate Shakeology  
1 ripe medium avocado  
1 medium banana, cut into chunks  
1 cup unsweetened almond milk  
1 tsp. fresh lemon juice

Place Shakeology, avocado, banana, almond milk, and lemon juice in blender; cover. Blend until smooth. (If too thick add additional almond milk.) Pour into four dessert cups; refrigerate for at least 1 hour, or until set.



## BARS

### SHAKEOLOGY FROZEN FUDGY OAT BARS

(MAKES 8 SERVINGS, 1 BAR EACH)  
Total Time: 3 hrs. 10 min.  
Prep Time: 10 min.  
Cooking Time: None

1 scoop Chocolate Shakeology  
½ cup old-fashioned rolled oats  
1 scoop Beachbody® Whey Protein Powder, Chocolate or Vanilla flavor  
(or equivalent)  
½ cup all-natural peanut butter  
½ ripe medium banana, mashed  
Nonstick cooking spray

Combine Shakeology, oats, and whey protein powder in a large bowl; mix well. Add peanut butter and banana; mix well with a rubber spatula or clean hands. Place in an 8 x 8-inch pan that is lightly coated with spray. Cover with plastic wrap and press down to flatten into pan. Freeze for 3 hours. Cut into eight bars.



### SHAKEOLOGY SUNSHINE BARS

(MAKES 12 SERVINGS, 1 BAR EACH)  
Total Time: 3 hrs. 10 min.  
Prep Time: 10 min.  
Cooking Time: None

2 scoops Chocolate Shakeology  
1 cup egg white powder  
2 cups old-fashioned rolled oats  
2 Tbsp. wheat germ  
2 Tbsp. flaxseed  
1 tsp. ground cinnamon  
½ cup unsweetened almond milk  
¼ cup raw honey  
¼ cup all-natural almond butter  
2 ripe medium bananas, mashed  
Nonstick cooking spray

Combine Shakeology, egg white powder, oats, wheat germ, flaxseed, and cinnamon in a large bowl; mix well. Add almond milk, honey, almond butter, and bananas; mix well with a rubber spatula or clean hands. Place in an 8 x 8-inch pan that is lightly coated with spray. Cover with plastic wrap and press down to flatten into pan. Refrigerate for 3 hours. Cut into twelve bars.

### GOOEY SHAKEOLOGY OATMEAL BARS

(MAKES 12 SERVINGS, 1 BAR EACH)  
Total Time: 3 hrs. 10 min.  
Prep Time: 10 min.  
Cooking Time: None

4 scoops Chocolate Shakeology  
3 cups old-fashioned rolled oats  
1 tsp. unsweetened cocoa powder  
1 dash ground cinnamon  
1 cup nonfat milk  
½ cup all-natural peanut butter  
½ tsp. pure vanilla extract  
Nonstick cooking spray

Combine Shakeology, oats, cocoa powder, and cinnamon in a large bowl; mix well. Add milk, peanut butter, and vanilla extract; mix well with a rubber spatula or clean hands. Place in an 8 x 8-inch pan that is lightly coated with spray. Cover with plastic wrap and press down to flatten into pan. Refrigerate for 3 hours. Cut into twelve bars.

### Get the Scoop

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