



CHOCOLATE SHAKEOLOGY PIE

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

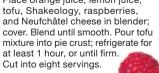
- 2 scoops Chocolate Shakeology 2 Tbsp. nonfat milk
- 1 (12-oz.) container firm (or silken) tofu
- ½ cup all-natural peanut butter 1 whole wheat graham cracker pie crust

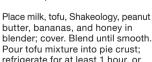
Place milk, tofu, Shakeology, and peanut butter in blender: cover. Blend until smooth. Pour tofu mixture into pie crust: refrigerate for at least 1 hour, or until firm. Cut into eight servings.

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







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

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.

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.



VANILLA YOGURT BOWL

(MAKES 2 SERVINGS) Total Time: 10 min

PARFAIT

Pren 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 vogurt mixture evenly into two medium serving bowls. Top each bowl evenly with strawberries banana and almonds

NO-BAKE C(

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

11/2 scoops Vanilla Shakeology ½ cup almond flour

- ½ cup old-fashioned rolled oats
- 1/4 cup all-natural almond butter 1/3 cup unsweetened almond milk
- 1/4 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.

2 scoops Vanilla Shakeology ½ cup nonfat milk

Cooking Time: None

(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.

1½ scoops Vanilla Shakeology 3 cups nonfat milk

- (or unsweetened almond milk)
- 1 Tbsp. raw honey

Cooking Time: None

- 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 Prot

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
- 1/4 cup raw honey
- 1/4 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.

Shakeology

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
- 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.

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