

Winter Warmer Recipes

The following are suggestions on how to create winter warmers. These are a collection of suggestions from Herbalife Distributors.

General consensus is to heat the liquid first with all the ingredients, then add the shake mixture and blend. It is a good idea to mix the Formula 1 (F1) (2 scoops) and Protein Drink Mix (PDM) (1 to 2 scoops) with a small amount of cold liquid and blend to the hot one. You can use a microwave: 2 minutes on medium heat should be sufficient.

- 1) F1 Spiced Apple with PDM in 250ml water then microwave.
- 2) Herbalife Gourmet Tomato Soup as a snack, or with wholemeal roll and fruit for lunch.
- 3) 250ml water blended with banana, microwave, add F1 Chocolate and PDM.
- 4) Make a coffee and add F1 Café Latte or Chocolate.
- 5) 250ml water blended with F1 Cookies & Cream and PDM, then microwave.
- 6) F1 (any flavour) and PDM mixed with hot porridge oats and 250ml water.
- 7) Any soup (fresh, tinned or packet) with F1 Vanilla added and/or PDM, after it has cooled down a little.
- 8) F1 Chocolate or Café Latte and PDM, 1 dessert spoon of fromage frais, 1 teaspoon of coffee, 250ml hot water.
- 9) Hot Nogg! F1 Vanilla and PDM, teaspoon of honey, ¼ teaspoon vanilla essence, ¼ teaspoon of ground nutmeg mixed in 250ml water then microwave.
- 10) Get up and Go! F1 Chocolate and PDM, 3 prunes, 2 tablespoons Oat Bran, 250ml hot water.

Tip: Do not use a shaker for hot shakes, as the pressure caused by the hot liquid will force off the lid and you will get covered!

We are always looking for more recipes to add to this '**HOT**' list. If you discover any, please email us and we will add them to the list and share.