

Winter Warmer Recipes

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

General consensus is to heat the liquid first 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 with the hot liquid.

You can also use a microwave: 2 minutes on medium heat should be sufficient. If not hot enough, then 30 second blasts until it is.

- 1) 250ml water blended with banana, microwave, add F1 Smooth Chocolate and PDM.
- 2) Make a coffee and add F1 Café Latte or Smooth Chocolate.
- 3) 250ml water blended with F1 Cookie Crunch and PDM, then microwave.
- 4) F1 (any flavour) and PDM mixed with hot porridge oats and 250ml water.
- 5) F1 Smooth Chocolate or Café Latte and PDM, 1 dessert spoon of fromage frais, 1 teaspoon of coffee, 250ml hot water.
- 6) Hot Nogg! F1 Vanilla Cream and PDM, teaspoon of honey, ¼ teaspoon vanilla essence, ¼ teaspoon of ground nutmeg mixed in 250ml water then microwave.
- 7) Get up and Go! F1 Smooth 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!