

Tasty Shake Recipes

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Totally Tropical Shake

1 serving of Tropical Fruit Formula 1
1/2 cup crushed pineapple
1 medium orange
(peeled and de-seeded)
1/2 banana
200ml skimmed milk
4-6 ice cubes (optional)
Only 350 calories*

Fruit Fizz Shake

1 serving of Strawberry Formula 1
1 fresh orange
(peeled and de-seeded)
1/2 banana
4 tablespoons strawberry yoghurt
200ml skimmed milk
Only 320 calories*



Watermelon Shake

1 serving of Vanilla Formula 1
250ml skimmed milk
1 cup watermelon
1 cup cantaloupe melon
4-6 ice cubes (optional)
Only 280 calories*



Chocnana Shake

1 serving of Chocolate
Formula 1
1 banana
250ml skimmed milk
3 ice cubes (optional)
Only 270 calories*



feel the difference!



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Fruit Juicy Shake

1 serving of Strawberry

Formula 1

250ml semi-skimmed milk

1 cup strawberries

1/2 grapefruit

4-6 ice cubes (optional)

Only 320 calories*

Mocha Shake

1 serving Chocolate Formula 1

1 teaspoon instant

decaffeinated coffee

250ml semi-skimmed milk

1/2 banana

4-6 ice cubes (optional)

Only 260 calories*



Sweet Sensation Shake

1 serving of Tropical Fruit Formula 1

1 fresh peach

1 fresh apricot

250ml semi-skimmed milk

3-6 ice cubes (optional)

Only 330 calories*

Peach Shake

1 serving of

Vanilla Formula 1

250ml semi-skimmed milk

1 fresh peach

4-6 ice cubes (optional)

Only 240 calories*



feel the difference!



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