

REVITALIZE & ENERGIZE:

The Ultimate Smoothie & Tea Guide



Welcome to "Revitalize & Energize: The Ultimate Smoothie & Tea Guide"

Embark on this flavourful journey of transformation and well-being. Each sip is more than just a moment of pleasure—it's a step towards a more vibrant, energized you.

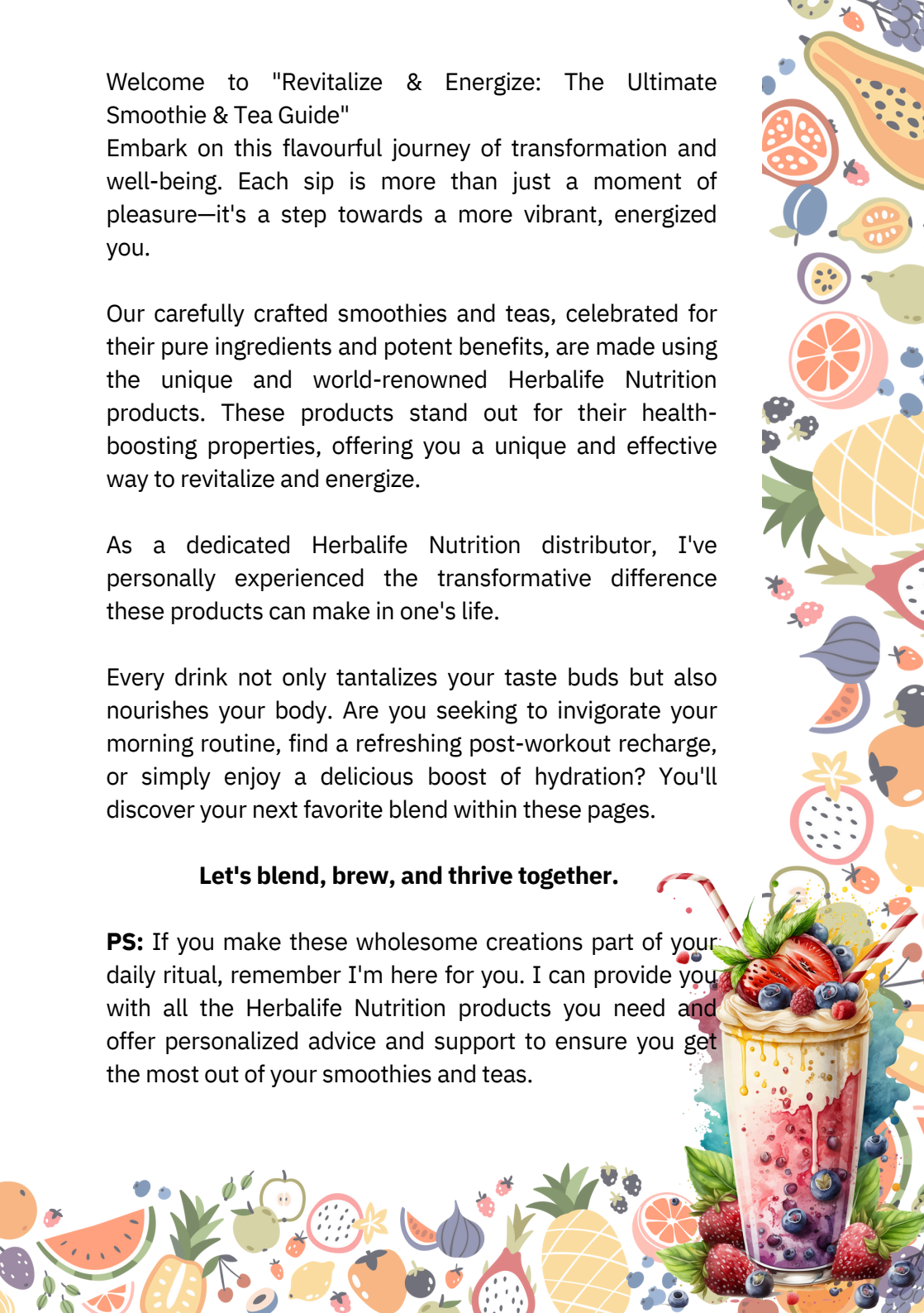
Our carefully crafted smoothies and teas, celebrated for their pure ingredients and potent benefits, are made using the unique and world-renowned Herbalife Nutrition products. These products stand out for their health-boosting properties, offering you a unique and effective way to revitalize and energize.

As a dedicated Herbalife Nutrition distributor, I've personally experienced the transformative difference these products can make in one's life.

Every drink not only tantalizes your taste buds but also nourishes your body. Are you seeking to invigorate your morning routine, find a refreshing post-workout recharge, or simply enjoy a delicious boost of hydration? You'll discover your next favorite blend within these pages.

Let's blend, brew, and thrive together.

PS: If you make these wholesome creations part of your daily ritual, remember I'm here for you. I can provide you with all the Herbalife Nutrition products you need and offer personalized advice and support to ensure you get the most out of your smoothies and teas.





Enjoy the taste of tropical mango and classic vanilla flavours. Packed with protein, vitamins and minerals.

Mango Tango Shake

Ingredients:

- 2 scoops (28g) Herbalife Nutrition Formula 1, French Vanilla
- 3 capfuls Herbal Aloe Concentrate, Mango
- 1 cup milk of choice or water
- ½ cup mango chunks, fresh or frozen
- 3-5 ice cubes

Preparation:

Combine ingredients in a blender and mix well.





Veggie Love

Ingredients:

- 2 Scoops (28g) **herbalife Nutrition Formula 1, French Vanilla**
- 250 ml almond milk or water
- 50g Spinach
- ½ Avocado
- ½ Vanilla Pod (Split, Seeds Scraped Out)



Preparation:

Place all ingredients in a blender and blend for 30 seconds until smooth and creamy.



Apple Lemon Ginger Immune Shake



Ingredients:

- 2 scoops (28g) of Herbalife Nutrition Formula 1, French Vanilla
- 250 ml almond milk, or water
- ½ apple, diced
- 4 TSP. fresh lemon juice
- 1 TSP. freshly grated ginger
- 3-5 ice cube

Preparation:

Combine ingredients in a blender and mix well.





Berry Blast

Ingredients:

• 2 Scoops (28g)
herbalifeNutrition Formula 1,
Mixed Berry

- ¼ Cup Blueberries
- ¼ Cup Blackberries
- 1 Tbsp Lemon Juice
- 300 ml Coconut Water
- 85g Plain Greek Style
Yoghurt, Fat Free

Preparation:

Place all ingredients in a
blender and blend until
smooth.





Immunity Booster Shake

Ingredients:

- 2 scoops, (28g) Herbalife Nutrition Formula 1, French Vanilla
- 1 scoop (12g) Personalised Protein Powder
- 1 cup cold water
- 1 orange, peeled and chopped
- 1 carrot, chopped
- ¼ tsp ground ginger
- 3-5 ice cubes

Preparation:

Blend to mix well.





Peanut Butter Cup Protein Shake

Ingredients:

- 2 scoops (28g) Herbalife Nutrition Formula 1, Dutch Chocolate
- 2 TBSP Herbalife Nutrition Personalised Protein Powder
- 1 cup non-fat milk, almond milk or water
- 1 TBSP smooth peanut butter
- 3-5 ice cubes

Preparation:

Combine ingredients in a blender and mix well.





Coconut Delight

Ingredients:

• 2 scoops (28g) Herbalife Nutrition
Formula 1, Dutch Chocolate

- 250ml Skim Milk, coconut milk or water
- 1 TBSP Desiccated Coconut
- ¼ Banana
- 1 tsp Orange Zest
- 1 TBSP Plain Muesli
- 4 Ice cubes

Preparation:

Place all ingredients in the blender and blend until smooth.





Summer Breeze Watermelon Sipper

Ingredients:

- 1 Cup water or almond milk
- 2 scoops (28g) Herbalife Nutrition Formula 1, French Vanilla
- 2 TBSP Low-Fat Cottage Cheese
- 1 Cup Watermelon, Diced
- 1 TSP Lime Juice
- 3-5 Ice Cubes

Preparation:

Blend to mix well.





Cran-Gria Grape Sparkler

Ingredients:

- 95ml (19 capfuls) Herbal Aloe Concentrate, Grape
- 25ml (5 capfuls) Herbal Aloe Concentrate, Mandarin
- 1 litre sparkling water
- 1 cup grapes, washed
- 1 cup frozen cranberries
- 1 peach, diced
- 1 orange, diced
- 1 lemon, diced

Preparation:

Combine ingredients in a blender and mix well. (Serves 4-6)





Nojito Ice

Ingredients:

- 1 LiftOff™ Lemon-Lime
- 3 capfuls (15 ml) of Herbal Aloe Concentrate (original flavour)
- 150 grams ice cubes
- Juice of 1 small lime
- 1 tablespoon mint leaves
- 1 teaspoon honey

Preparation:

Place the LiftOff™ in the blender with the Herbal Aloe Concentrate.

Allow to dissolve and then add in the remaining ingredients and blend well until it's slushy in texture.

Tip in to a glass and enjoy with a spoon.





Protein Active Booster Shake

Ingredients:

- 2 scoops (28g) Herbalife Nutrition Formula 1, French Vanilla
- 1 scoop (12g) Personalised Protein Powder
- 1 scoop Active Fibre Complex
- 15ml Herbal Aloe Concentrate Original
- 1 cup non-fat milk or soy milk or water
- 3-5 ice cubes

Preparation:

Combine ingredients in a blender and mix well.





Powered By:



Please note that some of the Herbalife Nutrition products featured in this guide may not be available in your region. However, there's no need to worry. Alternatives can seamlessly be integrated using the products accessible in your locale. To ensure you still enjoy the full benefits of these recipes, don't hesitate to reach out to me. I'm here to offer personalized advice on the perfect substitutions to keep your smoothies and teas delicious and nourishing.

ENQUIRY FORM

