



A Chocolate Delight
for every day of the month.
Just add Shakeology®.

Here's how to make it: For each of these delicious recipes, add 1 serving of Chocolate Shakeology and ice to taste (add more ice for a thicker shake) to the ingredients listed. Mix in blender until creamy.

You've got the choices: Fresh or frozen fruit. Regular, skim, almond, or rice milk (the more milk you add, the creamier). And almond butter instead of peanut butter—use whichever you like better. Enjoy!

<p>1 Chocolate Banana Nutter 1 Tbsp. natural peanut butter 1 banana 1 cup water</p> 	<p>2 Chocolate Minty 1 tsp. mint extract 1 cup water</p>	<p>3 PB and J 1 Tbsp. natural peanut butter ½ cup strawberries 1 cup water</p>	<p>4 Almond Mocha Chiller 1 tsp. almond extract 1 cup cold coffee</p> 	<p>5 Chocolate-Covered Strawberries 1 cup strawberries 1 cup water</p>	<p>6 Chocolate Raspberry 1 cup raspberries 1 cup water</p> 	<p>7 Maple Buttercup 1 Tbsp. almond butter 1 cup skim milk 1 tsp. maple syrup</p>
<p>8 Chocolate Bananas Foster 1 banana ½ tsp. cinnamon ½ tsp. rum extract 1 cup skim milk</p> 	<p>9 Choco Cherry-Licious ½ cup black cherries (pitted) 1 cup vanilla almond milk</p>	<p>10 Piña-Banana ½ banana ½ cup pineapple juice ½ cup water</p> 	<p>11 Chocolate Berry Blast ½ cup raspberries ¼ cup blueberries ½ cup blackberries 1 cup water</p>	<p>12 Chocolate Spice 1 tsp. cinnamon ½ tsp. nutmeg 1 cup skim milk</p> 	<p>13 Chocolate Twilight 1 tsp. vanilla extract 1 cup water</p>	<p>14 Choc-Orange ½ cup orange juice ½ cup water</p> 
<p>15 Choconana 1 banana 1 cup water</p> 	<p>16 Nuts for Chocolate 1 Tbps. almond butter ½ tsp. almond extract 1 cup almond milk</p>	<p>17 Banana Honeymoon ½ banana 1 Tbsp. peanut butter 1 Tbsp. honey 1 cup water</p>	<p>18 Coconut Dream 1 tsp. coconut extract ½ cup skim milk ½ cup water</p> 	<p>19 Pumpkin Pie ½ cup unsweetened canned pumpkin ½ tsp. cinnamon ½ tsp. nutmeg 1 cup skim milk</p>	<p>20 Strawberry Thunder 1 cup strawberries ½ cup blueberries 1 cup water</p>	<p>21 Orange U Happy ½ cup raspberries ½ cup orange juice ½ cup water</p>
<p>22 Cherry Monkey ½ cup black cherries (pitted) ½ banana 1 cup skim milk</p>	<p>23 Fruit and Nutty 1 Tbsp. peanut butter ½ cup raspberries ½ cup blackberries 1 cup almond milk</p>	<p>24 Chocolate Bee 1 tsp. honey 1 cup skim milk</p>	<p>25 Cheeky Coconut 1 tsp. coconut extract 1 banana 1 cup skim milk</p>	<p>26 Dark Blue Moon 1 cup blueberries 1 cup water</p>	<p>27 Mocha Chiller 1 cup cold coffee</p> 	<p>28 Vanilla Almond Fudge 1 Tbsp. almond butter 1 tsp. vanilla extract ½ tsp. cinnamon 1 cup skim milk</p>
<p>29 Breakfast at Hazel's 1 tsp. hazelnut extract 1 cup water</p> 	<p>30 Banana Split ½ banana 2 fresh pineapple rings 2 large strawberries 1 cup water</p>	<p>Here are 2 healthy dessert recipes. They're great for special occasions.</p>				

Chocolate Shakeology Pie

- 2 scoops Chocolate Shakeology
- 1 container tofu, silken or firm (approx. 12 oz.)
- ½ cup natural peanut butter
- 2 Tbsp. skim milk
- 1 premade pie crust (health food stores have whole grain, graham cracker-like pie crusts that are great for this!)

Preparation:

Place peanut butter, tofu, Chocolate Shakeology, and milk in blender; blend until smooth and creamy, adding a bit more milk if necessary. Pour into pie crust and refrigerate until firm, at least 1 hour.

Shakeology No-Bake Cookies

- 1 cup reduced-fat or natural peanut butter
- 1 cup quick-cook oatmeal
- ½ cup honey or agave nectar
- 1 cup Chocolate Shakeology powder

Preparation:

First, remove any rings you're wearing and wash your hands really well. Then combine ingredients in medium bowl. Mix well. Roll into balls (about a heaping teaspoon each).

Optional: Roll in crushed nuts, oatmeal mixed with a little cinnamon, whole-grain graham cracker crumbs, or unsweetened coconut flakes.