



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

**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.