

# Sensational Shaklee 180™ Energizing Smoothies

Sip your way to better health  
and a slimmer shape.



## SHAKLEE 180™ BANANA BERRY BLAST

2 SCOOPS OF SHAKLEE 180™  
STRAWBERRY ENERGIZING SMOOTHIE MIX  
8 OZ. NONFAT MILK OR LOW-FAT SOY MILK  
3 FROZEN STRAWBERRIES  
1/4 BANANA  
ICE (AS NEEDED)  
BLEND UNTIL CREAMY

**NUTRITION PER SERVING:**  
297 CALORIES, 25G PROTEIN,  
7G FIBER

## SHAKLEE 180™ PEACHES & CREAM

2 SCOOPS OF SHAKLEE 180™  
VANILLA ENERGIZING SMOOTHIE MIX  
8 OZ. NONFAT MILK OR LOW-FAT SOY MILK  
1/2 CUP FROZEN PEACHES, CHOPPED  
ICE (AS NEEDED)  
BLEND UNTIL CREAMY

**NUTRITION PER SERVING:**  
284 CALORIES, 24G PROTEIN, 7G FIBER

## SHAKLEE 180™ PEANUT BUTTER CUP

2 SCOOPS OF SHAKLEE 180™  
CHOCOLATE ENERGIZING SMOOTHIE MIX  
8 OZ. NONFAT MILK OR LOW-FAT SOY MILK  
1 TSP. PEANUT BUTTER  
ICE (AS NEEDED)  
BLEND UNTIL FROTHY

**NUTRITION PER SERVING:**  
293 CALORIES, 26G PROTEIN, 6G FIBER