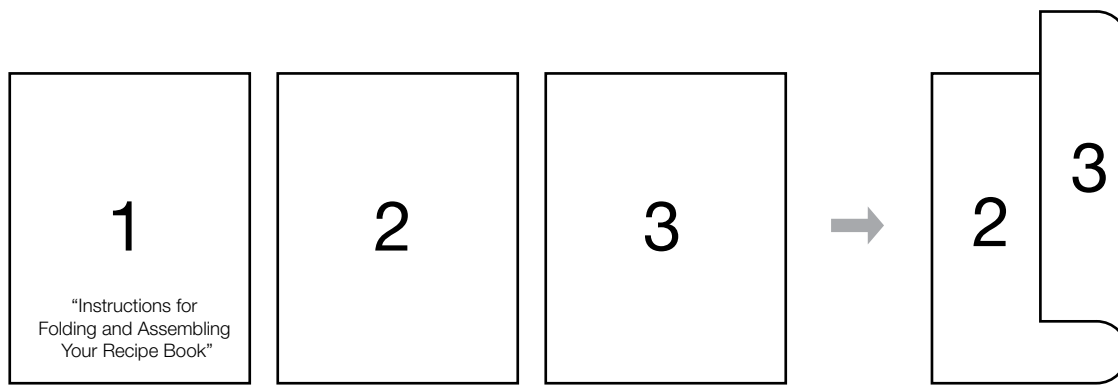


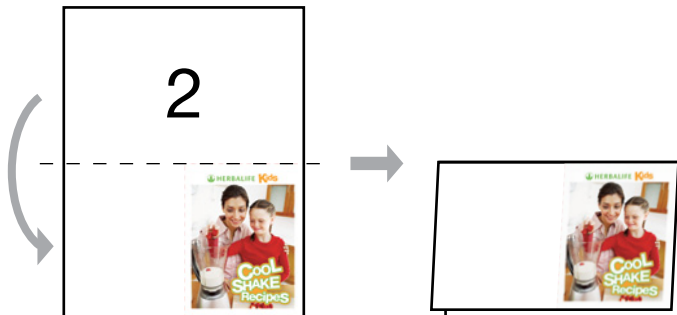
# Instructions for Folding and Assembling Your Recipe Book



**Step 1:** Print one copy of the “Instructions for Folding and Assembling Your Recipe Book,” the first page of your PDF (1 pictured above).

**Step 2:** Print 2 and 3 of your PDF as a two-sided sheet.

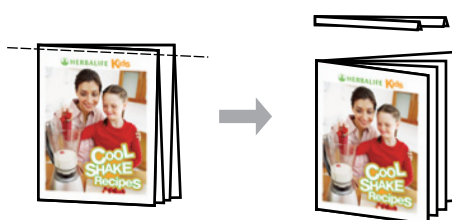
**Note:** When printing multiple copies of the actual recipe pages (2 and 3 pictured above), be sure NOT to print the first-page instruction sheet.



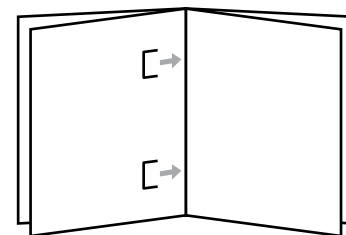
**Step 3:** Fold 2 in half from top to bottom.



**Step 4:** Fold in half again from side to side.



**Step 5:** Trim excess from across the top.



**Step 6:** (Optional) To create a four-page booklet-type brochure, staple vertically along the center fold.

These recipes provide a higher number of calories and different nutrient levels from those listed on the Herbalife Kids® Shake product labels.

**Directions:** Combine shake mix, pumpkin pie spice (adjust to taste) and milk in Shaker Cup or blender. Shake or blend until all ingredients are well mixed.

**Equipment:** Herbalife® Shaker Cup or blender

- Ingredients:**
- 2 slightly rounded tablespoons Vanilla Herbalife Kids® Shake mix
  - 1/4 cup canned pumpkin
  - 1 1/2 teaspoons pumpkin pie spice
  - 8 ounces 2% reduced-fat milk or soy milk

## Perfectly Pumpkin

**Directions:** Combine shake mix, pudding mix, strawberries and milk in blender. Blend until all ingredients are well mixed.

**Equipment:** Blender

- Ingredients:**
- 2 slightly rounded tablespoons Vanilla Herbalife Kids® Shake mix
  - 1 1/2 tablespoons sugar-free cheesecake pudding mix
  - 1 cup fresh or frozen whole strawberries
  - 8 ounces 2% reduced-fat milk or soy milk

## Chill-Out Strawberry Cheesecake

### Ingredients:

- 1 slightly rounded tablespoon Vanilla Herbalife Kids® Shake mix
- 1/3 cup nonfat dry milk powder
- 1 cup light (low-calorie) cranberry juice
- 1 cup frozen blueberries
- 2 to 3 drops orange extract

**Equipment:** Blender

**Directions:** Combine shake mix, milk powder, cranberry juice, blueberries and orange extract in blender. Blend until all ingredients are well mixed.

## Blitzin' Berry

## Choc-o-Minty

### Ingredients:

- 2 slightly rounded tablespoons Chocolate Herbalife Kids® Shake mix
- 1 small banana (or 1/2 medium to large banana)
- 1/4 teaspoon mint extract
- 8 ounces 2% reduced-fat milk

**Equipment:** Blender

**Directions:** Combine shake mix, banana, mint extract and milk in blender. Blend until all ingredients are well mixed.

## Strawberry Shake Mix Recipe



## Strawberry Bananza

### Ingredients:

- 2 slightly rounded tablespoons Strawberry Herbalife Kids® Shake mix
- 1 small banana (or 1/2 medium to large banana)
- 8 ounces 2% reduced-fat milk

**Equipment:** Blender

**Directions:** Combine shake mix, banana and milk in blender. Blend until all ingredients are well mixed.



**Directions:** Combine shake mix, soy milk, milk and coconut extract in Shaker Cup or blender. Shake or blend until all ingredients are well mixed.

**Equipment:** Herbalife® Shaker Cup or blender

- 2 to 3 drops coconut extract
- 4 ounces 2% reduced-fat milk
- 4 ounces almond-flavored soy milk
- 2 slightly rounded tablespoons Chocolate Herbalife Kids® Shake mix

**Ingredients:**



## Choco'nana

**Ingredients:**

- 2 slightly rounded tablespoons Chocolate Herbalife Kids® Shake mix
- 1 small banana (or 1/2 medium to large banana)
- 8 ounces 2% reduced-fat milk

**Equipment:** Blender

**Directions:** Combine shake mix, banana and milk in blender. Blend until all ingredients are well mixed.

## Chocolate Peanut Butter

**Ingredients:**

- 2 slightly rounded tablespoons Chocolate Herbalife Kids® Shake mix
- 1 tablespoon reduced-fat peanut butter
- 8 ounces 2% reduced-fat milk

**Equipment:** Blender

**Directions:** Combine shake mix, peanut butter and milk in blender. Blend until all ingredients are well mixed.

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These recipes provide a higher number of calories and different nutrient levels from those listed on the Herbalife Kids® Shake product labels.

**Directions:** Combine shake mix, banana, vanilla extract, nutmeg and milk in blender. Shake or blend until all ingredients are well mixed.

**Equipment:** Blender

- 8 ounces 2% reduced-fat milk or soy milk
  - Pinch of nutmeg
  - 1/4 teaspoon vanilla extract
  - 1 small banana (or 1/2 medium to large banana)
  - 2 slightly rounded tablespoons Vanilla Herbalife Kids® Shake mix
- Ingredients:**

## Banana Cream Pie

**Directions:** Combine shake mix, orange juice, milk powder and vanilla extract in Shaker Cup or blender. Shake or blend until all ingredients are well mixed.

**Equipment:** Herbalife® Shaker Cup or blender

- 2 drops vanilla extract (optional)
  - 1/3 cup nonfat dry milk powder
  - 8 ounces orange juice
  - 2 slightly rounded tablespoons Vanilla Herbalife Kids® Shake mix
- Ingredients:**

## Orange Cream Supreme



## Vanilla Shake Mix Recipes

### Creamy Nutty Swirl

**Ingredients:**

- 2 slightly rounded tablespoons Vanilla Herbalife Kids® Shake mix
- 8 ounces orange juice
- 1/3 cup nonfat dry milk powder
- 2 to 3 drops hazelnut extract or black walnut extract

**Equipment:** Herbalife® Shaker Cup or blender

**Directions:** Combine shake mix, orange juice, milk powder, and hazelnut extract or black walnut extract in Shaker Cup or blender. Shake or blend until all ingredients are well mixed.

