



CUSTOMER DAY  
2 AUGUST 2006, WEDNESDAY

## MOUTHWATERING SHAKE RECIPES

Herbalife International Singapore  
63 Market Street #02-01  
Singapore 048942

Hotline: 6416 8448

Fax: 6416 8458

Website: <http://www.herbalifewww.com/sg/>

E-mail: [S&CSingapore@herbalife.com](mailto:S&CSingapore@herbalife.com)



*Making the world healthier.*

## FRUITY SOYA CHOCOLATE DELIGHT!

### Ingredients:

Green Apple - Half  
Soy Milk (Sugar Free) - 4oz  
Cold Water (Must be very cold!) - 4oz  
Formula 1 Dutch Chocolate - 2 heaped tablespoons

Cost - S\$3.00

- 1 Peel apple and cut into cubes.
- 2 Add soy milk, cold water and apple cubes.
- 3 Blend until everything is smooth.
- 4 Add Formula 1 Dutch Chocolate into the blend.
- 5 Blend for another 30 seconds and it's ready to be served!

### What's So Good About This Shake?

Apple is low in calories, high in fiber, rich in Vitamin C and a great source of antioxidants!

## BANANA REPUBLIC

### Ingredients:

Banana (ripe) - 1  
Soy Milk (Sugar Free) - 200ml (6.5oz)  
Cold Water - 100ml (3oz)  
Formula 1 Dutch Chocolate - 2 heaped tablespoons

Cost - S\$4.00

- 1 Put soy milk followed by cold water into blender.
- 2 Peel banana and add it to mixture.
- 3 Blend everything for 1 minute.
- 4 Add Formula 1 Dutch Chocolate into the blend.
- 5 Blend until well mixed and it's ready to be served!

### What's So Good About This Shake?

Soy milk is protein rich and gives fullness!

## A2C CUP

### Ingredients:

Red Apple, frozen - Half  
Japanese Cucumber, frozen - 1  
Carrot Juice - 8oz  
Formula 1 Vanilla - 2 heaped tablespoons  
Ice cubes

Cost - S\$4.50

- 1 Pour carrot juice into blender.
- 2 Cut apple & cucumber; add apple & cucumber with ice cubes into blender.
- 3 Blend everything in the blender until smooth.
- 4 Add Formula 1 Vanilla into the blend.
- 5 Blend until smooth and it's ready to be served!

### What's So Good About This Shake?

Cucumber helps to soothe the skin and reduce water retention while carrot juice improves blood circulation. This shake will improve your complexion and firm up your skin!

## CHENDOL SHAKE

### Ingredients:

Soy Milk (Sugar Free) - 8oz  
Formula 1 Tropical Fruit - 1 heaped tablespoon  
Formula 1 Vanilla - 1 heaped tablespoon  
Red bean, cooked - 1 tablespoon  
Sweet corn kernels, cooked - 1 tablespoon  
Ice cubes

Cost - S\$4.50

- 1 Blend soy milk with ice.
- 2 Add Formula 1 Vanilla & Tropical Fruit into the blend.
- 3 Blend everything in the blender until smooth.
- 4 Add red bean and sweet corn kernels into a glass.
- 5 Pour blended shake into the glass & it's ready to serve!

### What's So Good About This Shake?

Red beans provide fiber & sweet corn kernels are full of vitamins & minerals. A healthy twist to a popular local dessert that will appeal to young & old alike!

## GOLDEN MELONY

### Ingredients:

Rock melon - 125g  
Honeydew melon - 125g  
Orange juice - 4oz  
Formula 1 Vanilla - 2 heaped tablespoons  
Ice cubes

Cost - S\$3.60

- 1 Remove rind & seeds of melons and cut into pieces.
- 2 Blend melons, ice and orange juice until smooth.
- 3 Add Formula 1 Vanilla and blend for 30 seconds.
- 4 Serve immediately!

Tip: Make this into a freezie simply by freezing blend for 3 hours, then blend quickly to slush and serve with straw & spoon!

### What's So Good About This Shake?

This shake contains only 122.5 calories! Melons contain potassium that aids in prevention of high blood pressure. Orange juice is full of beta-carotene & vitamins C & E!

## YELLOW SUBMARINE

### Ingredients:

Banana (ripe) - 1  
Low Fat High Calcium Milk - 8oz  
Honey - 2 teaspoons  
Formula 1 Vanilla - 2 heaped tablespoons  
Ice cubes

Cost - S\$3.00

- 1 Put milk and ice cubes into blender.
- 2 Peel banana and add it to mixture.
- 3 Blend everything for 1 minute.
- 4 Add Formula 1 Vanilla and honey into the blend.
- 5 Blend well until smooth and it's ready to be served!

### What's So Good About This Shake?

Besides providing energy, honey contains small amounts of a wide array of vitamins, minerals, amino acids and antioxidants.

