



**HERBALIFE  
NUTRITION**

Making the World Healthier and Happier

# THREE TASTY WAYS TO ENJOY

## FORMULA 1 PRALINES AND CREAM

Switch it up with three delicious recipes featuring the creamy flavor of **Formula 1 Pralines and Cream**.



Certificado  
Certified



Gluten-Free  
Sin Gluten  
www.gluten.org



## SPICED ORANGE-PRALINE SHAKE

- 2 scoops Formula 1 Pralines and Cream
- 2 scoops Protein Drink Mix Vanilla
- 1 cup water
- 1 medium orange, peeled, seeded and coarsely chopped
- ¼ tsp. cinnamon
- 3-5 ice cubes

Per serving:
Protein: 25 g
Calories: 270
Carbohydrate: 36 g
Fat: 4 g
Fiber: 6 g

Place all ingredients in a blender and blend until smooth.

## PEANUT-PRALINE PANCAKES

- 2 scoops Formula 1 Pralines and Cream
- 2 scoops Protein Drink Mix Peanut Cookie
- ½ cup unsweetened vanilla almond milk
- 2 eggs
- 2 TBSP rolled oats (1-minute or 5-minute)
- ¼ tsp. baking soda

Per serving (3 pancakes):
Protein: 20 g
Calories: 200
Carbohydrate: 14 g
Fat: 8 g
Fiber: 2 g

Place all ingredients in a blender and blend until smooth. Preheat griddle to 350 degrees, or heat a skillet over medium-high heat. When griddle or skillet is ready, wipe lightly with neutral vegetable oil, using a paper towel, to prevent sticking. Pour batter into pancakes about 3 inches in diameter. When pancakes are browned on the underside, flip with a spatula, and continue cooking until slightly puffed and browned on the second side. Makes about 6 pancakes (2 servings; 3 pancakes per serving).

## PRALINE-APPLE OATS

- 2 scoops Formula 1 Pralines and Cream
- 1 scoop Protein Drink Mix Vanilla
- 1 scoop Active Fiber Complex Apple
- 1 cup water
- ½ cup quick-cooking rolled oats (1-minute type)
- pinch of salt

Per serving:
Protein: 20 g
Calories: 260
Carbohydrate: 39 g
Fat: 4 g
Fiber: 11 g

In a small saucepan, bring water to a boil. Stir in oats and salt, and cook, stirring, for one minute. Remove from heat (mixture will be thin). Stir in Formula 1, Protein Drink Mix and Active Fiber Complex, and mix well until all ingredients are well-incorporated. Thin with a small amount of water or milk, if desired.

\*On the basis of laboratory tests of the formula for Glycemic Index (GI) value, this is a low-GI food.

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