

TONS of Body by Vi Shake Recipes!

Any kind of Milk can be used in these shakes. Almond milk is Lactose free and low calorie.

Shake Recipes Courtesy of John & Lisa Engle 719-445-0388 & <http://eBodybyVi.com>

After Glow Smoothie: 4 oz. (1/2 cup) pomegranate juice, 4 oz. (1/2 cup orange juice), 2 scoops Vi-Shape shake mix, 1 cup frozen pineapple & 5 ice cubes. Blend well in blender.

All Berry Delight: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 1/4 cup frozen raspberries, 1/4 cup frozen blackberries, 1/4 cup frozen strawberries, ¼ cup frozen dark cherries & 4 ice cubes. Blend well in blender.

Almond Joy: 8 oz. Silk Pure Almond milk, 2 scoops Vi-Shape shake mix, 1/2 tsp coconut extract, 1 chocolate flavor packet (or 1 Tbsp. cocoa powder) & 6 ice cubes. Blend well in blender.

Amaretto: 8 oz. Silk Pure Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen dark sweet cherries & 6 ice cubes. Blend well in blender.

Ambrosia: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, ½ tsp. coconut extract, ¼ cup pear slices, ¼ apple slices, ¼ cup frozen strawberries, ¼ cup frozen pineapple chunks, 1 peach flavor packet & 3 ice cubes. Blend well in blender.

Angel Food Cake: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, ½ tsp. coconut extract, ½ tsp. vanilla extract & 3 ice cubes. Blend well in blender.

Apple Cider Smoothie: 6 oz. unsweetened apple juice (or cider), 2 scoops Vi-Shape shake mix, 1 orange flavor packet, 2 tsp. cinnamon, 1/2 tsp. vanilla extract & 6 ice cubes. Blend well in blender.

Apple Mango Freeze: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 3 Tbsp. unsweetened apple sauce, 1 cup frozen mango chunks & 6 ice cubes. Blend well in blender.

Apple Pie: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 3 Tbsp. unsweetened apple sauce, 2 tsp. cinnamon, 1/2 tsp. vanilla extract & 6 ice cubes. Blend well in blender.

Banana Coconut Breeze: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1/2 small frozen banana, 1 banana flavor packet, ½ tsp. coconut extract, & 4 ice cubes. Blend well in blender.

Banana Kiwi Cooler: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1/2 small frozen banana, 1 banana flavor packet, ½ cup fresh kiwi slices (peeled), & 6 ice cubes. Blend well in blender.

Banana Cream: 8 oz. water, ¾ cup vanilla lowfat yogurt, 2 scoops Vi-Shape shake mix, 1 small banana (6" inches), 1 tsp. vanilla extract, & 6 ice cubes. Blend well in blender.

Banana Cream Take II: Unsweetened almond milk, 1 TB of PB and 1 TB of sugar-free instant banana cream pudding and about 6 ice cubes. Blend well in a blender. AWESOME!

Banana Nut Bread: 8 oz. Silk Pure Almond milk, 2 scoops Vi-Shape shake mix, 1 tsp. butter extract flavoring, 1 banana flavor packet, 1 tsp. cinnamon, ½ tsp. vanilla extract & 6 ice cubes. Blend well in blender.

Banana Spice: 8 oz. Silk Light Vanilla Soy Milk, 2 scoops Vi-Shape shake mix, 1 small frozen banana (6" inches), 2 Tbsp. ground flax seeds, pinch of cinnamon, pinch of nutmeg & 6 ice cubes. Blend well in blender.

Banana Split: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 small banana (6" inches), 1 Chocolate flavor packet, 1 Tbsp. reduced fat peanut butter, & 4 ice cubes. Blend well in blender.

Berry Blast: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, ½ cup frozen blackberries, ½ cup frozen strawberries & 5 ice cubes. Blend well in blender.

Berry Peachy: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, ½ cup frozen peach slices, ½ cup frozen strawberries, 1 peach flavor packet & 5 ice cubes. Blend well in blender.

Berries & Cream: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, ½ cup frozen raspberries, ½ cup frozen strawberries, 1 strawberry flavor packet, ½ tsp. vanilla extract & 5 ice cubes. Blend well in blender.

Birthday Cake: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 chocolate flavor packet, ½ tsp. butter flavoring (or butter buds), ½ tsp. vanilla extract & 6 ice cubes. Blend well in blender.

Blackberry Apple Slush: 6 oz. unsweetened apple juice, 2 scoops Vi-Shape shake mix, 30 frozen blackberries & 7 ice cubes. Blend well in blender.

Blackberry Freeze: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 30 frozen blackberries & 4 ice cubes. Blend well in blender.

Blackberry Pie: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen blackberries, 1 Tbsp. Graham Cracker Crumbs, 1 tsp. vanilla extract & 6 ice cubes. Blend well in blender.

Black Raspberry Vanilla Cooler: 8 oz. Almondmilk, 2 scoops Vi-Shape shake mix, 15 frozen blackberries, 15 frozen raspberries, 1 tsp. vanilla extract & 4 ice cubes. Blend well in blender.

Blended Coffee: 8 oz. (1 cup) coffee-instant, regular, prepared with water, 1 ½ cup skim milk, 2 scoops Vi-Shape shake mix, 1 chocolate flavor packet & 4 ice cubes. Blend well in blender.

Blueberry Blaster: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 30 frozen blueberries & 4 ice cubes. Blend well in blender.

Blueberry Cheesecake: 6 oz. Almond milk, 2 scoops Vi-Shape shake mix, 20 frozen blueberries, 1 tsp. graham cracker crumbs, 2 oz. fat-free cream cheese & 5 ice cubes. Blend well in blender.

Blueberry Lemon Freeze: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen blueberries, 1 Tbsp. sugar-free instant lemon pudding mix, & 5 ice cubes. Blend well in blender.

Blueberry Mango Smoothie: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen blueberries, ½ cup frozen mango chunks, & 4 ice cubes. Blend well in blender.

Blueberry Muffin: 8-10 oz. milk, 2 scoops Vi-Shape shake mix, 1 & 1/2 tsp butter extract, 1/4 cup frozen blueberries, 1 heaping tsp (sugar free) white chocolate pudding mix. Blend well.. tastes like blueberry muffin batter.

Blueberry Peach Cobbler: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 15 frozen blueberries, 1 cup frozen peach slices, 1 tsp. vanilla extract & 4 ice cubes. Blend well in blender.

Blueberry Pie: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen blueberries, 2 Tbsp. Graham Cracker Crumbs, 1 tsp. vanilla extract & 6 ice cubes. Blend well in blender.

Blueberry Pomegranate: 6 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen blueberries, ½ cup pomegranate juice & 5 ice cubes. Blend well in blender.

Blueberry Vanilla Pear: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, ½ cup frozen blueberries, ½ pear (chopped) & 4 ice cubes. Blend well in blender.

Blue Banana: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 15 frozen blueberries, 1 banana flavor packet (or 1/2 frozen banana), & 5 ice cubes. Blend well in blender.

Butterfinger: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 2 Tbsp. sugar free butterscotch pudding mix, 1 Tbsp. reduced-fat peanut butter & 5 ice cubes. Blend well in blender.

Butterscotch Mousse: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 2 Tbsp. sugar free butterscotch pudding mix & 5 ice cubes. Blend well in blender.

Café Latte: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 tsp. dry instant coffee powder & 6 ice cubes. Blend well in blender.

Candy Cane: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, ½ cup frozen strawberries, ½ tsp. peppermint extract, 1 strawberry flavor pack & 5 ice cubes. Blend well in blender.

Caramello: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 2 tsp. sugar free caramel flavoring & 5 ice cubes. Blend well in blender.

Carrot Cake: 2 scoops Vi-Shape Shake Mix, ½ c. sliced carrots, 1 tbsp. fat-free cream cheese (I used 1 heaping TB of sugar-free, instant cheesecake pudding mix instead), Dash of cinnamon, Dash of nutmeg, 8 oz. of Almond milk, 4-6 ice cubes.

Cherry Almond Chill: 8 oz. Silk Pure Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen dark sweet cherries & 6 ice cubes. Blend well in blender.

Cherry Banana Breeze: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen dark sweet cherries, 1 banana flavor packet & 5 ice cubes. Blend well in blender.

Cherry Cheesecake: 6 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen dark unsweetened cherries, 2 oz. fat-free cream cheese, 2 dashes ground cinnamon & 5 ice cubes. Blend well in blender.

Cherry Lemonade: 6 oz. crystal light lemonade, 2 scoops Vi-Shape shake mix, 1 cup frozen dark sweet cherries & 8 ice cubes. Blend well in blender.

Cherry Orange Delight: 4 oz. orange juice, 4 oz. water, 2 scoops Vi-Shape shake mix, 1 cup frozen dark sweet cherries & 8 ice cubes. Blend well in blender.

Cherry Pineapple Slush: 6 oz. water, 2 oz. pineapple juice drained from can, 2 scoops Vi-Shape shake mix, 1/2 cup pineapple, ½ cup frozen cherries & 8 ice cubes. Blend well in blender.

Cherry Limeade: 8 oz. vanilla soy milk, 2 scoops Vi-Shape shake mix, 1 Tbsp. frozen limeade concentrate, 4 maraschino cherries & 6 ice cubes. Blend well in blender.

Cherry Pineapple Chill: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1/2 cup frozen dark sweet cherries, ½ cup frozen pineapple chunks, & 6 ice cubes. Blend well in blender.

Cherry Spice: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen dark sweet cherries, 2 tsp. cinnamon & 6 ice cubes. Blend well in blender.

Chocolate Almond Delight: 12 oz. Almond milk, 2 scoops Vi-Shape shake mix, 15 raw almonds, ½ tsp. coconut extract, 1 chocolate flavor packet (or 1 Tbsp. cocoa powder), & 5 ice cubes. Blend well in blender.

Chocolate Cheesecake: 6 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 chocolate flavor packet (or 1 Tbsp. cocoa powder), 2 oz. fat-free cream cheese & 5 ice cubes. Blend well in blender.

Chocolate Covered Cherries: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 10 frozen dark sweet cherries, 1 chocolate flavor packet (or 1 Tbsp. cocoa powder), & 5 ice cubes. Blend well in blender.

Chocolate Covered Strawberries: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 5 frozen strawberries, 1 chocolate flavor packet (or 1 Tbsp. cocoa powder), & 4 ice cubes. Blend well in blender.

Chocolate Peanut Butter Cup: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 Tbsp. reduced fat peanut butter, 1 chocolate flavor packet (or 1 Tbsp. cocoa powder), & 6 ice cubes. Blend well in blender.

Chocolate Peppermint: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1/2 tsp. peppermint extract, 2 chocolate flavor packets (or 2 Tbsp. cocoa powder), & 6 ice cubes. Blend well in blender. For a hot chocolate treat, heat in microwave.

Chocolate Razzleberry: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1/3 cup frozen raspberries, 1 chocolate flavor packet (or 1 Tbsp. cocoa powder), & 4 ice cubes. Blend well in blender.

Cinnaberry: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 5 frozen strawberries, 1 strawberry flavor packet, 3 tsp. cinnamon & 5 ice cubes. Blend well in blender.

Cinnamon Almond Cream: 8 oz. Silk Pure Almond milk, 2 scoops Vi-Shape shake mix, 3 tsp. cinnamon & 6 ice cubes. Blend well in blender.

Cinnamon Bun: 8 oz. vanilla soy milk, 2 scoops Vi-Shape shake mix, 2 Tbsp. cinnamon, 1/2 tsp. vanilla extract, 1 tsp. butter buds (or butter flavoring) & 6 ice cubes. Blend well in blender.

Citrus Berry: 4 oz. Almond milk, 4 oz. orange juice, 2 scoops Vi-Shape shake mix, 1 strawberry flavor packet, 1/2 cup frozen strawberries, 1 tsp. lemon juice & 5 ice cubes. Blend well in blender.

Citrus Spice: 6 oz. orange juice, 2 oz. water, 2 scoops Vi-Shape shake mix, 1 Tbsp. lemon juice, 3 tsp. cinnamon & 6 ice cubes. Blend well in blender.

Citrus Splash: 6 oz. sprite zero or diet sprite, 2 scoops Vi-Shape shake mix, 1 orange flavor packet, 1/2 Tbsp. lemon juice, 1/2 Tbsp. lime juice, & 7 ice cubes. Blend well in blender.

Citrus Delight: 4 oz. water, 2 oz. orange juice, 2 oz. grapefruit juice, 2 scoops Vi-Shape shake mix, 1 orange flavor packet, 1 tsp. lemon juice & 7 ice cubes. Blend well in blender.

Coco Mango: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 6 chunks frozen mango (1 cup), 1/2 tsp. coconut extract & 5 ice cubes. Blend well in blender.

Coconut Lime Spritzer: 6 oz. sprite zero or diet sprite, 2 scoops Vi-Shape shake mix, 2 Tbsp. lime juice, 1/2 tsp. coconut extract & 7 ice cubes. Blend well in blender.

Cranberry Crush: 8 oz. (1 cup) cranberry juice (no sugar added), 2 scoops shake mix, 4 frozen strawberries, 2 Tbsp. plain nonfat yogurt & 6 ice cubes.

Cranberry Citrus Splash: 4 oz. (1/2 cup) cranberry juice (no sugar added), 4 oz. orange juice (1/2 cup), 2 scoops shake mix, 1 orange flavor packet, 2 Tbsp. plain nonfat yogurt & 6 ice cubes.

Cran-Blueberry: 4 oz. (1/2 cup) cranberry juice (no sugar added), 4 oz. skim milk, 2 scoops shake mix, 1 cup frozen blueberries & 5 ice cubes.

Dreamsicle: 8 oz. Vanilla Almond milk, 2 scoops shake mix, 1 Tbsp. orange juice concentrate or 3 Tbsp. orange juice, & 6 ice cubes.

Frozen Banana: 8 oz. Vanilla Almond milk, 2 scoops shake mix, 1 small frozen banana, 1 chocolate flavor packet & 6 ice cubes.

Fruit Bar: 8 oz. ALLmond milk, 2 scoops shake mix, 1 strawberry flavor packet, 1 cup frozen raspberries, ½ tsp. coconut extract & 5 ice cubes.

Fruit Loop: 8 oz. water, 4 scoops shake mix, 1 strawberry flavor packet, 1 orange flavor packet & 5 ice cubes.

Fruit Smoothie: 4 oz. water, 2 scoops shake mix, ½ small banana 6", 6 frozen strawberries, ½ cup frozen pineapple & 5 ice cubes.

Fuzzy Navel: 4 oz. skim milk, 4 oz. reduced calorie orange juice, 2 scoops Vi-Shape shake mix, 1 cup peach slices (frozen or canned) & 6 ice cubes. Blend well in blender.

German Chocolate Cake: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 1 chocolate flavor packet, 1 tsp. coconut extract, & 5 ice cubes. Blend well in blender.

Hawaiian Apple: 2 oz. unsweetened apple juice, 4 oz. water, 2 scoops Vi-Shape shake mix, ½ cup unsweetened apple juice, 1/2 tsp. coconut extract & 8 ice cubes. Blend well in blender.

Holiday Shake: 4 oz. skim milk, 4 oz. egg nog, ½ tsp. rum extract (optional), 1/8 tsp. cinnamon, 1/8 tsp. nutmeg, 2 scoops Vi-Shape shake mix & 5 ice cubes. Blend well in blender.

Honeydew Melon Dream: 4 oz. water, ¼ cup non-fat vanilla yogurt, 2 scoops Vi-Shape shake mix, 1 cup (5 large chunks) honeydew melon & 4 ice cubes. Blend ice & water in blender first, then add shake mix & honeydew melon & blend.

Key Lime Pie: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 3 tsp. limeade concentrate, 3 tsp. graham cracker crumbs, & 6 ice cubes. Blend well in blender.

Kiwi Melon Freeze: 4 oz. water, ¼ cup non-fat vanilla yogurt, 2 scoops Vi-Shape shake mix, 1/2 cup (3 large chunks) honeydew melon, 1 kiwi (peeled & cut-up) & 4 ice cubes. Blend well in blender.

Lemon Fizz: 6 oz. water, 2 scoops Vi-Shape shake mix, 30 frozen raspberries, 1 Neuro lemon packet & 5 ice cubes. Blend well in blender.

Lemon Mango: 4 oz. skim milk, 2 scoops Vi-Shape shake mix, 1 cup frozen mango, 1 6 oz. fat free lemon yogurt, & 3 ice cubes. Blend well in blender.

Lemon Meringue: 8 oz. skim milk, ¼ cup Simply Natural limeade, 2 scoops Vi-Shape shake mix, 1 tsp. sugar free lemon pudding mix & 5 ice cubes. Blend well in blender.

Lemon Neuro: 8 oz almond milk, 1 pear, 1 lemon lite Neuro packet, 1/2 cup cucumber slices, 2 scoops Vi-Shape shake mix, 5 ice cubes. Blend well in blender.

Limeade: 8 oz. vanilla soy milk, 2 scoops Vi-Shape shake mix, 1 Tbsp. frozen limeade concentrate & 6 ice cubes. Blend well in blender.

Mango Peach: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 6 chunks frozen mango, 3 slices frozen peaches, 1 peach flavor packet (or 3 additional frozen peaches), & 3 ice cubes. Blend well in blender.

Monkey Shake: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 1 small banana (6" inches), 1 Chocolate flavor packet, & 6 ice cubes. Blend well in blender.

Neapolitan: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 1 chocolate flavor packet (or 1 Tbsp. cocoa powder), 1 strawberry flavor packet (or 4 frozen strawberries), 1 tsp. vanilla extract & 5 ice cubes. Blend well in blender.

Orange Pomegranate: 8 oz. orange juice, 4 oz. pomegranate juice, 2 scoops Vi-Shape shake mix & 5 ice cubes. Blend well in blender.

Papaya Mango Chiller: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 2 slices papaya, 1 cup frozen mango & 5 ice cubes. Blend well in blender.

Peach Cooler: 8 oz. Diet 7-up, 2 scoops Vi-Shape shake mix, 1 cup peach slices (frozen), 1 tsp. fresh lemon juice & 5 ice cubes. Blend well in blender.

Peach Melon Slush: 6 oz. water, 2 scoops Vi-Shape shake mix, 4 large chunks frozen watermelon, 1 peach flavor packet & 8 ice cubes. Blend ice & water in blender first, then add shake mix & watermelon & blend.

Peach Dream: 8 oz. water, 2 scoops Vi-Shape shake mix, ¼ cup low fat vanilla yogurt, 1 cup peach slices (frozen or canned), 1 tsp. vanilla extract & 5 ice cubes. Blend well in blender.

Peach Raspberry Blast: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 1 cup frozen raspberries, 1 peach flavor packet & 6 ice cubes. Blend well in blender.

Peanut Butter & Jelly: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 1 Tbsp. reduced fat peanut butter, 1 Tbsp. sugar free preserves/jelly & 6 ice cubes. Blend well in blender.

Pear Berry Blizzard: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 1 cup sliced pears, 1 strawberry flavor packet & 6 ice cubes. Blend well in blender.

Pear Glace Cooler: 6 oz. water, 2 scoops Vi-Shape shake mix, 1 cup sliced pears, 3 chunks frozen watermelon, 1 peach flavor packet & 6 ice cubes. Blend well in blender.

Pina Colada: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 5 large chunks frozen pineapple, 1/2 tsp. coconut extract, & 5 ice cubes. Blend well in blender.

Pineapple Crush: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 6 chunks frozen pineapple (1/2 cup) & 4 ice cubes. Blend well in blender.

Pineapple Mango Tango: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, ½ cup frozen pineapple, ½ cup frozen mango chunks & 5 ice cubes. Blend well in blender.

Pineapple Upside Down Cake: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, ½ tsp. butter flavoring (or butter buds), ½ tsp. vanilla extract, ½ cup frozen pineapple, ¼ cup frozen dark sweet cherries & 6 ice cubes. Blend well in blender.

Plum Cooler: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 1 plum (pitted), juice of 1 lemon & 4 ice cubes. Blend well in blender.

Pomegranate Blueberry Parfait: 6 oz. Almond milk, 2 scoops Vi-shape shake mix, 1-8 oz. container Kemps Pomegranate Blueberry frozen yogurt parfait.

Pumpkin Spice: 8 oz. skim milk, 2 scoops Vi-Shape shake mix, 1/3 cup canned pumpkin (without salt), 1/8 tsp. vanilla extract, 1/8 tsp. cinnamon, 1/8 tsp. nutmeg & 2 ice cubes. Blend well in blender.

Purple Cow: 8 oz. Almond milk, 1 Tbsp. frozen grape juice concentrate, 2 scoops Vi-Shape shake mix, 1 banana flavor packet (or 1/2 banana) & 5 ice cubes. Blend well in blender.

Raspberry Freeze: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 30 frozen raspberries & 5 ice cubes. Blend well in blender.

Raspberry Fizz: 6 oz. water, 2 scoops Vi-Shape shake mix, 30 frozen raspberries, 1 Neuro raspberry flavor packet & 5 ice cubes. Blend well in blender.

Raspberry Fudge Truffle: 8-10 oz chocolate soy milk, 2 Tbsp sugar-free chocolate fudge pudding mix, 2 scoops Vi-Shape mix, about a 1/2 cup of frozen raspberries, 6-8 ice cubes, *optional- handful of fresh baby spinach*. Blend till smooth. So yum!

Raspberry Mint Chocolate: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 30 frozen raspberries, ½ tsp. peppermint extract, 1 chocolate flavor pack (or 1 Tbsp. cocoa powder) & 5 ice cubes. Blend well in blender.

Red, White & Blue: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen blueberries, 1 cup frozen strawberries, 1 strawberry flavor packet. Blend well in blender.

Root Beer Float: 4 oz. Almond milk, 2 scoops Vi-Shape shake mix...mix together in blender first. Add ½ cup ice. Add ½ can diet mug root beer (to taste) and pulse a few time to mix in.

Sex on the Beach: 4 oz. cranberry juice (no sugar added), 4 oz. reduced calorie orange juice, 2 scoops Vi-Shape shake mix, 1 cup pineapple (frozen or canned) & 8 ice cubes. Blend well in blender.

Snickerdoodle: 8 oz. light vanilla soy milk, 2 scoops Vi-Shape shake mix, 1 tsp. cinnamon, 1 Tbsp. Honey & 5 ice cubes. Blend well in blender.

Spiced Cranberry: 8 oz. cranberry juice (no sugar added), 2 scoops Vi-Shape shake mix, 1 tsp. cinnamon & 8 ice cubes. Blend well in blender.

Spiced Peaches: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 peach flavor packet, ½ cup frozen peaches, 1 tsp. cinnamon & 5 ice cubes. Blend well in blender.

Silky Latte: 4 oz. mocha soy milk (Silk Brand), 4 oz. water, 2 scoops Vi-Shape shake mix & 3 ice cubes. Blend well in blender.

Strawberry Almond: 8 oz. Silk Pure Almond milk, 2 scoops Vi-Shape shake mix, 1 strawberry flavor packet, ½ cup frozen strawberries & 5 ice cubes. Blend well in blender.

Strawberry Banana: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 2/3 cup frozen strawberries, 1 banana flavor packet & 4 ice cubes. Blend well in blender.

Strawberry Blast: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen strawberries & 4 ice cubes. Blend well in blender.

Strawberry Coco: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen strawberries (or 1 strawberry flavor packet), ½ tsp. coconut extract & 3 ice cubes. Blend well in blender.

Strawberry Cheesecake: 6 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 strawberry flavor packet (or 4 frozen strawberries), 2 oz. fat-free cream cheese & 5 ice cubes. Blend well in blender.

Strawberry Mango Dream: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, ½ cup frozen mango, ½ cup frozen strawberries & 5 ice cubes. Blend well in blender.

Strawberry Melon Slush: 6 oz. water, 2 scoops Vi-Shape shake mix, 5 large chunks frozen watermelon, 1 strawberry flavor packet. Blend well in blender.

Strawberry Pina Colada: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 4 large chunks frozen pineapple, 4 frozen strawberries, 1/2 tsp. coconut extract, & 3 ice cubes. Blend well in blender.

Strawberry Shortcake: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 strawberry flavor packet, 1/2 tsp. butter flavoring (or butter buds), 1/2 tsp. vanilla extract & 6 ice cubes. Blend well in blender.

Summer Slim: 8 oz. water, 2 scoops Vi-Shape shake mix, 1/2 peach or 6 frozen peach slices, 6 fresh or frozen strawberries & 4 ice cubes. Blend well in blender.

Thai Coconut Chiller: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 Tbsp. lemon juice, 1/2 tsp. coconut extract & 6 ice cubes. Blend well in blender.

Triple Chocolate Smash: 8 oz. Silk Light Chocolate Soy Milk, 2 scoops Vi-Shape shake mix, 1 chocolate flavor packet (or 1 Tbsp. cocoa powder), 1 Tbsp. fat-free sugar-free chocolate pudding mix & 4 ice cubes. Blend well in blender.

Tropical Delight: 4 oz. Almond milk, 1/2 cup reduced calorie orange juice (or 1 Tbsp. orange juice concentrate), 2 scoops Vi-Shape shake mix, 1 cup frozen mango chunks, 1/2 tsp. coconut extract & 4 ice cubes. Blend well in blender.

Tropical Dream: 8 oz. Vanilla Almond milk, 2 scoops Vi-Shape shake mix, 1 cup frozen pineapple, 1 chocolate flavor packet (or 1 Tbsp. cocoa powder) & 4 ice cubes. Blend well in blender.

Tropical Teaser: 8 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1/2 cup frozen strawberries, 1 cup sliced mango, 1/2 cup frozen pineapple & 4 ice cubes. Blend well in blender.

Turtle Cheesecake: 6 oz. Almond milk, 2 scoops Vi-Shape shake mix, 1 tsp. sugar free caramel flavoring, 2 oz. fat-free cream cheese, 3 pecans & 5 ice cubes. Blend well in blender.

Very Berry: 8 oz. sparkling water, 2 scoops Vi-Shape shake mix, 10 frozen raspberries, 6 frozen strawberries, & 2 ice cubes. Blend well in blender.

Watermelon Slush: 6 oz. water, 2 scoops Vi-Shape shake mix, 5 large chunks fresh watermelon & 8 ice cubes. Blend ice & water in blender first, then add shake mix & watermelon & blend.

Wild Berry Blast: 8 oz. water, 2 scoops Vi-Shape shake mix, 8 frozen raspberries, 4 frozen strawberries, 15 frozen blueberries & 6 ice cubes. Blend well in blender.