

Shakes...Shakes...And More Shakes!

Lemon Meringue Cooler

1 packet Vanilla Shake
6-8oz of cold water
3-4 ice cubes
1/8 - 14 tsp Lemonade Crystal Light (dry mix)

Place ice cubes and water in a blender. Add the Crystal Light, vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Key Lime Cooler

1- Packet Vanilla shake
6-8 oz of cold water
3-4 ice cubes
1/8-1/4 tsp Lemon Lime Crystal Light (dry mix)

Place ice cubes and water in a blender. Add the Crystal Light, vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Raspberry Cream

1 packet Vanilla shake
6-8oz of cold water
3-4 ice cubes
1/8 - 1/4 tsp Raspberry Crystal Light (dry mix)

Place ice cubes and water in a blender. Add the Crystal Light, vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Black Cherry Chiller

1 packet Vanilla shake
6-8oz of cold water
3-4 ice cubes
1/8 - 1/4 tsp Black Cherry Unsweetened Kool-Aid (dry mix)

Place ice cubes and water in a blender. Add the Crystal Light, vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Strawberry Shortcake

1 packet Vanilla shake
6-8oz of cold water
3-4 ice cubes
1/8 - 1/4 tsp Strawberry Extract

Place ice cubes and water in a blender. Add Extract, vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Root Beer Float

1 packet Vanilla shake
6-8oz of cold water
3-4 ice cubes
1/8 - 1/4 tsp Root Beer Extract

Place ice cubes and water in a blender. Add the diet soda , vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Toasted Almond Delight

1 packet Vanilla shake
6-8oz of cold water
3-4 ice cubes
1/8 - 1/4 tsp Almond Extract

Place ice cubes and water in a blender. Add Extract, vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Strawberry Daiquiri

1 packet vanilla shake
6-8oz of cold water
3-4 ice cubes
1/8 - 1/4 tsp Strawberry Extract 1/8 Rum Extract

Place ice cubes and water in a blender. Add Extract, vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Pina Colada

1 packet vanilla shake
3 oz of cold water
3-4 ice cubes
4 oz Diet Ginger Ale
1/4 tsp Pineapple Extract
1/8 tsp Coconut Extract
1/8 tsp Rum Extract

Place ice cubes and water and diet soda in a blender. Add Extract, vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Creamsicle

1 packet vanilla shake
6-8oz of cold water
3-4 ice cubes
1/8 tsp Orange Unsweetened Kool Aid (dry mix)
2 drops Red Food Coloring
2 drops Yellow Food Coloring
Dash of Non-nutritive, artificial sweetener to taste, if desired.

Place ice cubes and water in a blender. Add Kool Aid and food coloring, vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed

Vanilla Almond Coffee Cooler

1 packet vanilla shake
6-8oz cold water
3-4 ice cubes
1 tsp Instant Coffee
1/4 Almond Extract

Place ice cubes and water in blender. Add the coffee, extract, vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Mocha Delight

1 packet vanilla shake
6-8 oz cold water
3-4 ice cubes
1 tsp Instant Coffee
1/4 Chocolate Extract

Place ice cubes and water in blender. Add the coffee, extract, vanilla shake, and mix for 10-15 seconds or until most of the ice cubes are crushed.

Peppermint Patty

1 packet vanilla shake
6-8 oz cold water
3-4 ice cubes
1/8-1/4tsp Peppermint Extract

Place ice cubes and water in blender. Add the coffee, extract, vanilla shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Banana Dream

1 packet vanilla shake
6-8oz cold water
3-4 ice cubes
1/8-1/4tsp Banana Extract

Place ice cubes and water in blender. Add the coffee, extract, vanilla shake, and mix for 10-15 seconds or until most of the ice cubes are crushed.

Vanilla Lemon Pudding

1 packet vanilla shake
1 ½ Tbsp Jello Sugar Free Vanilla Instant Pudding (dry mix)
½ packet (1full tsp) Knox Unflavored Gelatin
3 oz hot water 3 oz cold water
1/4tsp Lemon Extract
2 Ice cubes

Combine vanilla shake and pudding in a small container. Set aside. Stir gelatin in hot water. Let soften 3-4 minutes, then stir until clear. Add clear water and stir again. Process gelatin mixture, dry ingredients, and extract in blender until thoroughly combined. Add ice cubes one at a time until mixture begins to thicken. Pour into serving bowl. Refrigerate until set, about 15-20 minutes. Stir and Enjoy.

Creamy Chocolate Pudding

1 Packet vanilla shake
1 ½ Tbsp Jello Sugar Free Vanilla Instant Pudding (dry mix)
½ packet (1 full tsp) Knox Unflavored Gelatin
3 oz hot water
3 oz cold water
2 ice cubes

Combine vanilla shake and pudding in a small container. Set aside. Stir gelatin in hot water. Let soften 3-4 minutes, then stir until clear. Add clear water and stir again. Process gelatin mixture, dry ingredients, and extract in blender until thoroughly combined. Add ice cubes one at a time until mixture begins to thicken. Pour into serving bowl. Refrigerate until set, about 15-20 minutes. Stir and Enjoy.

Chocolate Covered Cherry Chiller

1 packet chocolate shake
6-8oz cold water
3-4 ice cubes
1/8 tsp Black Cherry Unsweetened Kool-Aid (dry mix)

Place ice cubes and water in blender. Add the Kool Aid, chocolate shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Black Forest Freeze

1 packet chocolate shake
6-8oz cold water
3-4 ice cubes
1/2tsp Cherry Extract

Place ice cubes and water in blender. Add extract, chocolate shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Mocha Delight

1 packet chocolate shake
6-8oz cold water
3-4 ice cubes
1/2 tsp instant coffee

Place ice cubes and water in blender. Add the coffee, chocolate shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Chocolate Mint

1 packet chocolate shake
6-8oz cold water
3-4 ice cubes
4 drops Peppermint Extract

Place ice cubes and water in blender. Add the extract, chocolate shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Chocolate Fudgesicle

1 packet chocolate shake
8oz cold water
1/8 tsp Chocolate Extract

Place water in blender or shaker jar Add the extract, chocolate shake and mix for 10-15 seconds, place in Freezer for 1-2 hours. Stir and Enjoy

Chocolate Banana

1 packet chocolate shake
6-8oz cold water
3-4 ice cubes
1/8-1/4tsp Banana Extract

Place ice cubes and water in blender. Add the extract, chocolate shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Orange Chocolate Shake

1 packet chocolate shake
6-8oz cold water
3-4 ice cubes
1/8-1/4tsp Orange Extract

Place ice cubes and water in blender. Add the extract, chocolate shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Mocha Almond Cooler

1 packet swiss mocha shake
6-8oz cold water
3-4 ice cubes
1-2 tsp Almond Extract

Place ice cubes and water in blender. Add the extract, swiss mocha shake and mix for 10-15 seconds or until most of the ice cubes are crushed

Mocha Walnut Shake

1 packet swiss mocha shake
6-8oz cold water
3-4 ice cubes
1-2 tsp Walnut Extract

Place ice cubes and water in blender. Add the extract, swiss mocha shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Orange Mocha

1 packet swiss mocha shake
6-8oz cold water
3-4 ice cubes
1-2 tsp Walnut Extract

Place ice cubes and water in blender. Add the extract, swiss mocha shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Banana Berry Shake

1 packet strawberry shake
6-8oz cold water
3-4 ice cubes
1-8 tsp Banana Extract

Place ice cubes and water in blender. Add the extract, strawberry shake

and mix for 10-15 seconds or until most of the ice cubes are crushed.

Strawberry Almond Delight

1 packet strawberry shake

6-8oz cold water
3-4 ice cubes
1-8 tsp Almond Extract

Place ice cubes and water in blender. Add the extract, strawberry shake

and mix for 10-15 seconds or until most of the ice cubes are crushed.

ChocoBerry Shake

1 packet strawberry shake

6-8oz cold water
3-4 ice cubes
1-4 tsp Chocolate Extract

Place ice cubes and water in blender. Add the extract, strawberry shake

and mix for 10-15 seconds or until most of the ice cubes are crushed.

Orange Coconut Shake

1 packet strawberry shake

6-8oz cold water
3-4 ice cubes
1-4 tsp Coconut Extract

Place ice cubes and water in blender. Add the extract, strawberry shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Orange Pineapple Shake

1 packet strawberry shake

6-8oz cold water
3-4 ice cubes
1-8 tsp Pineapple Extract

Place ice cubes and water in blender. Add the extract, strawberry shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Orange Banana Shake

1 packet strawberry shake

6-8oz cold water

3-4 ice cubes

1-8 tsp Banana Extract

Place ice cubes and water in blender. Add the extract, strawberry shake and mix for 10-15 seconds or until most of the ice cubes are crushed.

Hot Coca Viennese

1 packet hot chocolate

1/4tsp Cinnamon (powdered)

6 oz hot water

1/4tsp Vanilla Extract

Empty hot chocolate into mug or cup. Stir cinnamon into dry powder. Add hot water and extract. Stir until dissolved. Allow drink to cool for a few minutes to blend flavors. Stir again and enjoy.

Cherry Jubilee

1 packet hot chocolate

6 oz hot water

1/4tsp Cherry Extract

1/4tsp Almond Extract

Empty hot chocolate into mug or cup. Add hot water and extracts. Stir until dissolved. Allow drink to cool for a few minutes to blend flavors. Stir again and enjoy.

Orange Almond Cocoa

1 packet hot chocolate

6 oz hot water

1/4tsp Orange Extract

1/4tsp Almond Extract

Empty hot chocolate into mug or cup. Add hot water and extracts. Stir until dissolved. Allow drink to cool for a few minutes to blend flavors. Stir again and enjoy.

Peppermint Patty

1 packet Medfiast Hot Cocoa Supplement

6 oz hot water

1/8 - 1/4tsp Peppermint Extract

Empty hot chocolate into mug or cup. Add hot water and extracts. Stir until dissolved. Allow drink to cool for a few minutes to blend flavors. Stir again and enjoy.

