

# Guilt-Free Malaysian Delights



Mouth-watering local treats made easy with **Herbalife F1 Mint Chocolate**

A classic reinvented awaits your taste buds as you bite into some **F1 Mint Chocolate Onde-Onde!**

## Ingredients

Serves 20 Bites

(Part A)

### 5 Scoops F1 Mint Chocolate

60g Dried Coconut  
(Reserve 15g for coating)  
80g Rolled Oats  
120ml Low-fat Milk  
5ml Honey/Maple Syrup

(Part B)

### 4 Scoops F1 Dutch Chocolate

50ml Low-fat Milk

## Directions

1. Mix (A) well until sticky. In a separate bowl, mix (B) well until sticky.
2. Take a small mixture from (B) and roll into small balls.
3. Roll the small balls into (A) until well coated.
4. Roll in coconut shavings.
5. (Optional) Bake for 1-2 minutes for extra fragrance.

*Tip: Wet your hands to make balls less sticky*

| Nutrition Facts<br>(Per Bite) |        |
|-------------------------------|--------|
| Energy                        | 62kcal |
| Carbs                         | 6g     |
| Protein                       | 3g     |
| Fat                           | 2.5g   |
| Fibre                         | 1.2g   |



Add some fresh new flavour to your fruits with the **F1 Mint Chocolate Fruit Dip!**

## Ingredients

Serves 2

### 2 Scoops F1 Mint Chocolate

1/2 cup Low-fat Greek Yogurt  
120ml Low-fat Milk  
5ml Vanilla Extract

*Optional - Honey for additional sweetness*

## Directions

1. Combine milk, vanilla extract, sweetener, and mix.
2. Add F1 Mint Chocolate next and mix well.
3. Add yogurt and mix till smooth consistency.

| Nutrition Facts<br>(Per Serving) |         |
|----------------------------------|---------|
| Energy                           | 124kcal |
| Carbs                            | 12g     |
| Protein                          | 14g     |
| Fat                              | 2.5g    |
| Fibre                            | 2g      |



Feel cooler than ever with a refreshing bowl of **F1 Mint Chocolate ABC!**

## Ingredients

Serves 1

### 2 Scoops F1 Mint Chocolate

240ml Low-fat Milk  
30ml Honey  
Optional - Crushed nuts (i.e. pistachios); Favorite fresh or dried fruits

## Directions

1. Mix honey into milk and stir well.
2. Add F1 and mix.
3. Place in a freezer safe container and freeze until frozen (3-5 hours).
4. Use a spoon to scrape ice to make ice shavings (alternatively, may use ice shaver).



| Nutrition Facts<br>(Per Serving) |         |
|----------------------------------|---------|
| Energy                           | 288kcal |
| Carbs                            | 42g     |
| Protein                          | 21g     |
| Fat                              | 4g      |
| Fibre                            | 4g      |

## Robert Tran

R&D Sensory Culinary Supervisor

Robert Tran has worked with Herbalife Nutrition's R&D for over 12 years, showcasing and launching products at international events such as Extravaganza and SXSW. Currently, he is working towards achieving the goal of a clean label for Herbalife Nutrition products in the new Taste Technology group. Robert is the go-to guy for all sorts of large scale culinary support, like preparing Herbalife Nutrition's recipes.



\*These products are not intended to diagnose, treat, cure or prevent any disease.

(WM)=Peninsular Malaysia  
(EM)=East Malaysia (Sabah & Sarawak)

| SKU No. | Product Name      | Volume Points | Retail Price (RM) | Earn Base (RM) | Retail Price & Other Charges (RM) | Member 25%  | Senior Consultant 35% | Success Builder 42% | Supervisor 50% |
|---------|-------------------|---------------|-------------------|----------------|-----------------------------------|-------------|-----------------------|---------------------|----------------|
| 2789    | F1 MINT CHOCOLATE | 23.95         | 167.40            | 156.50         | 171.05 (WM)                       | 131.92 (WM) | 116.27 (WM)           | 105.32 (WM)         | 92.80 (WM)     |
|         |                   |               |                   |                | 171.47 (EM)                       | 132.34 (EM) | 116.69 (EM)           | 105.74 (EM)         | 93.22 (EM)     |

\* While stocks last