

Seven Sensational
Ways to Enjoy

Formula 1 Select and Protein Drink Mix Select

Try something new every day of the week with these seven
tasty and nutritious shake recipes featuring Formula 1 Select*
and Protein Drink Mix Select.

1 BERRY BASIL SHAKE

- 2 scoops Formula 1 Select Natural Vanilla Flavour
- 2 scoops Protein Drink Mix Select Natural Vanilla Flavour
- 1 cup cold water
- 1 cup mixed berries
- 2–3 leaves fresh basil or ¼ tsp. dried basil
- 3–5 ice cubes (optional)

Place all ingredients in the blender and blend until smooth.

25 g

PROTEIN

270

CALORIES

35 g

CARBS

3.5 g

FAT

16 g

FIBRE



*Formula 1 Select is only a meal replacement when prepared with 250 ml or 375 ml of 1% partially skimmed milk.

2 GREEN KIWI MINT MANGO SHAKE

- 2 scoops Formula 1 Select Natural Vanilla Flavour
- 2 scoops Protein Drink Mix Select Natural Vanilla Flavour
- 1 cup cold water
- 1 very ripe kiwifruit, peeled and coarsely chopped
- 1 cup baby spinach leaves
- ½ cup mango chunks
- 4–6 fresh mint leaves or ½ tsp. dried mint
- 3–5 ice cubes (optional)

Place all ingredients in the blender and blend until smooth.



3 ORANGE BANANA KALE SHAKE

- 2 scoops Formula 1 Select Natural Vanilla Flavour
- 2 scoops Protein Drink Mix Select Natural Vanilla Flavour
- 1 cup cold water
- 1 cup baby kale leaves
- ½ medium orange, peeled and chopped
- ½ small banana
- 3–5 ice cubes (optional)

Place all ingredients in the blender and blend until smooth.



4 CARROT ORANGE GINGER SHAKE

- 2 scoops Formula 1 Select Natural Vanilla Flavour
- 2 scoops Protein Drink Mix Select Natural Vanilla Flavour
- 1 cup cold water
- 1 medium carrot, coarsely chopped
- 1 medium orange, peeled and chopped
- 1 tsp. freshly grated ginger or ¼ tsp. ground ginger
- 3–5 ice cubes (optional)

Place all ingredients in the blender and blend until smooth.



5 COCONUT PINEAPPLE BANANA SHAKE

- 2 scoops Formula 1 Select Natural Vanilla Flavour
- 2 scoops Protein Drink Mix Select Natural Vanilla Flavour
- 1 cup coconut water
- ½ cup pineapple chunks
- ½ small banana
- 3–5 ice cubes (optional)

Place all ingredients in the blender and blend until smooth.



6 CHOCOLATE ALMOND RASPBERRY SHAKE

- 2 scoops Formula 1 Select Natural Vanilla Flavour
- 2 scoops Protein Drink Mix Select Natural Vanilla Flavour
- 1 cup unsweetened vanilla almond milk
- ¾ cup raspberries
- 1 tsp. cocoa powder
- 3–5 ice cubes (optional)

Place all ingredients in the blender and blend until smooth.



7 STRAWBERRIES AND CREAM SHAKE

- 2 scoops Formula 1 Select Natural Vanilla Flavour
- 2 scoops Protein Drink Mix Select Natural Vanilla Flavour
- 1 cup water
- 1 cup strawberry halves
- 2 TBSP plain, nonfat Greek-style yogurt
- 3–5 ice cubes (optional)

Place all ingredients in the blender and blend until smooth.

