

Treat Yourself to the Flavors of Fall

Taste of Fall Shake

2 scoops Formula 1 Maple Pecan

2 scoops Protein Drink Mix Vanilla

1 scoop Active Fiber Complex Apple

1 TBSP Herbal Aloe Concentrate Cranberry

1 small (3" diameter) apple, coarsely chopped

1 TBSP dried cranberries

1 cup water

3–5 ice cubes

Place all ingredients in a blender and blend until smooth.

340

CALORIES

24 g

PROTEIN

54 g

CARBS

4 g

FAT

12 g

FIBER



Chocolate Maple Nut Energy Bites

For Coating:

2 TBSP (1/2 scoop) Herbalife24® Rebuild Strength Chocolate
1 scoop Formula 1 Maple Pecan

For Energy Bites:

6 scoops Formula 1 Maple Pecan
4 scoops Herbalife24® Rebuild Strength Chocolate
4 TBSP white chia seeds
4 TBSP water
½ cup rolled oats (1-minute or 5-minute type)
½ tsp. salt
1 cup raisins, coarsely chopped
¼ cup peanut butter
1 medium banana, mashed (about ½ cup)
3-4 TBSP almond milk or water

Instructions:

In a small mixing bowl, combine chia seeds and water. Stir until well combined; set aside while you prepare the rest of the ingredients.

For coating, in a small bowl, combine 2 TBSP Rebuild Strength and 1 scoop of Formula 1 and set aside.

In a large mixing bowl, combine Formula 1, Rebuild Strength, rolled oats, salt and raisins. Mix well, then add peanut butter, banana, the chia mixture, and the almond milk. Mix well with your hands. Mixture should be just moist enough to hold together, not sticky.

Roll protein ball mixture into 1" balls, then roll in Rebuild Strength and Formula 1 mixture to coat. Set protein balls on a large plate or cookie sheet covered with wax paper, and set in the refrigerator for a few hours to allow balls to firm up.

Store, covered, in the refrigerator for up to 4 days.

Serving:

Makes about 10 servings (3 bites per serving)

180

CALORIES

8 g

PROTEIN

26 g

CARBS

6 g

FAT

5 g

FIBER

