



## A chocolate delight

for every day of the month.  
Just add Shakeology®.

Here's how to make it: For each of these delicious recipes, add 1 serving of Chocolate Shakeology and ice to taste (add more ice for a thicker shake) to the ingredients listed. Mix in blender until creamy.

You've got the choices: Fresh or frozen fruit. Regular, skim, almond, or rice milk (the more milk you add, the creamier). And almond butter instead of peanut butter—use whichever you like better. Enjoy!

<b>1</b> <b>Gingerbread Man</b> ½ tsp. cinnamon ½ tsp. ginger 1 tsp. vanilla extract 1 cup skim milk 	<b>2</b> <b>Chocolate Fig Pudding</b> 6 ripe figs 8 walnut halves 1 cup water	<b>3</b> <b>"Frostie" the Snowman</b> 1 tsp. natural peanut butter 1 banana 1 cup water	<b>4</b> <b>Candy Cane Surprise</b> ¼ tsp. peppermint extract 1 cup water 	<b>5</b> <b>Chocolate Spice</b> 1 tsp. cinnamon ½ tsp. nutmeg 1 cup skim milk	<b>6</b> <b>Maple Buttercup</b> 1 Tbsp. peanut butter 1 Tbsp. maple syrup 1 cup water or skim milk 	<b>7</b> <b>Almond Holiday</b> 1 banana 1 tsp. almond extract 1 cup skim milk
<b>8</b> <b>Peanut Butter Cup Cheesecake</b> ¼ cup fat-free ricotta cheese ¼ cup plain fat-free yogurt 2 Tbsp. peanut butter ¼ cup water ½ cup skim milk	<b>9</b> <b>Almond Joy-to-the-World</b> 1 Tbsp. peanut or almond butter ½ cup light coconut milk ½ cup water Add water (to thin if necessary) 	<b>10</b> <b>Holiday Eggnog</b> 1 egg white ½ tsp. allspice 1 tsp. rum extract ½ cup skim milk	<b>11</b> <b>Mulled Cranberry</b> 1 tsp. cinnamon ½ cup unsweetened cranberry juice ½ cup orange juice 	<b>12</b> <b>Maple Nut</b> 1 tsp. pure maple syrup 1 tsp. peanut butter ½ cup milk ½ cup water	<b>13</b> <b>Cinnamon Roll</b> 1 tsp. cinnamon 1 tsp. vanilla extract 1 cup skim milk	<b>14</b> <b>Banana-Nog</b> ½ tsp. allspice ½ tsp. rum extract ½ banana 1 cup skim milk 
<b>15</b> <b>Minty Mocha Chiller</b> ½ tsp. peppermint extract ½ cup almond milk ½ cup cold coffee 	<b>16</b> <b>Mexican Chocolate</b> 1 tsp. cinnamon 1 cup skim milk	<b>17</b> <b>Chocolate Chai</b> 1 cup chilled unsweetened chai tea 	<b>18</b> <b>Chocolate Date Pudding</b> 2 large pitted dates ½ tsp. vanilla extract ½ tsp. rum extract 1 cup water	<b>19</b> <b>Almond Yule Log</b> ½ tsp. vanilla extract ½ tsp. cinnamon ½ tsp. almond extract 1 Tbsp. almond butter ½ cup pitted black cherries 1 cup vanilla almond milk	<b>20</b> <b>Chocolate Pecan Pie</b> 8 pecans ½ tsp. butterscotch extract 1 cup skim milk 	<b>21</b> <b>Snowstorm</b> ½ tsp. almond extract ½ tsp. rum extract ½ cup cold coffee ½ cup skim milk
<b>22</b> <b>Gingerbread Latte</b> 1 tsp. ginger ½ tsp. cinnamon ½ cup skim milk ½ cup cold coffee 	<b>23</b> <b>Cranberry-Nut</b> 1 tsp. peanut butter ½ cup non-sweetened cranberry juice ½ cup water	<b>24</b> <b>Mayan Cocoa</b> 3 to 4 dashes cayenne pepper 1 cup water	<b>25</b> <b>Apple-Maple</b> ½ tsp. cinnamon ½ tsp. nutmeg 1 Tbsp. pure maple syrup ½ cup apple juice ½ cup water	<b>26</b> <b>Berry Christmas</b> 1 cup strawberries ½ cup blueberries 1 cup water 	<b>27</b> <b>Chocolate Vanilla Bean</b> 1 tsp. vanilla extract 1 cup water	<b>28</b> <b>Creamy Candy Cane</b> 2 to 3 drops peppermint extract 1 cup almond milk 
<b>29</b> <b>Apple Pie</b> ½ cup diced apples ¼ tsp. cinnamon ½ cup water ½ cup apple juice 	<b>30</b> <b>Snowflake</b> 1 tsp. vanilla extract 1 cup skim milk Crushed sugar-free candy canes (for garnish)	<div> <h3>Here are 2 healthy dessert recipes.</h3> <p>They're great for special occasions.</p>  </div> <div> <h3>Chocolate Mocha Mousse</h3> <p>1 scoop Chocolate Shakeology                      1 Tbsp. instant coffee                      ¼ cup blueberries                      2 egg whites                      ½ cup water</p> <p><b>Preparation:</b>                      Mix water, blueberries, 1 scoop of Chocolate Shakeology, and instant coffee in a blender. Beat egg whites (with a whisk or electric beater) until stiff. Fold chocolate mixture slowly into egg whites, keeping as light and airy as possible. Pour into small bowl, garnish with more blueberries, and eat with a spoon. (Serves 1.)</p> </div> <div> <h3>Goopy Shakeology Oatmeal Bar</h3> <p>4 scoops Chocolate Shakeology                      3 cups dry oatmeal                      ½ cup natural peanut butter                      1 cup skim milk                      1 dash cinnamon                      ½ tsp. vanilla extract                      1 tsp. unsweetened cocoa powder</p> <p><b>Preparation:</b>                      Mix all dry ingredients together, then add skim milk and vanilla to blend flavors. Add peanut butter and mix together really well with hands. After it's all mixed, put mixture in an 8" x 8" pan. Place plastic wrap or wax paper on top of mixture and push evenly into pan to flatten. Refrigerate for 3 hours, then cut into squares. (Makes 9 bars.)</p> </div>				

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