

Like Dessert?

Try these healthy Shakeology® recipes.

“You can’t really even call this a cheat, but you’ll love it as if it were!”

—Coach John C.



CHOCOLATE SHAKEOLOGY PIE

2 scoops Chocolate Shakeology
1 container tofu, silken or firm (approx. 12 oz.)
½ cup natural peanut butter
2 Tbsp. skim milk
1 premade pie crust (Whole Foods has whole-grain, graham cracker–like pie crusts that are great for this!)

PREPARATION: Place peanut butter, tofu, Chocolate Shakeology, and milk in blender; blend until smooth and creamy, adding a bit more milk if necessary. Pour into pie crust and refrigerate until firm, at least 1 hour. (Makes 8 servings.)

PIES

BANANA HONEYMOON SHAKEOLOGY PIE

2 scoops Chocolate Shakeology
1 container tofu, silken firm (approx. 12 oz.)
½ cup natural peanut butter
2 Tbsp. skim milk
2 bananas
1 Tbsp. honey
1 premade whole-grain graham pie crust

PREPARATION: Slice bananas and cover bottom of pie crust. Drizzle honey over bananas. Place peanut butter, tofu, Chocolate Shakeology, and milk in blender; blend until smooth and creamy, adding a bit more milk if necessary. Pour over bananas in pie crust and refrigerate until firm, at least 1 hour. (Makes 8 servings.)



FRUIT-AND-NUTTY SHAKEOLOGY PIE

2 scoops Chocolate Shakeology
1 container tofu, silken firm (approx. 12 oz.)
½ cup natural almond butter
½ cup raspberries
2 Tbsp. almond milk
1 tsp. almond extract
1 premade whole-grain graham pie crust

PREPARATION: Place almond butter, tofu, Chocolate Shakeology, raspberries, almond extract, and milk in blender; blend until smooth and creamy, adding a bit more milk if necessary. Pour into pie crust and refrigerate until firm, at least 1 hour. (Makes 8 servings.)



VERY BERRY SHAKEOLOGY PIE

2 scoops Greenberry Shakeology
1 container tofu, silken firm (approx. 12 oz.)
Juice of 2 lemons
1 Tbsp. sugar-free lime Jell-O® mix
2 Tbsp. orange juice
½ cup raspberries
2 1-¼ oz. Kraft Philadelphia cream cheese 1/3 less Fat Mini
1 premade whole-grain graham pie crust

PREPARATION: Place tofu, Greenberry Shakeology, Jell-O, lemon juice, cream cheese, orange juice, and raspberries in blender; blend until smooth and creamy. Pour into pie crust and refrigerate until firm, at least 1 hour. (Makes 8 servings.)

shakeology
THE HEALTHIEST MEAL OF THE DAY



SORBET

SHAKEOLOGY BERRY SORBET

2 scoops Greenberry Shakeology
1 cup orange juice
6 whole frozen strawberries
6 to 8 ice cubes

PREPARATION: Mix in blender until it's really thick. Pour into container and freeze for 1 hour. (Makes 2 servings.)

SHAKEOLOGY PEPPERMINT SORBET

2 scoops Chocolate Shakeology
1 cup skim milk
4 to 5 drops peppermint extract
6 to 8 ice cubes

PREPARATION: Mix in blender until it's really thick. Pour into container and freeze for 1 hour. (Makes 2 servings.)

KEY LIME SHAKEOLOGY PIE

2 scoops Greenberry Shakeology
1 container tofu, silken firm (approx. 12 oz.)
Juice of 2 limes
1 Tbsp. sugar-free lime Jell-O® mix
2 Tbsp. orange juice
2 1-¼ oz. Kraft Philadelphia cream cheese 1/3 less Fat Mini
1 premade whole-grain graham pie crust

Preparation: Place tofu, Greenberry Shakeology, Jell-O, lime juice, cream cheese, and orange juice in blender; blend until smooth and creamy. Pour into pie crust and refrigerate until firm, at least 1 hour. (Makes 8 servings.)



NO-BAKE COOKIES

SHAKEOLOGY NO-BAKE COOKIES

- 1 cup natural peanut butter
- 1 cup quick-cook oatmeal
- ½ cup honey or agave nectar
- 1 cup Chocolate Shakeology powder

PREPARATION: First, remove any rings you're wearing and wash your hands really well. Then combine ingredients in medium bowl and, using hands, mix well. Roll into balls (about 1 heaping teaspoon each).

OPTIONAL: Roll balls in crushed nuts, oatmeal mixed with a little cinnamon, whole-grain graham cracker crumbs, or unsweetened coconut flakes. (Makes 10 cookies.)



SHAKEOLOGY NUTTY NO-BAKE COOKIES

- 1 cup natural almond butter
- 1 tsp. almond extract
- 1 cup quick-cook oatmeal
- ½ cup honey
- 1 cup Chocolate Shakeology powder

PREPARATION: First, remove any rings you're wearing and wash your hands really well. Then combine ingredients in medium bowl and, using hands, mix well. Roll into balls (about 1 heaping teaspoon each).

OPTIONAL: Roll balls in crushed nuts, oatmeal mixed with a little cinnamon, whole-grain graham cracker crumbs, or unsweetened coconut flakes. (Makes 10 cookies.)

BARS

GOOEY SHAKEOLOGY OATMEAL BARS

- 4 scoops Chocolate Shakeology
- 3 cups oatmeal
- ½ cup natural peanut butter
- 1 cup skim milk
- 1 dash cinnamon
- ½ tsp. vanilla extract
- 1 tsp. unsweetened cocoa powder

PREPARATION: Mix all dry ingredients together. Add skim milk, vanilla extract, and peanut butter and mix together really well with hands. After it's well mixed, put mixture in an 8"x 8" pan. Put plastic over mixture and press down to flatten into pan. Refrigerate for 3 hours, then cut into squares. (Makes 9 bars.)

SHAKEOLOGY SUNSHINE BARS

- 2 scoops Chocolate Shakeology
- 3 scoops egg white powder
- 2 cups oats
- ½ cup almond milk
- 4 Tbsp. honey
- 4 Tbsp. almond butter
- 2 bananas, mashed
- 2 Tbsp. wheat germ
- 2 Tbsp. flaxseed
- 1 tsp. cinnamon

PREPARATION: Mix all dry ingredients together. Add almond milk, honey and bananas and mix together well with hands. After it's well mixed, put mixture in an 8"x 8" pan. Put plastic wrap over mixture and press down to flatten into pan. Refrigerate for 3 hours, then cut into squares. (Makes 10 bars.)

Have your own favorite Shakeology dessert recipe?

Share it with us and it could be featured in our next recipe issue.

Email recipes@Shakeology.com



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SHAKEOLOGY FROZEN FUDGY OAT BARS

- 1 scoop Chocolate Shakeology
- 1 scoop Beachbody Whey Protein Powder
- ¼ cup natural peanut butter
- ½ banana
- ½ cup rolled oats

PREPARATION: Combine all ingredients well. Freeze for at least 90 minutes, then cut into squares. (Makes 4 bars.)

FROZEN POPS

PEANUT BUTTER FUDGY POPS

- 1-½ scoops Chocolate Shakeology
- 1 Tbsp. peanut butter
- 1 cup skim milk

PREPARATION: Mix ingredients in blender. Pour into 4 frozen pop molds and freeze.

SUPER BERRY POPS

- 1-½ scoops Greenberry Shakeology
- ½ cup raspberries
- 1 cup unsweetened cranberry juice

PREPARATION: Mix ingredients in blender. Pour into 4 frozen pop molds and freeze.

MOUSSE/PUDDING

CHOCOLATE MOCHA MOUSSE

- 4 oz. soft tofu
- 1 scoop Chocolate Shakeology
- ¼ cup almond milk
- 1 Tbsp. almond butter

PREPARATION: Put all ingredients in a food processor (NOTE: don't use blender) and process for about 90 seconds. Refrigerate for about an hour.

OPTIONAL: Garnish with almond slivers, banana slices, or fresh strawberries.

CHOCOLATE SHAKEOLOGY PUDDING

- 1-½ scoops Chocolate Shakeology
- 1 ripe avocado
- 1 large banana
- 1 cup almond milk
- 1 tsp. lemon juice

PREPARATION: Mix all ingredients in blender until smooth. If pudding is too thick, add a bit more almond milk. Pour into 4 small individual dishes and refrigerate for an hour.

OPTIONAL: Garnish with chopped pecans, chia seeds, or walnuts.



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