

# A CHOCOLATE VEGAN DELIGHT

## A VEGAN RECIPE FOR EVERY DAY OF THE MONTH.

Just add Shakeology®.



“Loved this new formula! It smelled rich and mocha-like.”

—Shakeology Panelist

<p><b>1</b> <b>Agave and Spice</b> 2 tsp. agave nectar ¼ tsp. cayenne pepper 1 cup rice milk</p> 	<p><b>2</b> <b>Sweet and Spicy</b> 2 tsp. maple syrup ½ tsp. cayenne pepper 1 cup rice milk</p>	<p><b>3</b> <b>Banana-Nut Bliss</b> 1 medium banana ½ tsp. ground cinnamon 1 cup vanilla almond milk 2 Tbsp. chopped walnuts</p>	<p><b>4</b> <b>Rum Spice</b> ⅛ tsp. rum extract 1 cup coconut milk beverage ¼ tsp. nutmeg ¼ tsp. cinnamon</p> 	<p><b>5</b> <b>Banana Almond</b> 1 cup almond milk 1 medium banana 2 tsp. almond butter</p>	<p><b>6</b> <b>Choco-Orange</b> 1 cup orange juice</p> 	<p><b>7</b> <b>Agave Almond</b> 1 cup almond milk 2 tsp. agave nectar 2 Tbsp. sliced raw almonds</p>
<p><b>8</b> <b>Maple-Pecan Delight</b> 2 Tbsp. chopped pecans 2 tsp. maple syrup 1 cup rice milk</p>	<p><b>9</b> <b>Pineapple Coconut</b> 1 cup coconut milk beverage 1 cup pineapple chunks</p> 	<p><b>10</b> <b>Choco-Melon</b> 1 cup watermelon chunks 1 cup rice milk</p>	<p><b>11</b> <b>Chai Cocoa</b> 1 cup cooled chai tea 2 tsp. agave nectar</p>	<p><b>12</b> <b>Nutty Blueberry Surprise</b> 1 cup almond milk ½ cup blueberries 2 tsp. chopped pecans ½ tsp. cinnamon</p>	<p><b>13</b> <b>Chocolate-Covered Strawberry</b> 1 cup almond milk ½ cup strawberries</p>	<p><b>14</b> <b>Pom Razzmatazz</b> 1 cup pomegranate juice ½ cup raspberries</p> 
<p><b>15</b> <b>Almond Spice</b> 1 cup water 1 tsp. almond butter 2 tsp. maple syrup ½ tsp. nutmeg</p>	<p><b>16</b> <b>PB &amp; J</b> 1 tsp. peanut butter ½ cup raspberries 1 cup rice milk</p> 	<p><b>17</b> <b>Maple-Nana</b> 1 cup almond milk 1 medium banana 2 tsp. maple syrup ½ tsp. cinnamon</p> 	<p><b>18</b> <b>Maple-Almond Dream</b> 2 tsp. maple syrup 1 Tbsp. almond butter 1 cup almond milk</p>	<p><b>19</b> <b>Espresso Bean</b> 1 cup cooled coffee</p> 	<p><b>20</b> <b>Citrus Banana</b> 1 medium banana 1 cup orange juice</p>	<p><b>21</b> <b>Island Breeze</b> ½ cup pineapple chunks ½ cup watermelon chunks 1 cup coconut milk beverage</p>
<p><b>22</b> <b>Coconut Delight</b> 1 cup coconut milk beverage ⅓ tsp. coconut extract 2 tsp. agave nectar</p> 	<p><b>23</b> <b>Choco-Mint</b> ⅓ tsp. mint extract 1 cup water</p>	<p><b>24</b> <b>Almond Madness</b> 1 Tbsp. almond butter 1 cup almond milk</p> 	<p><b>25</b> <b>Carl Daikeler Vegan Special</b> 1 Tbsp. peanut butter 1 medium banana 1 cup water</p>	<p><b>26</b> <b>Maple Pecan</b> 1 medium banana 2 Tbsp. chopped pecans ⅓ tsp. maple extract 1 cup rice milk</p>	<p><b>27</b> <b>Half and Half</b> ½ scoop Chocolate Vegan Shakeology ½ scoop Tropical Strawberry Shakeology 1 cup almond milk</p>	<p><b>28</b> <b>Maple Nut</b> 2 tsp. maple syrup 2 Tbsp. chopped walnuts 1 cup almond milk</p>
<p><b>29</b> <b>Walnut Berry</b> 1 cup rice milk ½ cup blackberries 2 Tbsp. chopped walnuts</p> 	<p><b>30</b> <b>Fig Pudding</b> 6 ripe figs 2 Tbsp. chopped walnuts 1 cup almond milk</p>	<p><b>HERE'S HOW TO MAKE IT</b> For each of these delicious recipes, add 1 serving of Chocolate Vegan Shakeology and ice to taste (add more ice for a thicker shake) to the ingredients listed. Mix in blender until creamy.</p>		<p><b>YOU'VE GOT CHOICES</b> Fresh or frozen fruit. Almond, rice, hemp, or coconut milk for vegan diets; regular or nonfat milk for non-vegan diets (the more milk you add, the creamier). And almond butter instead of peanut butter—use whichever you like better. Enjoy!</p>		

**shakeology**  
THE HEALTHIEST MEAL OF THE DAY

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