

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>1 Agave and Spice 2 tsp. agave nectar ¼ tsp. cayenne pepper 1 cup rice milk</p> 	<p>2 Sweet and Spicy 2 tsp. maple syrup ½ tsp. cayenne pepper 1 cup rice milk</p>	<p>3 Banana-Nut Bliss 1 medium banana ½ tsp. ground cinnamon 1 cup vanilla almond milk 2 Tbsp. chopped walnuts</p>	<p>4 Rum Spice ⅛ tsp. rum extract 1 cup coconut milk beverage ¼ tsp. nutmeg ¼ tsp. cinnamon</p> 	<p>5 Banana Almond 1 cup almond milk 1 medium banana 2 tsp. almond butter</p>	<p>6 Choco-Orange 1 cup orange juice</p> 	<p>7 Agave Almond 1 cup almond milk 2 tsp. agave nectar 2 Tbsp. sliced raw almonds</p>
<p>8 Maple-Pecan Delight 2 Tbsp. chopped pecans 2 tsp. maple syrup 1 cup rice milk</p>	<p>9 Pineapple Coconut 1 cup coconut milk beverage 1 cup pineapple chunks</p> 	<p>10 Choco-Melon 1 cup watermelon chunks 1 cup rice milk</p>	<p>11 Chai Cocoa 1 cup cooled chai tea 2 tsp. agave nectar</p>	<p>12 Nutty Blueberry Surprise 1 cup almond milk ½ cup blueberries 2 tsp. chopped pecans ½ tsp. cinnamon</p>	<p>13 Chocolate-Covered Strawberry 1 cup almond milk ½ cup strawberries</p>	<p>14 Pom Razzmatazz 1 cup pomegranate juice ½ cup raspberries</p> 
<p>15 Almond Spice 1 cup water 1 tsp. almond butter 2 tsp. maple syrup ½ tsp. nutmeg</p>	<p>16 PB & J 1 tsp. peanut butter ½ cup raspberries 1 cup rice milk</p> 	<p>17 Maple-Nana 1 cup almond milk 1 medium banana 2 tsp. maple syrup ½ tsp. cinnamon</p> 	<p>18 Maple-Almond Dream 2 tsp. maple syrup 1 Tbsp. almond butter 1 cup almond milk</p>	<p>19 Espresso Bean 1 cup cooled coffee</p> 	<p>20 Citrus Banana 1 medium banana 1 cup orange juice</p>	<p>21 Island Breeze ½ cup pineapple chunks ½ cup watermelon chunks 1 cup coconut milk beverage</p>
<p>22 Coconut Delight 1 cup coconut milk beverage ⅓ tsp. coconut extract 2 tsp. agave nectar</p> 	<p>23 Choco-Mint ⅓ tsp. mint extract 1 cup water</p>	<p>24 Almond Madness 1 Tbsp. almond butter 1 cup almond milk</p> 	<p>25 Carl Daikeler Vegan Special 1 Tbsp. peanut butter 1 medium banana 1 cup water</p>	<p>26 Maple Pecan 1 medium banana 2 Tbsp. chopped pecans ⅓ tsp. maple extract 1 cup rice milk</p>	<p>27 Half and Half ½ scoop Chocolate Vegan Shakeology ½ scoop Tropical Strawberry Shakeology 1 cup almond milk</p>	<p>28 Maple Nut 2 tsp. maple syrup 2 Tbsp. chopped walnuts 1 cup almond milk</p>
<p>29 Walnut Berry 1 cup rice milk ½ cup blackberries 2 Tbsp. chopped walnuts</p> 	<p>30 Fig Pudding 6 ripe figs 2 Tbsp. chopped walnuts 1 cup almond milk</p>	<p>HERE'S HOW TO MAKE IT 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>YOU'VE GOT CHOICES 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>		<p>shakeology THE HEALTHIEST MEAL OF THE DAY</p> <p><small>© 2014 Beachbody, LLC. All rights reserved. Distributed by Beachbody, LLC, Santa Monica, CA 90404. Beachbody, LLC, is the owner of the Shakeology, the Healthiest Meal of the Day, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property.</small></p>