

ViSalus Shake Recipes

Peaches & Cream

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 packet Peaches & Cream Oatmeal
- Ice (optional)
- Blend!

Cinnamon Roll

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 packet Cinnamon Roll Oatmeal
- Ice (optional)
- Blend!

Blueberry Cheese Cake

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 2 drops Blueberry Extract
- 2 tbsp of Cheesecake Pudding Powder
- Ice (optional)
- Blend!

Key Lime Pie

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 4 tbsp of Limeade Concentrate
- 1/2 graham cracker
- Ice (optional)
- Blend!

Bananas & Cream

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 packet Banana & Cream Oatmeal
- Ice (optional)
- Blend!

Strawberries & Cream

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 packet Strawberries & Cream Oatmeal
- Ice (optional)
- Blend!

Apple Pie

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 packet Apples & Cinnamon Oatmeal
- Ice (optional)
- Blend!

Raspberry Cheesecake

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 cup frozen Raspberries
- 2 tbsp of Cheese Cake Pudding powder
- Ice (optional)
- Blend!

Orange Dreamsicle

- 8 oz Orange Juice
- 2scoops Vi Shake Mix
- Ice (optional)
- Blend!

Thin Mint Cookie

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 drop mint extract
- 2 tbsp of Chocolate Pudding Powder
- Ice (optional)
- Blend!

Strawberry Milkshake

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 2 tbsp of strawberry & Cream Pudding
- 2-3 tbsp of Malted Mild
- Ice (optional)
- Blend!

Pina Colada

- 4 oz water or milk
- 4 oz Pineapple Juice
- 2scoops Vi Shake Mix
- 2 drops Coconut Extract
- 2-3 tbsp of Coconut Cream Pudding
- Ice (optional)
- Blend!

Lemon Ice

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 2 tbsp Lemon Pudding Powder
- Ice (optional)
- Blend!

Banana Cream Pie

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 2 tbsp Banana Cream Pudding Powder
- 1/2 Graham Cracker
- Ice (optional)
- Blend!

Cookies & Cream

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 2 tbsp Cookies & Cream Pudding
- Ice (optional)
- Blend!

Reese's Peanut Butter

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1/8th cup peanut butter
- 2 tbsp of Chocolate Pudding Powder
- Ice (optional)
- Blend!

Iced Coffee

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 tbsp of Instant Coffee
- 2tbsp of Cappuccino Mix
- Ice (optional)
- Blend!

Mint Chocolate Oreo

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 drop Mint Extract
- 1tbsp Chocolate Pudding Powder
- 2tbsp Cookies & Cream Pudding
- Ice (optional)
- Blend!

Blueberries & Cream

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 packet Blueberries & Cream Pudding
- Ice (optional)
- Blend!

Wild Blueberry Muffin

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 packet Wild Blueberry Muffin Oatmeal
- Ice (optional)
- Blend!

Tropical

- 4 oz water or milk
- 4 oz Pineapple Juice
- 2scoops Vi Shake Mix
- 1 cup frozen tropical fruit mix
- Ice (optional)
- Blend!

Butter Finger

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 2 tbsp Peanut Butter
- 2 tbsp Chocolate Pudding Powder
- 2 tbsp Butterscotch Pudding Powder
- Ice (optional)
- Blend!

Oreo Cheesecake

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 tbsp Oreo Pudding
- 1 tbsp Cheesecake Pudding
- Ice (optional)
- Blend!

Cinnamon Dolche Latte

- 7 oz low fat Milk
- 2scoops Vi Shake Mix
- 2 oz Chocolate Almond Milk
- 1 tbsp Instant Coffee
- 1tbsp Instant Creamer Cinnamon Flavor
- Blend Well!
- Microwave 90 Seconds
- Server Warm!

Strawberry Cream Cheese

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 tbsp Cream Cheese Pudding Powder
- 2 large frozen star berries
- Ice (optional)
- Blend!

Holiday Shake

- 4 oz water or milk
- 4 oz egg nog
- 2scoops Vi Shake Mix
- 1/8 tsp Cinnamon
- 1/8 tsp Nutmeg
- 5 ice cubes
- Blend!

Snicker Doodle

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1/2 tsp Cinnamon
- 1 tbsp honey
- 5 ice cubes
- Blend!

Root Beer Float

- 4 oz Almond Milk
- 2scoops Vi Shake Mix
- 6 ice cubes
- Blend... Then add
- 1/2 can Root Beer
- Pulse a few times

Chocolate Mint

- 8 oz milk (of your choice)
- 2scoops Vi Shake Mix
- 1 packet Chocolate Cardia Care Health Flavor
- 1 tsp Mint Flavoring
- 4 ice cubes
- Blend!

Gingersnap

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1/4 tsp Cinnamon
- Dash of Nutmeg
- 1/2 tsp Ground Ginger
- Ice (optional)
- Blend!

Pumpkin Spice

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1/3 cup Canned Pumpkin
- Drop of Vanilla Extract
- Dash of cinnamon And Nutmeg
- 4-6 ice cubes
- Blend!

Pistachio Cream

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 2 tbsp Sugar Free Pistachio Pudding
- 1 Mint Leaf **OR** 3 drops of Mint Extract
- 4 ice cubes
- Blend!

Chocolate Peanut Butter

- 8 oz water or milk
- 2scoops Vi Shake Mix
- 1 packet Chocolate Cardia Car Health Flavor
- 1 tbsp Peanut Butter
- 4 ice cubes
- Blend!