



**HERBALIFE
NUTRITION**

VEGAN RECIPE BOOK



SEED TO FEED

Herbalife Nutrition products are made with the best quality ingredients to help you get balanced nutrition. Our products stem from cutting edge research, backed by advanced nutritional science and rigorously tested to give you high quality products that bolster your health and wellness goals.

From the farmers that grow our soya beans, to the industry-leading labs that our products are made in, we're proud of the work that goes into every Herbalife Nutrition product. The high standards we set ourselves as part of our Seed to Feed process, means that you can consume Herbalife Nutrition products with confidence in a range of different shakes, snacks and dishes.

OUR VEGAN PRODUCTS



Formula 1 (F1)

A Formula 1 shake contains 25 vitamins and minerals, fibre, essential micronutrients and comes in a range of exciting flavours.

Formula 1 Savoury

Formula 1 Savoury meal Mushroom & Herb flavour is the ideal nutritional lunch or evening meal to eat while staying on track with your healthy and active lifestyle - wherever you are.

Niteworks

A night-time food supplement with L-Argine, L-Citruline and Vitamins C & E and Folic Acid.

Tri Blend Select

Made from a premium blend of pea protein, quinoa and organic flaxseed. It contains 20g protein, fibre and naturally sourced vitamin C per serving.

AloeMax

AloeMax contains 97% Aloe Vera juice and has no colours, sweeteners or flavours. From our fields to your glass, enjoy AloeMax daily as the ideal addition to your health and wellbeing plan.

Herbal Aloe Concentrate Mango

Treat your taste buds to a glass of delicious, tropical Herbal Aloe Concentrate Mango – it is a refreshing, low calorie drink to help you stay hydrated.

Oat Apple Fibre

Oat Apple Fibre Drink contains a balanced blend of six natural fibre sources: apple, oat, maize, citrus, chicory and soya that can help support the growth of friendly bacteria in your digestive tract.

Thermo Complete

A food supplement with a special blend of naturally sourced caffeine from green tea and yerba mate. It also contains vitamin C which contributes to normal energy-yielding metabolism and the protection of cells from oxidative stress.

LiftOff

A low-calorie energy drink that contains caffeine powder and natural caffeine* from the guarana plant. LiftOff is an ideal and healthier alternative to fizzy drinks that can be high in sugar.

Herbalife24® LiftOff® Max

With no artificial colours or flavours, this is an energy drink that you can trust. It also contains pantothenic acid which contributes to normal mental performance. Feel refreshed and enjoy the sharp, zesty taste of grapefruit.

Vegan Protein Drink Mix (VPDM)

Vegan Protein Drink Mix (VPDM) is high in protein, gluten-free, sugar-free, dairy free and ultra-creamy.

Barbecue Flavour Protein Chips

Every pack of barbecue flavoured Protein Chips contains 11g of plant-based protein, and gluten-free.

Instant Herbal Beverage

A delicious, low-calorie, refreshing drink infused with green tea and orange pekoe, extracts of malva flower, hibiscus flower and cardamom seed. The green tea we use is water extracted – so that you can get the full spectrum of its compounds.

Hydrate

A calorie free electrolyte drink designed to encourage fluid consumption. Contains 100% RDA of vitamin C to help reduce tiredness and fatigue.

Herbalife24® CR7 Drive

A carbohydrate-electrolyte solution that is proven to enhance the absorption of water during exercise*and help maintain endurance performance.

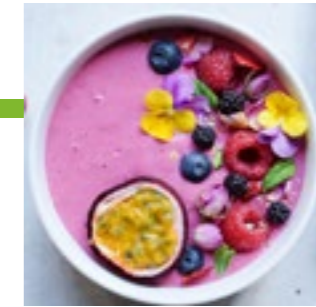
Roasted Soy Beans

These are perfect to have when you are on-the-go, need a healthy snack or are trying to add more protein to your diet.

Pro 20 Select

Keep your body topped up with protein* and energy with PRO 20 Select: a high protein shake that is low in sugar with a delicate vanilla flavour.

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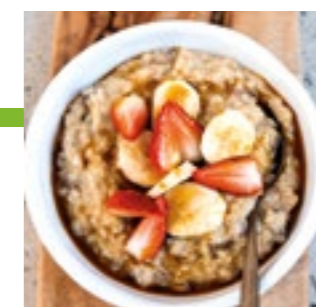
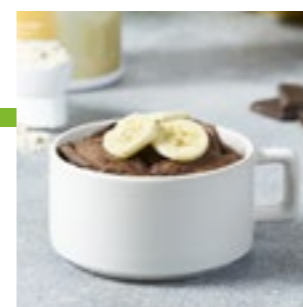
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DATE AND CINNAMON PORRIDGE



A delicious breakfast that is a great source of protein and fibre. The combination of oats, dates and cinnamon make this healthy porridge such a treat.



INGREDIENTS

- 35g rolled oats
- 200ml water
- Pinch of salt
- 30g chopped dates
- A good pinch of ground cinnamon
- ½ serving (14g) of Vegan Protein Drink Mix (VPDM)
- 1 serving (7g) of Oat Apple Fibre (OAF)

TO SERVE:

- A pinch of ground cinnamon
- Sliced banana or a few berries

Nutritional Values (per serving):

Protein	kcal	Fibre	Fat	Carbs	Sugar
19g	402	10g	12g	57g	24g

Nutritional values without optional topping

METHOD

Serves 1

Place the oats in a small saucepan with the water, a pinch of salt and the chopped dates. Bring to boil, then turn down the heat, cover and simmer for about 10-15 minutes until the oats are tender.

Add in the cinnamon, VPDM and the OAF.

Serve in a deep bowl with a drizzle of maple syrup and ground cinnamon over the top, add some banana or berries if you wish.



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SMOOTHIE BOWL

This colourful and delicious summer Smoothie Bowl will brighten up your day. Made with nutritious, healthy ingredients and our Formula 1 Free From Raspberry & White Chocolate, this is going to be a treat to your body as well as your soul.



INGREDIENTS

- 1 serving (26g) of Formula 1 Free From Raspberry & White Chocolate
- 50g mixed berries (frozen or fresh)
- 1 tsp chia seeds
- ½ banana
- 50ml rice-based drink
- ¼ fresh beetroot (to give it a deep pink colour)

FOR THE TOP:

- 50g fresh mixed berries
- ½ passion fruit
- Edible flowers

Nutritional Values (per serving):

Protein	kcal	Fibre	Fat	Carbs	Sugar
14g	230	7.8g	4.2g	35g	27g

METHOD

Serves 1

Mix all the ingredients together until smooth.

You can also add in coconut yoghurt/other to thicken the texture.

Feel free to add in your choice of toppings, the options are endless!



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TROPICAL BUTTER TOAST



If you're looking to shake up your breakfasts then we've got just the recipe for you. Hailing from Spain, F1 Smooth Chocolate is fused with peanuts, agave nectar, mango and whole wheat toast. A party on a plate that's a great way to start your day.



INGREDIENTS

- 2 slices of whole wheat bread
- 1 teaspoon coconut oil
- 1 serving (26g) Formula 1 Smooth Chocolate
- 1 teaspoon (5g) peanuts, chopped
- 100g mango, cut into small cubes
- 1 teaspoon agave nectar to drizzle (optional)

METHOD

Serves 1

Toast the bread in a toaster or grill pan.

Melt the coconut oil (microwave or hob will do) and then mix through the F1. Spread onto the toast.

Sprinkle the mango and nuts onto the toast, drizzle with agave nectar if using.

Delicious served with a cup of tea.

Nutritional Values (per serving):

Protein	kcal	Fibre	Fat	Carbs	Sugar
12g	287	8g	4g	50g	21g



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TOMATO AND MUSHROOM-FLAVOURED SALSA TOAST



These fresh flavours will add a little spice to your life any time of the day. The tomato and mushroom-flavoured salsa toast made with the Formula 1 Savoury Mushroom and Herb shake is great for any occasion.



INGREDIENTS

- 300g fresh tomatoes, roughly chopped
- 1 garlic clove, finely chopped
- 1 (50g) red onion, finely sliced
- 1 red chilli, sliced
- 2 tbsp each of chopped fresh coriander, mint and basil, plus extra to garnish
- 2 limes
- 50ml water
- 2 scoops (26g) Formula 1 Savoury Mushroom and Herb
- 2 slices (60g) wholemeal bread
- Black pepper

Nutritional Values (per serving):

Protein	kcal	Fibre	Fat	Salt	Sugar
20g	311	1.4g	4.9g	1.9g	16g

METHOD

Serves 1

Mix together the tomatoes, garlic, red onion, chilli and herbs in a large bowl. Season with black pepper and mix thoroughly. Allow to stand for 5 minutes.

Zest the limes into a bowl, then add the juice and mix in the F1 savoury and 50ml of cold water thoroughly. Mix the F1 savoury mixture into salsa, then toast the bread and cut into triangles. Serve the salsa with the extra herbs to garnish and the toast.



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POWER BALLS



These power balls are ready in minutes and are a great source of protein. Simply blitz, mix, roll and refrigerate and you have a healthy power house of a snack ready to go!



INGREDIENTS

- 50g ground oat flakes
- 30g cocoa powder
- 40g desiccated coconut
- 52g Formula 1 Smooth Chocolate
- 70ml unsweetened soya drink
- 1 tablespoon of maple syrup
- Crushed nuts, coconut, toasted seeds – for coating the balls (optional)

METHOD

Makes 20

Place the oat flakes in a blender and blend until fine. Tip into a mixing bowl and add in the desiccated coconut, cocoa powder and the F1. Mix well.

Pour in the soya drink and the agave nectar (if the agave nectar is a little stiff, you'll need to warm it slightly before adding it in to the mixture) and mix well together.

Form balls and coat them in the nuts, coconut or seeds if using.

Leave them to set in the fridge for at least 1 hour.

Nutritional Values (1 ball):

Protein	kcal	Fibre	Fat	Carbs	Sugar
2g	39	1g	2g	3g	1g

Nutritional values without the optional toppings. Calculated using F1



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CHOCOLATES WITH COCONUT



We love how quick and easy these are to make, not to mention the extra protein, fibre and vitamins you get from F1 and VPDM. Chocolates with a healthy twist – what's not to love?



INGREDIENTS

- 39g (1½ servings) Formula 1 Smooth Chocolate
- 28g (1 serving) Vegan Protein Drink Mix (VPDM)
- 40g desiccated coconut
- 50g coconut oil (soft), heat slightly if cold

METHOD

Makes 12

Place F1 Smooth Chocolate, the VPDM, and half of the desiccated coconut in a mixing bowl and mix together. Pour in the coconut oil and mix to bring together. Roll into 12 balls and toss in the remaining coconut.

Place in the fridge to set for at least 10 minutes. Take out of the fridge 10 minutes before serving.

These are also really good with a little finely grated orange zest added in.

Nutritional Values (1 Ball):

Protein	kcal	Fibre	Fat	Carbs	Sugar
3g	79	1g	7g	2g	1g



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STICKY TOFFEE PUDDING



A delicious twist on the old time English favourite made with the multi-award-winning Tri Blend Select Coffee Caramel. This lovely moist sponge cake with finely chopped dates covered in toffee sauce will give a sweet moment to your day.



INGREDIENTS

- 80g Tri Blend Select Coffee Caramel
- 100g non-dairy butter alternative
- 80g light soft brown sugar
- 200g pitted dates
- 250ml almond beverage (or other non-dairy alternative)
- 1 tsp vanilla extract
- 160g self-raising flour
- 1 tsp baking soda
- 100g walnuts, chopped

FOR THE SAUCE:

- 50g non-dairy butter alternative
- 100g light soft brown sugar
- 25ml almond beverage
- ½ tsp vanilla extract

METHOD

Serves 8

Preheat the oven to 180°C (365F).

To make the pudding mixture, cream together the non-dairy butter and sugar.

Chop the dates as finely, add to a saucepan along with the almond beverage and vanilla extract and simmer for 3-5 minutes, stirring constantly.

Add the date mixture to the non-dairy butter-sugar mixture and combine. Add the self-raising flour, baking soda, chopped walnuts and the Tri Blend Select Coffee Caramel and stir thoroughly.

Grease the oven tray with butter and then line with baking paper.

Pour into the oven tray, and bake for 25-30 minutes. The top should have darkened and be dry to the touch.

Add the sauce ingredients to a saucepan. Heat on med-high heat until the butter is melted, and the sugar dissolved. Bring to a very gentle simmer and leave it to simmer for 5 minutes without stirring, adjusting the heat as necessary.

Cut the pudding into 6 slices and serve with a drizzle of sauce.

Nutritional Values (per serving):

Protein	kcal	Fibre	Fat	Carbs	Sugar
9.6g	468	2.3g	9.6g	59g	41.6g



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CHOCOLATE, PISTACHIO AND COCONUT PROTEIN BAR



A delicious, chocolatey and healthy treat made with the multi award-winning Tri Blend Select. Treat your tastebuds and your body to this lovely homemade protein bar.



INGREDIENTS

- 30g Tri Blend Select (Coffee Caramel flavour)
- 50g cocoa powder
- 50g coconut oil
- 50ml almond milk
- 1 tbsp (5g) coconut flakes
- 1 tbsp (10g) chopped pistachios

Optional: Sprinkle with edible rose petals for garnish.

METHOD

Serves 6

Place the coconut oil in a microwave-safe bowl and place in the microwave on a medium heat for 2 minutes, or until melted. Stir to combine.

Combine the Herbalife Tri Blend Select, cocoa powder and milk with the melted coconut oil.

Line a tray with parchment paper and press the mixture into the tray. Sprinkle over the coconut flakes and chopped pistachios and transfer the tray to the freezer for 30 minutes before eating.

Nutritional Values (per serving):

Protein	kcal	Fibre	Fat	Carbs	Sugar
4.6g	126.7	4.1g	10.7g	7g	1.3g



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Why not take a look at the
Herbalife Nutrition Cook Book for
more deliciously tempting recipes

