



HERBALIFE
NUTRITION

SUMMER 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 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 have while staying on track with your healthy and active lifestyle - wherever you are.

Gourmet Tomato Soup

This soup is high in protein, which helps to maintain muscle mass. It is also high in fibre.

Formula 1 Free From

Our Formula 1 Free From shake comes in a delicious Raspberry & White Chocolate flavour and is made from vegan sourced ingredients and pea protein to help support the maintenance and growth of muscle mass. It's dairy-free, gluten-free, soya-free with 25 vitamins and minerals.

LiftOff® lemon-lime flavour

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.

Protein Drink Mix (PDM)

PDM is an ideal way to boost your protein intake as it can be mixed with water or be added to your Formula 1 shake. PDM is sugar-free (when prepared according to label instructions), contains 110kcal and 13g of high-quality protein to aid in building muscle mass.

Microbiotic Max

Microbiotic Max is a powdered food supplement formulated with a combination of probiotics and prebiotic fibre, that work together in harmony to help support your nutrition goals. This product is high in fibre and each serving contains 2 billion live bacteria from strains of Bifidobacterium lactis and Lactobacillus helveticus.

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.

Beta heart®

It contains OatWell™ oat beta-glucan, which has been shown to lower and maintain blood cholesterol levels. Beta heart® can be mixed with Formula 1 to create a healthier and more nutritious meal.

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.

Formula 3 Personalised Protein Powder

This product contains 18kcal and 5g of high-quality soy and whey protein for your daily diet. PPP is a very versatile product as it can be added to your sauce, soup or gravy.

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.

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.

Immune Booster

Our immune system is an incredibly complex network that works quietly and tirelessly every single day. Support your immune system with Immune Booster! This powdered food supplement drink is formulated with EpiCor® - a scientifically proven, dried yeast-based ingredient.

CONTENTS



8 | BERRY NICE LOLLIES (V)

10 | NOJITO ICE (V)

12 | CAESAR SALAD DRESSING

14 | NECTARINE SORBET (V)

16 | SUMMER MOUSSE (V)

18 | BEETROOT HUMMUS (V)

20 | WHOLEMEAL FLATBREAD (V)

22 | TROPICANA SHAKE (V+)

24 | HARICOT & SPINACH DIP

26 | F1 ICE CREAM (V)

28 | SUMMER SMOOTHIE BOWL (V+)

30 | FROZEN BERRY YOGHURT CAKE (V)

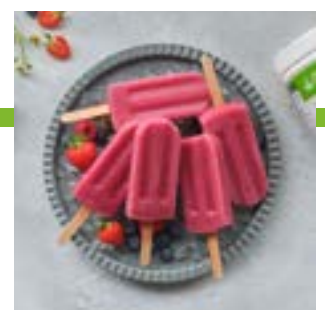
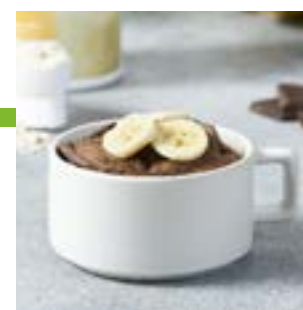
32 | CARROT & TAHINI PATTIES

34 | MANGO & VANILLA BUBBLE TEA

36 | HERBALIFE PIZZA (V)

38 | COUSCOUS (V)

(V) Vegetarian
(V+) Vegan



VEGETARIAN

BERRY NICE LOLLIES



DOWNLOAD RECIPE



Make these up and store in the freezer for an instantly refreshing treat on those warmer days. The F1 Summer berries and Immune Booster bring extra nutrients to these lollies too. Delicious!



INGREDIENTS

- 52 g Herbalife Nutrition Formula 1 Healthy meal Summer Berries flavour
- 1 sachet of Herbalife Nutrition Immune Booster Berry flavour
- 275 ml Oat drink
- 175 ml water
- 75 g mixed berries (can be frozen) - raspberries, blueberries, strawberries
- 2 tablespoons lemon juice

Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label. When using Formula 1 meal replacement shakes for the purpose of weight control or weight management, please check carefully the instructions on the product label.

Consume one sachet of Immune booster per day (max 8 lollies). Do not exceed the recommended daily dose. Immune Booster is a food supplement. Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet. Store immune Booster out of reach of young children.

METHOD

Makes 6-8 (608 g/serve)

- 1) Place all the ingredients in a blender and purée till fine. If your blender is not very powerful you may have seeds from the berries not liquidised, in which case pour the mixture through a sieve to get rid of those.
- 2) Pour into ice lolly moulds and freeze. Serve as they are or out of the moulds, wrapped up in parchment paper, displayed on a chilled plate with berries on the side.

Nutritional Values (1 serving 76 g):

Energy	Fat	Carbs	Fibre	Protein	Salt
47 kcal	1.2 g	5.6 g	1.7 g	2.6 g	0.1 g

Check the product labels for full information on the nutritional values.

NOJITO ICE



DOWNLOAD RECIPE



This refresher is fat-free and is the perfect drink for a warm summer's day. Pour it into a tall glass and enjoy!



INGREDIENTS

- 1 Herbalife Nutrition LiftOff® Lemon-Lime flavour tablet
- 1 serving (15 ml) of Herbalife Nutrition AloeMax
- 150g ice cubes
- Juice of 1 small lime
- 1 tablespoon mint leaves
- 1 teaspoon honey

Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label.

Do not exceed the recommended daily dose. LiftOff® is a food supplement. Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet. Store LiftOff® out of reach of young children.

Please check the products labels for full information on the nutritional values.

Herbalife Nutrition LiftOff® contains Vitamin C 80 mg, Thiamin 1.1 mg, Riboflavin 1.4 mg, Niacin 16 mg NE, Vitamin B6 1.4 mg, Vitamin B12 1.0 µg, Biotin 50 µg, Pantothenic acid 6.0 mg, Caffeine 70.5 mg, Inositol 26 mg, Taurine 100 mg, Guarana Extract 45 mg (of which: caffeine 4.5 mg).

If mixed with other products or foods or adjusting the amount of liquid, nutritional values will differ.

METHOD

- Serves 1**
- 1) Place the tablet in a blender with the AloeMax.
 - 2) Allow to dissolve then add in the remaining ingredients and blend well until it's slushy in texture.
 - 3) Top into a glass and enjoy with a spoon.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
32 kcal	<1 g	6 g	0 g	<1 g	5 g

CAESAR SALAD DRESSING

DOWNLOAD RECIPE



Brighten up your salad with this low-in-sugar Caesar dressing to boost your meal.



INGREDIENTS

- 2 servings (12 g) Formula 3 Personalised Protein Powder
- Half a 50 g tin of anchovies
- 1 egg yolk
- 1 clove of garlic, finely grated or crushed
- 1/4 teaspoon Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Tabasco sauce
- 100 ml extra virgin olive oil

METHOD

Serves 1

1) Drain the anchovies from the oil and chop finely. Place in a medium-sized bowl and add the egg yolk, garlic, mustard, lemon juice, Worcestershire sauce and Tabasco sauce.

2) Mix with a whisk just until combined, then mix constantly while adding the oil in VERY slowly, in a thin steady stream. This is an emulsion sauce so if you add the oil in too quickly it will split. It should take about 2-3 minutes to add it in, while whisking. Once all the oil is in, mix in the PPP and enough water to thin it out slightly. Use the dressing to coat crisp lettuce leaves.

3) And add some grilled chicken or salmon if you wish. Store covered in the fridge for up to 3 days.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
273 kcal	27 g	2 g	<1 g	5 g	1 g

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NECTARINE SORBET



DOWNLOAD RECIPE



The fruity flavours in this glorious summer sorbet make a refreshing treat at any time of the day. If you have an ice cream/sorbet machine you can use that to whip this up. But don't worry if you don't! There's a way to do it by hand too – it just takes a little longer.



INGREDIENTS

- 30 ml Herbalife Aloe Mango flavour
- 1 teaspoon Herbalife Instant beverage, Raspberry flavour
- 350 ml water
- 2 ripe nectarines, stones removed (no need to peel)
- 1 tablespoon honey

METHOD

Serves 5 (140g/serve)

- 1) Place all ingredients in a blender and liquidise until completely smooth.
- 2) If you have a sorbet/ice cream machine, pour the mixture in and churn until frozen. Place a bowl or box with a lid in the freezer, when the sorbet is ready to come out (it should be possible to scoop), transfer it into the chilled bowl or box, cover and place back in the freezer.
- 3) If you don't have a sorbet machine, pour mixture into a container, cover and place in the freezer until half frozen, about 3 hours. Remove the sorbet and blend again very quickly and freeze again until almost frozen, then blend one more time then replace in the container in the freezer until frozen.
- 4) Scoop the sorbet and serve in glasses or small bowls with berries, slices of nectarine or mango and mint leaves on top. If you have any edible flowers these will be lovely scattered over the top too.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
37 kcal	0.1 g	8.7 g	0 g	0.8 g	8.1 g

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SUMMER MOUSSE

DOWNLOAD RECIPE



For a high-in-protein refreshing summery dessert, try this fruity mousse! To top it all off, it's a source of fibre and is low in fat.



INGREDIENTS

- 1 ½ servings (39 g) Formula 1 Strawberry Delight or Summer Berries
- 1 ½ servings (42 g) PDM
- 250 g hulled strawberries, or mixed berries
- 3 tablespoons freshly squeezed lemon juice
- 125 g natural yoghurt
- 4 egg whites

METHOD

Serves 4

- 1) Place the fruit in a blender with the lemon juice, yoghurt, Formula 1 and PDM and blend well. Tip into a mixing bowl.
- 2) In a separate clean dry bowl, whisk the egg whites until they hold stiff peaks then fold into the mousse mixture, very lightly, using a spatula so as not to knock out any air.
- 3) Decant into cups or glasses, cover and place in the fridge for half an hour to set. These can sit happily in the fridge for up to 8 hours. Serve with berries or on their own.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
135 kcal	3 g	12 g	4 g	14 g	9 g

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VEGETARIAN

BEETROOT HUMMUS

DOWNLOAD RECIPE



This dip with a twist is low in sugars and high in protein. It's a brilliant accompaniment to the Turkey Koftas but you can enjoy it in a multitude of ways – spread on toast with avocado and pine nuts or as a simple dip with carrot and celery sticks.



INGREDIENTS

- 4 Servings (24 g) Formula 3 Personalised Protein Powder
- 2 small raw beetroot (175 g in weight altogether)
- 1 x 400 g tin of chickpeas
- 2 tablespoons chopped coriander
- 2 generous teaspoons ground cumin
- 1 tablespoon tahini paste
- 1 tablespoon lemon juice
- 3 tablespoons extra virgin olive oil

To serve:

- Some sesame seeds
- A few coriander leaves

METHOD

Serves 8

1) Peel the beetroot, cut into chunks and place in a food processor. Drain the chick peas from the tin but reserve the liquid. Place the chickpeas in with the beetroot and add the chopped coriander, cumin, tahini paste, Formula 3 PPP, lemon juice and olive oil. Blend well, adding some of the chickpea liquid to loosen the mixture.

2) Tip the mixture into a bowl and scatter with sesame seeds and some coriander leaves.

Tip: Cover the hummus if storing it in the fridge – preferably in an air tight container.

If you want a bit of heat, add a little chopped red chilli to the food processor.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
83 kcal	4 g	7 g	<1 g	6 g	2 g

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VEGETARIAN

WHOLEMEAL FLATBREAD



INGREDIENTS

- 2 servings (15 g) Beta heart®
- 2 servings (12 g) Formula 3 Personalised Protein Powder
- 125 g strong wholemeal flour
- 125 g organic strong white flour
- ½ teaspoon salt
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon ground paprika (I like using smoked paprika - hot or sweet)
- 125 ml warm water
- 50 g extra virgin olive oil

METHOD

Serves 6

- 1) Place all the dry ingredients in a bowl and mix together. Make a well in the centre.
- 2) Mix the water and the olive oil and pour into the centre of the dry ingredients. Mix well until it comes together to form a dough.
- 3) Tip the dough out onto your work top, knead the mixture for about 5-7 minutes until the mixture is smooth. You don't want to add any extra flour while kneading the dough. Rub a bit of olive oil around the ball of dough, cover and set aside to rest for 30 minutes.
- 4) Divide the dough into 6 and roll each piece (keeping the rest covered with a tea towel) into a 20cm round circle (or an oval if your pan is rectangular).
- 5) Preheat a pan-grill or a frying pan until hot.
- 6) Cook the flatbreads, one at a time on the hot pan for a few minutes in each side until little dark brown spots appear and until cooked. Immediately wrap up in a clean tea towel. They can be stacked up on top of each other, wrapping them to trap in the steam while they are hot. This keeps them lovely and soft.

Serve whole or cut into wedges, great with the Beetroot Hummus.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
233 kcal	10 g	31 g	4 g	8 g	<1 g

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DOWNLOAD RECIPE



Make your own healthy flatbreads at home! The addition of spices lift these flatbreads to another level, while being a great source of fibre and protein.

VEGAN

TROPICANA SHAKE



DOWNLOAD RECIPE



Bring the beach to you with this refreshing summery vegan shake made with Tri Blend Banana. The fusion of banana, pineapple and coconut will transport you to sunnier climes instantly – summer in a glass!



INGREDIENTS

- 40 g Herbalife Nutrition Tri Blend Select Banana
- 250 ml water
- 1 banana
- 75 g pineapple
- 15 g desiccated coconut

METHOD

Serves 2 (249 g/serve)

1) Blend all the ingredients together until smooth, then pour into a large glass and enjoy!

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
183 kcal	5.9 g	21 g	3.85 g	11.4 g	17.4 g

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HARICOT & SPINACH DIP



DOWNLOAD RECIPE



This light, summery dip is great served with raw vegetables, flatbreads or the new Herbalife Nutrition Protein Chips! You can add your own garnishes to make the colour pop if you like. Try edible flowers, fresh mint, coriander or toasted pine nuts.



INGREDIENTS

- 6 g Herbalife Nutrition Formula 3 Personalised Protein Powder
- 7 g Herbalife Nutrition Beta heart®
- 1 x 400 g tin of haricot beans
- 50 g spinach, large stalks removed
- 1 small clove of garlic, peeled and grated
- 3 tablespoons extra virgin olive oil
- 1-2 teaspoons Sherry vinegar or red wine vinegar
- Salt and pepper

METHOD

Serves 4 (128 g/serve)

- 1) Place the PPP and Beta Heart in a blender. Drain the tin of haricot beans, reserving the liquid. Place the drained beans in with the PPP and Beta Heart.
- 2) Chop the spinach coarsely and add into the blender with the garlic, olive oil and vinegar. Blend well, adding a couple of tablespoons of the bean liquid to loosen if necessary.
- 3) Season to taste and place in a bowl. Add your garnishes to finish.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
203 kcal	11.1 g	18.1 g	0.7 g	8.6 g	1 g

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FORMULA 1 ICE CREAM



DOWNLOAD RECIPE



This is a great simple ice cream recipe that works with all the Formula 1 flavours. The banana gives the ice cream a smooth and creamy richness that works so well with all the different Formula 1 flavours, be it Banana Cream, Smooth Chocolate, Vanilla, Strawberry Delight, Cookie Crunch, Café Latte, Mint & Chocolate... the list goes on!



INGREDIENTS

- 1 serving (28 g) PDM
- 1 serving (26 g) Formula 1
- 300 ml natural yoghurt
- 60 ml semi-skimmed milk
(or preferred milk drink alternative)
- 1 large banana

METHOD

Serves 2

1) Simply place a bowl or tub for the ice cream in the freezer. Next, place all the ingredients in a blender and mix together, then tip into the frozen bowl and place back in the freezer. Cover and leave for 1 hour then stir, making sure to free the semi frozen bits from around the sides of the bowl. Cover and place back in the freezer again then repeat the stirring every hour for the next few hours until frozen.

2) This ice cream only takes a few hours to freeze. Make sure to really stir it well every time you are mixing it, to make it nice and creamy and smooth.

Tips: It freezes solid so take out of the freezer and place in the fridge 15 minutes before you want to serve it. Serve on its own or with sliced bananas and berries on top.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
276 kcal	8 g	31 g	3 g	22 g	26 g

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VEGAN

SUMMER SMOOTHIE BOWL



DOWNLOAD RECIPE



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

For the top:

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

METHOD

Serves 1

1) Mix all the ingredients together until smooth.

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

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

Nutritional Values (1 Serving):

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

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VEGETARIAN

FROZEN BERRY YOGHURT CAKE



INGREDIENTS

- 2 servings (15 g) Beta heart®
- 1 serving (26 g) Formula 1 Summer Berries
- 1 serving (28 g) PDM
- 150 g sunflower seeds
- 100 g pitted dates
- 25 g coconut oil
- 400 g mixture of strawberries and raspberries (can be frozen)
- Finely grated zest and juice of 1 lime
- 500 g fat-free Greek yoghurt

METHOD

Serves 6

- 1) Place the base of a 20cm springform tin upside down, so that it is flat, and the cake will slide off easily once frozen. Clip on the sides and using a piece of kitchen paper with a bit of coconut oil on it, lightly grease the insides and base of the tin.
- 2) Place a frying pan on a medium to high heat with the sunflower seeds in it. Cook, swirling and shaking the pan every so often, until the seeds turn golden, about 2-3 minutes.
- 3) Tip them out onto a plate and allow to cool.
- 4) Place the cooled seeds in a blender with the dates, coconut oil and Beta heart®. Blend until almost fine then tip out and press down into the base of the tin, making sure it's nice and level. Put into the freezer while you make the topping.
- 5) Now blend the berries with the lime zest and juice, the Formula 1 Summer Berries and the Greek yoghurt until fine. If using raspberries, I like to push it through a sieve to remove the seeds.
- 6) Take the tin out of the freezer and pour the yoghurt mixture in, giving it a bang on the work surface to ensure it's level. Put back into the freezer and freeze until solid, at least 4 hours.
- 7) To serve, cut into slices and serve with some fresh berries on the side and some mint leaves.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
333 kcal	18 g	30 g	3 g	15 g	23 g

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DOWNLOAD RECIPE



This delicious, summery cake is a real show stopper and is packed with the goodness of seeds, fruit and yoghurt. A fantastic source of protein!

CARROT & TAHINI PATTIES



DOWNLOAD RECIPE



Exciting flavours. Vibrant colours.
A delicious tahini sauce. Your new
favourite veggie pattie has arrived!



INGREDIENTS

- 1 serving (26 g) Formula 1 Savoury Meal, Mushroom & Herb flavour
- 1 serving (6 g) Formula 3 Personalised Protein Powder
- 150 g grated raw carrot
- 50 g shallot or red onion, grated
- 1 clove of garlic, crushed or finely grated
- 60 g tahini paste
- 2 tablespoons chopped coriander or parsley
- Teaspoon ground cumin
- Salt and pepper
- 2 tablespoons olive oil (to cook)

For the tahini sauce:

- 80 g tahini
- 20 g warm water
- 1 tablespoon lemon juice
- 1 tsp honey
- 1 tsp smoked paprika
- Half tsp ground cumin
- 1 pinch fine sea salt
- 1 pinch ground black pepper

To serve:

- 2 tablespoons extra virgin olive oil
- 6 burger buns, halved and toasted, optional (these can be gluten free if you like)
- Rocket leaves, for serving
- 1 avocado, sliced, for serving

METHOD

Makes 3 medium patties, 2 large patties, or 4 small patties

1) To make the patties, place all the ingredients in a bowl together and stir well to mix. Season to taste with salt and pepper. Shape into patties. You can, if you like, toss the patties in sesame seeds so that they're covered on both sides with the seeds, this gives a lovely crunch to the patties when they're cooked.

2) The patties can be cooked straight away or they can be put into the fridge, covered, and cooked later in the day. They can also be frozen! If you want to cook them on the barbecue, make sure to coat them in olive oil before laying them in the hot grills.

3) Cook the patties in a frying pan with the 2 tablespoons of olive oil over a medium heat, until golden on one side, then turn over to the other side and cook until golden. They will take approximately 3-4 minutes on either side to cook.

4) To make the Tahini Sauce, place the tahini, water, lemon juice, honey, paprika, cumin, salt and pepper in a bowl and mix well, adjusting the seasoning as you like. Transfer the sauce to a small bowl and set aside.

5) To serve, spread each burger bun (if using) with a 1 tablespoon of tahini sauce, a few rocket leaves, a few avocado slices and 1 burger patty.

Nutritional Values (4 small patties):

Energy	Fat	Carbs	Fibre	Protein	Sugar
326 kcal	28 g	7 g	4 g	11 g	5 g

Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label.

Please check the products labels for full information on the nutritional values.

Please note, that if a Herbalife Nutrition product is used in a heated recipe, some vitamin levels in the finished product may decline in comparison to label values.

MANGO & VANILLA BUBBLE TEA



DOWNLOAD RECIPE



Fresh, fruity and delicious - this bubble tea is perfect to enjoy with friends. This recipe is enriched with food supplements, do not exceed daily dose.



INGREDIENTS

- 2 servings (3.4 g) Instant herbal beverage, raspberry flavour
- 2 sachets (4 g) Microbiotic Max food supplement*
- 2 servings (52 g) Formula 1** Vanilla Cream (it's also delicious with Formula 1 Banana Cream!)
- 2 tablespoons black tapioca
- Water, approximately 400 ml
- 100 g mango chunks (fresh or frozen)
- 250 ml water
- 250 ml milk or plant-based beverage

Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label.

Please check the products labels for full information on the nutritional values.

*NOTICE: Consume one sachet of Microbiotic Max per day. Do not exceed the recommended daily dose of Microbiotic Max.

Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet. Store Microbiotic Max out of reach of young children. The recommended daily dose of the mango and vanilla bubble tea. It should be max 1 serving daily.

** Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label; please remember that if a Herbalife Nutrition product is used in a heated recipe, some vitamin levels in the finished product may decline in comparison to label values.

METHOD

Serves 2

- 1) First cook the black tapioca. Place them in a small saucepan and cover with water. Place on a medium to high heat and boil for 15 minutes, ensuring the water does not evaporate (top it up with more water if it does). Take off the heat and let stand in the covered saucepan for another 15 minutes.
- 2) Meanwhile place the remaining ingredients in a blender and liquidise until smooth, except for Microbiotic Max which needs to be gently stirred into the mixture at the very end.
- 3) Divide the cooked and drained tapioca pearls between two tall glasses, wait to cool and then pour the mixture over the top. Put in a wide straw and drink the delicious drink with the chewy tapioca all at the same time.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
232 kcal	5 g	33 g	6 g	14 g	21 g

HERBALIFE PIZZA



INGREDIENTS

- 2 servings (15 g) Beta heart®
- 2 servings (12 g) Formula 3 Personalised Protein Powder

For the dough:

- 150 g organic strong white flour plus a little extra for flouring
- 1½ teaspoon baking powder
- ¼ teaspoon salt
- 120 ml warm water

For the Topping:

- 1 serving (32 g) Gourmet Tomato Soup
- ½ teaspoon oregano
- 50 ml water
- 75 g grated or roughly torn mozzarella cheese

METHOD

Serves 2

For the Dough:

1) Preheat the oven to 180°C or fan oven at 160°C. Mix all the dough ingredients until they come together.

Knead the dough well for 10 minutes until you have a smooth, light, stretchy dough and shape into a ball. Alternatively, this can be done in a stand mixer or food processor using the dough accessory.

On a floured surface, roll out the pizza dough into roughly a 12-inch diameter and approximately 4-5mm in thickness.

Transfer the base onto a baking tray.

For the Topping:

Mix the Gourmet Tomato Soup, oregano and water until it is the consistency of ketchup.

Spread this evenly and thinly on the base using the back of a tablespoon, leaving 1cm at the edge of the crust.

Evenly place the mozzarella on the pizza and bake on a low shelf of the oven for 14-16 minutes until the crust puffs up and turns golden.

Tip: This can be seasoned to your personal taste with salt/pepper/sugar/garlic/other herbs or spices.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
495 kcal	10 g	76 g	8 g	26 g	5 g

Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label.

Please check the products labels for full information on the nutritional values.

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One of the most popular dishes just got even better, as our version is a great source of protein and contains no added sugar.

VEGETARIAN

POMEGRANATE & PISTACHIO COUSCOUS



INGREDIENTS

- 6 servings (36 g) Formula 3 Personalised Protein Powder
- 400 g couscous
- 2 tablespoons extra virgin olive oil
- 500 ml boiling vegetable stock
- 2 tablespoons lemon juice
- 4 tablespoons pistachio nuts toasted
- 2 tablespoons chopped coriander
- The seeds from one pomegranate
- A few extra coriander leaves

METHOD

Serves 6

1) Place the couscous in a bowl and mix in the olive oil. Pour in the boiling stock and season. Allow to sit in a warm place for 5-10 minutes until the liquid is absorbed. To serve, stir in the lemon juice, Formula 3 PPP, toasted pistachios and the chopped coriander. Scatter with the pomegranate seeds and a few extra coriander leaves.

Tips: This couscous is delicious with the Turkey Koftas or Beetroot Hummus.

Nutritional Values (1 Serving):

Energy	Fat	Carbs	Fibre	Protein	Sugar
372 kcal	11 g	58 g	3 g	15 g	5 g

Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label.

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The fusion of couscous, lemon, nuts, herbs and pomegranate gives this low sugar dish its fresh and uplifting flavour. At the same time, the Formula 3 PPP adds the extra goodness of protein, soy and amino acids.