

No-Bake Recipes

CHEWY CRUNCHY SNACK BARS

- 1 cup Formula # 1 (your choice - Choc, Van, Wild Berry or Cookies n' Cream)
- ½ cup Quick Oats
- ½ cup Rice Krispies
- 1 cup Nonfat Dry Milk
- ADD...
- ½ cup Peanut Butter
- ½ cup + 3 Tbsp. Honey
 - Blend together thoroughly
 - Press into 8 x 8 pan
 - Cut into 8 equal bars

MAPLE PECAN BARS

- 1 cup French Vanilla Formula 1
- 1 cup Quick Oatmeal
- ½ cup Peanut Butter
- ½ cup Pure Maple Syrup
- 1 – 2 capfuls Maple Flavoring
- ½ cup Chopped Pecans
 - Mix all ingredients together
 - Press into an 8 x 8 pan
 - Cut into 8 equal squares
 - 1 bar = 1 shake

MARSHMALLOW CRISPS

- 1 cup Formula 1 (your choice - Choc, Van, Wild Berry or Cookies n' Cream)
- 7 oz. jar Marshmallow Cream
- 1 – 2 Tbsp. Water
- 4 cups Rice Krispies or Cocoa Krispies
 - Mix Marshmallow Cream and F1
 - Add Water
 - When mixed, add Rice Krispies
 - Blend together
 - Press into 8 x 8 pan
 - Cut into 8 equal bars

PEANUT BUTTER FUDGE

- 1 cup French Vanilla or Dutch Chocolate F1
- ½ cup Peanut Butter
- ½ cup Honey
- 1 cup Dry Milk
 - Mix all ingredients
 - Press in an 8 x 8 pan
 - Cut in 8 pieces (1 piece = 1 shake)

PEANUT BUTTER BALLS

- 1 cup peanut butter (low fat)
- 1/2 cup honey (mix the two together)
- 1/2 cup oatmeal (Old Fashion)
- 1/2 cup Rice Krispies (or other cereal)
- a little wheat germ
- 1/2 cup Formula 1 (your choice - Choc, Van, Wild Berry or Cookies n' Cream)
 - Mix all together and form in small balls and roll them in graham cracker crumbs. Refrigerate.

BASIC PIE RECIPE

- 1 cup Formula 1 (your choice - Choc, Van, Wild Berry or Cookies n' Cream)
- Choose the base that corresponds to the recipe you are using*
- 1 pack JELLO Pudding
- Choose the flavor that corresponds to the recipe you are using*
- 2 cups skim milk
- Reduced Fat Gram Cracker Pie Crust
- Top with cool whip

To make pie like your favorite shake:

Use the Formula 1 and pudding(s) and other ingredients of that shake's recipe. For instance, a birthday cake pie would be made with Formula 1 Vanilla, ½ package white chocolate pudding & ½ package cheesecake pudding, and sprinkles.