

# French Vanilla Recipes

## Original French Vanilla

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
2 caps vanilla syrup  
1 cup ice

## Vanilla Almond

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
1 cap almond syrup  
1 cup ice

## Strawberry

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
¼ teaspoon strawberry jello  
2-3 frozen strawberries  
2 caps vanilla syrup  
1 cup ice

## Banana

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
2 teaspoons banana pudding  
2 caps vanilla syrup  
1 cup ice

## Strawberry Cheesecake

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons cheesecake pudding  
¼ teaspoon strawberry jello  
2-3 frozen strawberries  
1 cup ice

## Strawberry Banana

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons banana pudding  
¼ teaspoon strawberry jello  
2-3 frozen strawberries  
1 cup ice

## Vanilla Orange

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
¼ teaspoon orange  
2 caps vanilla syrup  
1 cup ice

## Vanilla Orange Banana

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
2 teaspoons banana pudding  
¼ teaspoon orange  
1 cup ice

## Raspberry

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
¼ teaspoon raspberry jello  
¼ cup frozen raspberries  
2 caps vanilla syrup  
1 cup ice

## Peach

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
4 peach chunks  
1 teaspoon peach jello (not sugar-free)  
1 cup ice

## Raspberry Cheesecake

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons cheesecake pudding  
¼ teaspoon raspberry jello  
¼ cup frozen raspberries  
1 cup ice

## Blueberry Cheesecake

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons cheesecake pudding  
¼ cup frozen blueberries  
1 cup ice

### Strawberry Shortcake

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons cheesecake pudding  
2 teaspoons white choc. pudding  
¼ teaspoon strawberry jello  
2 caps vanilla syrup  
2-3 frozen strawberries  
1 cup ice

### Birthday Cake

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons cheesecake pudding  
2 teaspoons white choc. pudding  
2 caps vanilla syrup  
1 teaspoon sprinkles  
1 cup ice  
1 teaspoon sprinkles on top

### Banana Nut Muffin

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons banana pudding  
1 teaspoon pistachio pudding  
2 caps vanilla syrup  
dash of cinnamon  
2 vanilla wafers  
1 cup ice

### White Chocolate Macadamia

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
1 tablespoon white chocolate pudding  
2 tablespoons white chocolate macadamia creamer  
2 caps vanilla syrup  
1 cup ice

### Snicker Doodle

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons white chocolate pudding  
2 teaspoons cheesecake pudding  
1 teaspoon pistachio pudding  
4 caps vanilla syrup  
cinnamon  
1 cup ice

### Caramel Apple Pie

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
3 tablespoons applesauce  
2 caps caramel syrup  
apple pie spice  
1 cup ice

### Tropical Fruit Splash

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons banana pudding  
¼ teaspoon strawberry jello  
2 tablespoons coconut creamer  
2 tablespoons coconut flakes  
2- 3 frozen strawberries  
¼ cup frozen pineapple chunks  
1 cup ice

### Coconut Cream Pie

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons coconut cream pudding  
2 teaspoons vanilla pudding  
2 tablespoons coconut creamer  
2 tablespoons coconut flakes  
2 caps vanilla syrup  
1 square graham cracker  
1 cup ice

### Peach Mango

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
1 teaspoon peach jello (not sugar-free)  
3 frozen peach chunks  
3 frozen mango chunks  
1 cup ice

### Pineapple Upside-down Cake

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
2 teaspoons cheesecake pudding  
¾ teaspoon lemon juice  
¼ cup pineapple chunks  
1 cherry  
4 caps vanilla syrup  
1 cup ice

### French Toast

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
2 teaspoons cheesecake pudding  
2 teaspoons butter buds  
2 teaspoons sugar-free pancake syrup  
cinnamon  
1 cup ice

### Coconut Macaroon

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons vanilla pudding  
2 teaspoons cheesecake pudding  
1 teaspoon coconut pudding  
2 tablespoons coconut creamer  
2 tablespoons coconut flakes  
2 vanilla wafers  
cinnamon  
1 cup ice

### Cinnamon Toast Crunch

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
2 teaspoons cheesecake pudding  
1 teaspoon peanut butter  
2 caps vanilla syrup  
cinnamon  
1 cup ice

### Banana Pudding

1 cup low fat (skim) milk  
2 scoops formula 1: french vanilla  
4 teaspoons banana pudding  
1 teaspoons pistachio pudding  
4 vanilla wafers  
1 cup ice

## Dutch Chocolate Recipes

### Original Dutch Chocolate

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
2 caps vanilla syrup (to sweeten)  
1 cup ice

### Chocolate Strawberry

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
¼ teaspoon strawberry jello  
2-3 frozen strawberries  
1 cup ice

### Chocolate Raspberry

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
¼ teaspoon raspberry jello  
2-3 frozen raspberries  
1 cup ice

### Chocolate Caramel Cheesecake

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons cheesecake pudding  
2 caps caramel syrup  
1 cup ice

### Chocolate Cupcake

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons choc. fudge pudding  
2 teaspoons cheesecake pudding  
2 caps vanilla syrup  
1 teaspoon sprinkles  
1 cup ice  
1 teaspoon sprinkles on top

### Chocolate Almond/Almond Joy

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
1 cap almond syrup  
1 cup ice  
(Almond Joy addition)

### Chocolate Banana

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
2 teaspoons banana pudding  
1 cup ice

### Chocolate Peanut Butter Banana

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
2 teaspoons banana pudding  
1 tablespoon peanut butter  
1 cup ice

### Chocolate Peanut Butter

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
1 tablespoon peanut butter  
1 cup ice

### Tagalong

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
1 tablespoon peanut butter  
1 square graham cracker  
1 cup ice

### Chocolate No-Bake Cookie

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons choc. fudge pudding  
2 tablespoons coconut creamer  
2 tablespoons coconut flakes  
1 tablespoon peanut butter  
2 tablespoons oatmeal  
1 cup ice

### German Chocolate Cake

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
2 tablespoons coconut creamer  
2 tablespoons coconut flakes  
1 cup ice

2 tablespoons coconut creamer  
2 tablespoons coconut flakes

#### Grasshopper

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
2 teaspoons choc. mint pudding  
2 tablespoons coconut creamer  
2 caps caramel syrup  
1 square graham cracker  
1 cup ice

#### Chocolate Mint

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons choc. mint pudding  
2 caps vanilla syrup  
1 cup ice

#### Chocolate Brownie Batter

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons choc. fudge pudding  
2 teaspoons cheesecake pudding  
1 teaspoon white chocolate pudding  
1 tablespoon peanut butter  
2 caps vanilla syrup  
1 teaspoon sprinkles  
1 cup ice

#### York Peppermint Paddy

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons choc. fudge pudding  
1 cap peppermint extract  
1 cup ice

#### Banana Split Sundae

1 cup skim milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
2 teaspoons banana pudding  
¼ teaspoon strawberry jello  
2 caps vanilla syrup  
1 cup ice

#### Samoa

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
2 tablespoons coconut creamer  
2 tablespoons coconut flakes  
2 caps caramel syrup  
1 square graham cracker  
1 cup ice

#### Black Forest Cherry

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
2 teaspoons chocolate pudding  
¼ teaspoon black cherry jello  
¼ cup frozen cherries  
1 cup ice

#### Chocolate Covered Cherry

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
1 teaspoon chocolate pudding  
1 teaspoon choc. fudge pudding  
¼ teaspoon black cherry jello  
¼ cup frozen cherries  
2 caps almond syrup  
1 cup ice

#### Peanut M&M

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
4 teaspoons choc. fudge pudding  
1 tablespoon peanut butter  
2 caps vanilla syrup  
1 teaspoon sprinkles  
1 cup ice

#### Chocolate Covered Cherry

1 cup low fat choc. milk  
2 scoops formula 1: dutch choc.  
1 teaspoon chocolate pudding  
1 teaspoon choc. fudge pudding  
¼ teaspoon cherry jello  
¼ cup cherries  
2 caps almond syrup  
1 cup ice

## Cookies 'n Cream Recipes

### Original Cookies 'n Cream

1 cup low fat (skim) milk  
2 scoops formula 1: cookies 'n cream  
2 teaspoons oreo pudding  
2 caps vanilla syrup (to sweeten)  
1 cup ice

### Butterfinger

1 cup low fat choc. milk  
2 scoops formula 1: cookies 'n cream  
2 teaspoons chocolate pudding  
2 teaspoons butterscotch pudding  
1 teaspoon peanut butter  
1 cup ice

### Pumpkin Pie Cheesecake

1 cup low fat (skim) milk  
2 scoops formula 1: cookies 'n cream  
2 teaspoons cheesecake pudding  
2 tablespoons pumpkin  
pumpkin pie spice  
1 cup ice

### Captain Crunchberry

1 cup low fat (skim) milk  
2 scoops formula 1: cookies 'n cream  
2 teaspoons cheesecake pudding  
1 teaspoon pistachio pudding  
¼ teaspoon strawberry jello  
2 caps vanilla syrup  
2-3 frozen strawberries  
1 cup ice

### Oatmeal Raisin Cookie

1 cup low fat (skim) milk  
2 scoops formula 1: cookies 'n cream  
3 teaspoons cheesecake pudding  
1 teaspoon vanilla pudding  
1 tablespoon oats  
1 tablespoon raisins  
2 caps vanilla syrup  
Cinnamon  
1 cup ice

### Blueberry Muffin

1 cup low fat (skim) milk  
2 scoops formula 1: cookies 'n cream  
2 teaspoons pistachio pudding  
¼ cup blueberries  
1 cup ice

### Snickers

1 cup low fat choc. milk  
2 scoops formula 1: cookies 'n cream  
2 teaspoons chocolate pudding  
2 teaspoons white choc. pudding  
1 tablespoon peanut butter  
1 cup ice

### White Chocolate Reeces

1 cup low fat (skim) milk  
2 scoops formula 1: cookies 'n cream  
1 tablespoon white choc. pudding  
1 tablespoon peanut butter  
1 cup ice

### Reese's Peanut Butter Cup

1 cup low fat (skim) milk  
2 scoops formula 1: cookies 'n cream  
2 teaspoons white choc. pudding  
2 teaspoon choc. fudge pudding  
1 tablespoon peanut butter  
2 caps vanilla syrup  
1 cup ice

### Blueberry Dump Cake

1 cup low fat (skim) milk  
2 scoops formula 1: cookies 'n cream  
2 teaspoons cheesecake pudding  
2 teaspoons white choc. pudding  
2 tablespoons coconut creamer  
2 tablespoons coconut flakes  
¼ cup blueberries  
3 pineapple chunks  
2 caps vanilla syrup  
1 cup ice

## Café Latte Recipes

### Caramel Café Latte

1 cup low fat (skim) milk  
2 scoops formula 1: café latte  
2 teaspoons vanilla pudding  
2 caps caramel syrup  
1 cup ice

### Strawberry Café Latte

1 cup low fat (skim) milk  
2 scoops formula 1: café latte  
2 teaspoons vanilla pudding  
¼ strawberry jello  
2-3 frozen strawberries  
1 cup ice

### Chocolate Caramel Coffee

1 cup low fat choc. milk  
2 scoops formula 1: café latte  
2 teaspoons chocolate pudding  
2 caps caramel syrup  
1 cup ice

## Piña Colada Recipes

### Piña Colada

1 cup low fat (skim) milk  
2 scoops formula 1: piña colada  
(or formula 1: french vanilla)  
2 teaspoons vanilla pudding  
2 tablespoons coconut creamer  
2 tablespoons coconut flakes  
3 frozen pineapple chunks  
2 caps vanilla syrup  
1 cup ice

## Wild Berry Recipes

### Peanut Butter & Jelly

1 cup low fat (skim) milk  
1 scoop formula 1: wild berry  
1 scoop formula 1: french vanilla  
2 teaspoons vanilla pudding  
2 caps vanilla syrup  
1 tablespoon peanut butter  
1 cup ice

### Very Berry Delight

1 cup low fat (skim) milk  
2 scoops formula 1: wild berry  
2 teaspoons cheesecake pudding  
1 teaspoon pistachio pudding  
¼ strawberry jello  
2-3 frozen strawberries  
2 caps vanilla syrup  
1 cup ice

# Tropical Fruit Recipes

## Tropical Sunrise

- 1 cup low fat (skim) milk
- 2 scoops formula 1: tropical fruit
- 2 teaspoons vanilla pudding
- 2 tablespoons coconut creamer
- 2 tablespoons coconut flakes
- 2-3 frozen strawberries
- 3 frozen pineapple chunks
- 2 caps mango syrup
- 1 cup ice