

# Boost Your Daily Fibre Intake with Five Tempting Recipes

Savor a taste of paradise with these delicious and high-fibre recipes featuring Active Fibre Complex Select.

## 1 High-Fibre Green Beauty Shake

- 2 scoops Formula 1 Select Natural Vanilla Flavour
- 1 scoop Active Fibre Complex Select Tropical Twist
- 2 scoops Herbalife SKIN Collagen Beauty Booster Strawberry Lemonade
- 1 cup unsweetened vanilla almond milk
- 1 cup baby spinach leaves
- 3–5 ice cubes (optional)

Place all ingredients in a blender and blend until smooth.

185

CALORIES

15 g

PROTEIN

26 g

CARBS

4 g

FAT

12 g

FIBRE

## 2 High Fibre Tropical Spice Shake

- 2 scoops Formula 1 Select Natural Vanilla Flavour
- 1 scoop Active Fibre Complex Select Tropical Twist
- ½ TSP Herbal Tea Concentrate Original
- 1 cup unsweetened coconut milk beverage (not canned coconut milk)
- ¼ TSP ground cinnamon, or to taste
- ⅓ TSP ground ginger, or to taste
- 3–5 ice cubes (optional)

Place all ingredients in a blender and blend until smooth.

160

CALORIES

10 g

PROTEIN

22 g

CARBS

5.5 g

FAT

11 g

FIBRE



### 3 Berry-Mint-Pomegranate Fibre Shake

- 2 scoops Formula 1 Select Natural Vanilla Flavour
- 1 scoop Active Fibre Complex Select Tropical Twist
- ½ TSP Green Tea Pomegranate
- 1 cup plain soy milk
- 1 cup strawberry halves
- 2 TSP dried mint leaves or 1 TBSP fresh mint
- 1 TSP lemon or lime juice
- 3-5 ice cubes (optional)

Place all ingredients in a blender and blend until smooth.

275  
CALORIES

18 g  
PROTEIN

42 g  
CARBS

5.5 g  
FAT

14 g  
FIBRE

### 4 Pineapple-Coconut Digestive Health Cooler

- 3 capfuls Herbal Aloe Concentrate Original
- 1 scoop Active Fibre Complex Select Tropical Twist
- 1 scoop Simply Probiotic
- 1 cup water
- 3-5 ice cubes

Stir Herbal Aloe Concentrate, Active Fibre Complex Select and Simply Probiotic into cold water until dissolved. Add ice cubes.

15  
CALORIES

0 g  
PROTEIN

9 g  
CARBS

0 g  
FAT

6 g  
FIBRE

### 5 Tropical Raspberry Refresher

- ½ TSP Herbal Tea Concentrate Raspberry
- 1 scoop Active Fibre Complex Select Tropical Twist
- 1 cup cold water
- 3-5 ice cubes

Stir Herbal Tea Concentrate and Active Fibre Complex Select into cold water until dissolved. Add ice cubes.

20  
CALORIES

0 g  
PROTEIN

10 g  
CARBS

0 g  
FAT

6 g  
FIBRE

