

# COOKIES N CREAM

## Cookies & Crèam

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1/4 tsp Vanilla extract

## Wedding Cake

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1/2 tbsp Cheesecake pudding  
1/2 tbsp White Chocolate pudding

## Samoa

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1/4 tsp Coconut extract  
1/2 tbsp Chocolate Fudge pudding  
1 tbsp Graham Cracker Crumbs

## Turtle Cheesecake

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1/2 tbsp Chocolate Fudge pudding  
1/2 tbsp Cheesecake pudding  
1 tbsp Carmel syrup  
1 tbsp Pecan pieces

## White Chocolate Reeses

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1 scoop White Chocolate pudding  
1 tbsp Peanut Butter

## Rice Krispie Treat

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
3 scoops Rice Krispie Treat Cereal  
1/2 scoop White Chocolate  
1 tbsp Marshmallow Crème

## Banana Split

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1 tbsp Chocolate Fudge pudding  
1/2 Banana  
1/4 cup Strawberries

## Tagalong

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1 tbsp Peanut Butter  
1/2 tbsp Chocolate Fudge pudding  
1 tbsp Graham Cracker Crumbs

## Chocolate No Bake Cookie

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1/2 tbsp Chocolate Fudge pudding  
1 to 2 tbsp Instant Oatmeal (regular)  
1 tbsp Peanut Butter  
Dash Cinnamon

## Snickers

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1/2 tbsp Chocolate pudding  
1/2 tbsp White Chocolate pudding  
2 tbsp Peanuts  
1 tbsp Carmel syrup

## Cinnabon

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1/2 tbsp Butterbuds  
1/2 tbsp Butterscotch pudding  
1/4 tsp Cinnamon  
1 tsp Truvia (or other sweetener)

## Oatmeal Cookie

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1/2 tbsp Vanilla pudding  
1/2 tsp Cinnamon  
1/4 tsp Butter extract  
1 to 2 tbsp Instant Oatmeal (regular)  
1/4 tsp Nutmeg

## Pistachio

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1 tbsp Pistachio pudding mix  
1/8 tsp Lime Jello

## Banana Cream

8 ozs skim milk or light soy milk  
2 tbsp F1 Cookies N Cream  
1 tbsp Pistachio pudding mix  
1/8 tsp Lime Jello