

# DUTCH CHOCOLATE

## Dutch Chocolate

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate

## Chocolate Almond

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1/4 Almond extract

## Chocolate Mint

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1/4 tsp Mint extract

## Chocolate Strawberry

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
3 Strawberries  
1/4 tsp Vanilla extract

## Double Mocha Cappuccino

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1 tsp Double Mocha Cappuccino

## Almond Joy

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1/4 tsp Coconut extract  
1/8 tsp Almond extract

## Choc Caramel Cheesecake

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1 tbsp Cheesecake pudding  
1 tbsp Caramel syrup

## Jamoca Almond Fudge

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1/2 tbsp Choc Fudge pudding  
1/4 tsp Almond extract  
1 tsp Double Mocha Cappuccino

## Chocolate Banana

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1/2 banana

## Chocolate Raspberry

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1 cup Raspberries  
1/2 tsp Orange extract

## German Chocolate Cake

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1/4 tsp Coconut extract  
1/2 tbsp Chocolate Fudge pudding  
1/2 tbsp Pecan pieces

## Chocolate Peanut Butter

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1 tbsp Peanut Butter

## Choc. Carmel Cappuccino

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1 tbsp Cappuccino instant coffee  
1 tbsp Carmel syrup

## Choc. Chunky Monkey

8 ozs Chocolate soy milk  
2 tbsp F1 Dutch Chocolate  
1 tbsp Chocolate Fudge pudding  
1 Herbalife protein bar - PB or Choc

## Mudslide

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1-1/2 tbsp Davinci Kalua Coffee Liquer  
1 tbsp cappuccino instant coffee

## Chocolate Coconut Cream

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1/4 tsp Coconut extract  
1/2 tbsp Cheesecake pudding  
1/2 tsp White Chocolate pudding

## Choc. Peanut Butter Banana

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate  
1 tbsp Peanut Butter  
1/2 Banana

8 ozs soy milk or skim milk  
2 tbsp F1 Dutch Chocolate