

FRENCH VANILLA

French Vanilla

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/4 tsp Vanilla extract

Vanilla Almond

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/4 tsp Almond extract

Vanilla Blueberry

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1 tsp Blueberries

Vanilla Orange

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/4 tsp Orange extract

French Vanilla Cappuccino

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1 tsp Vanilla Cappuccino

Blueberry Muffin

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/2 tsp Pistachio pudding (instant)
1 tsp Blueberries

Candy Cane

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/2 tsp Vanilla pudding (instant)
1/8 tsp Peppermint extract

Cherry Cheesecake

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
2 tbsp Cherries
1 tsp Cheesecake pudding (instant)

Cherry Cobbler

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
2 tbsp Cherries
1/4 tsp Cherry jello (powdered)
Top with 1 tbsp Graham Crackers

Rocky Road

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1 tsp Chocolate pudding (instant)
1 tsp Pecan pieces
Top with 5-6 Mini Marshmallows

Pumpkin Pie

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
3 tbsp Real Pumpkin
1/4 tsp Vanilla extract
Dash Pumpkin Spice
Dash Cinnamon
1 tsp Truvia

Orange Banana

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/2 Banana
1/4 tsp Orange extract

Orange Julius

8 ozs Orange Juice
2 tbsp F1 French Vanilla
3 tbsp frozen Orange Juice
1/4 tsp Vanilla extract

Orange Banana (OJ based)

8 ozs Orange Juice
2 tbsp F1 French Vanilla
1/2 Banana

Strawberry Banana

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
2 Strawberries
1/2 banana

Pina Colada

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/4 cup Pina Colada Drink Mix

Apple Pie

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
3 tbsp Cinnamon Apple Sauce
1/4 tsp Vanilla extract

The Elvis

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/2 Banana
1 tsp Peanut Butter

Rootbeer

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/4 tsp Rootbeer extract

Key Lime Pie

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1 tsp Key Lime Pie yogurt
1 tsp Lime jello (powdered)

Dreamsicle

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
2 tsp Harvest Peach yogurt
1 tsp Orange jello (powdered)

Butter Pecan

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1 tsp Pecan pieces

French Toast

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1 tsp Cinnamon

Banana Nut

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/2 Banana

1 tbsp Butterscotch pudding (instant)

1 tbsp Karo syrup
1/4 tsp Vanilla extract

1/4 tsp Black Walnut extract
Dash Cinnamon
1 tbsp Truvia

Banana Crème Pie

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/4 tsp Almond extract
1/4 tsp Vanilla extract
1 tsp Banana Crème jello (instant)
1/2 Banana

Upside Down Pineapple

8 ozs soy milk or skim milk
2 tbsp F1 French Vanilla
1/4 cup Frozen Pineapple chunks
1 tsp Vanilla extract
1 tsp Butter extract
1/2 tbsp Cheesecake pudding (instant)