



SHAKING & BAKING WITH TLS[®] SATISFACTION



TLS SHAKE RECIPES

For each shake use 2 scoops of TLS® Nutrition Shake.

CHOCOLATE PEANUT BUTTER (RR, SS, CC)

2 scoops of TLS Nutrition Shake — Chocolate Delight
1 Tbsp of natural/organic peanut butter or PB powder
1 Tbsp of dark cocoa powder or cacao powder
1 cup of unsweetened almond milk

STRAWBERRY MILKSHAKE (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

2 scoops of TLS Nutrition Shake — Creamy Vanilla
1 cup of fresh or frozen strawberries
½ cup of ice cubes
1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

CHOCOLATE COCONUT (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

2 scoops of TLS Nutrition Shake — Chocolate Delight
¼ cup of unsweetened shredded coconut
1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

CHOCOLATE BERRY GOODNESS (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

2 scoops of TLS Nutrition Shake — Chocolate Delight
1 cup of fresh or frozen raspberries and strawberries
1 tsp of vanilla extract
1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

CHOCOLATE BANANA (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

2 scoops of TLS Nutrition Shake — Chocolate Delight
½–1 banana
1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

MINT CHOCOLATE CHIP (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

2 scoops of TLS Nutrition Shake — Chocolate Delight
1 tsp of mint extract
1 Tbsp of unsweetened dark cocoa powder or cacao powder
1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

VANILLA FRAPPACCINO (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

2 scoops of TLS Nutrition Shake — Creamy Vanilla
1 packet of TLS Trim Café *(only available on GLOBAL.SHOP.COM)*
½–1 cup of ice cubes
1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

ALMOND MOCHA (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

2 scoops of TLS Nutrition Shake — Creamy Vanilla
1 tsp of almond extract
1 packet of TLS Trim Café *(only available on GLOBAL.SHOP.COM)*
1 cup of unsweetened almond milk

PIÑA COLADA (RR, SS, CC)

2 scoops of TLS Nutrition Shake — Creamy Vanilla
½ banana
½ cup of fresh or frozen pineapple
¼ cup of unsweetened shredded coconut
(or 1 tsp of coconut extract/coconut milk)
½ cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

CARDAMOM VANILLA (RR, SS, CC)

2 scoops of TLS Nutrition Shake — Creamy Vanilla
1 tsp of ground cardamom
¼ cup of Greek yogurt
1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

TLS TIP: To give your shake a thicker consistency, add 5 ice cubes.



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For each shake use 2 scoops of TLS® Nutrition Shake.

APPLE-BANANA CINNAMON (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- 1 apple (cored, sliced, fresh or frozen)
- ½ banana
- 1 tsp of cinnamon
- 1 cup of unsweetened almond milk

INCREDIBLE HULK (RR, SS, CC)

- 2 scoops of TLS Nutrition Shake — Chocolate Delight
- 1 cup of fresh or frozen spinach or kale
- 1 Tbsp of natural/organic peanut butter or PB powder
- 1 tsp of dark cocoa powder
- 1 cup of unsweetened almond milk

APPLE CINNAMON PIE (RR, SS, CC)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ tsp of cinnamon
- ¼ cup of Greek yogurt (optional)
- 1 apple (cored, sliced, fresh or frozen)
- 1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

ORANGE TWIST (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ cup of strawberries
- ½ cup of unsweetened orange juice or half a fresh orange
- 1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk



LEMONADE BURST (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- 1 small lemon (juiced)
- 1 cup of strawberries
- 1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

KEY LIME PIE (RR, SS, CC)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ lime (juiced)
- ¼ cup of Greek yogurt (optional)
- 1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

ULTIMATE GREEN DREAM (FS, PH2, RR, SS, CC)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ cup of strawberries
- A small chunk of cucumber, diced
- A handful of spinach or kale, fresh or frozen
- 2 kiwis (peeled)
- 2 scoops of Complete Greens® *(only available on GLOBAL.SHOP.COM)*
- 1 cup of water

BLUEBERRY BLAST (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ cup of blueberries
- ¼ cup of blackberries or raspberries (optional)
- 1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

PINEAPPLE GREEN SMOOTHIE (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ cup of frozen pineapple
- ½ cup of frozen courgette
- ½ cup of baby spinach
- 1 cup of water or milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

TLS TIP: Add a serving of plant protein and nutrition to your shake with a tablespoon of hemp hearts or chia seeds.



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BLACK CHERRY BERRY (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ cup of blackberries
- ½ cup of black cherries (pitted)
- 1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

CHAI SPICE (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- 1 packet of Trim Tea *(only available on GLOBAL.SHOP.COM)*
- ½ tsp of cardamon
- ½ tsp of cinnamon
- ¼ ground clove
- 1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

BLACKBERRY-LEMON COOLER (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ cup of blackberries
- 1 tsp of lemon zest
- 1 cup of unsweetened almond milk

STRAWBERRY BANANA (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- 1 banana
- 1 cup of strawberries
- 1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

CRASHING CRANBERRY (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ cup of unsweetened cranberry juice
- ½ cup of frozen cranberries
- ½ cup of water

PEANUT BUTTER & JAM (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- 1 Tbsp of natural/organic peanut butter or PB powder
- ½ cup of strawberries
- 1 cup of unsweetened almond milk

CAKE BATTER (RR, SS, CC)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ cup of cottage cheese
- ½ tsp of pure vanilla extract
- 1 cup of unsweetened almond milk

SPICE CAKE (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- 1 Tbsp of almond butter
- 1 tsp of vanilla extract
- ½ tsp of cinnamon
- 1 tsp of nutmeg
- 1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

BLUEBERRY-PEACH (NECTARINES) COBBLER (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ cup of blueberries
- 1 cup of peaches (nectarines) (sliced)
- 1 tsp of vanilla extract
- 1 cup of unsweetened almond milk

AUTUMN FITNESS (SS, CC)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ cup of cooked sweet potato or ½ cup of canned pumpkin
- ½ tsp of cinnamon
- ¼ tsp of ginger
- 1 cup of milk or your favourite unsweetened dairy alternative such as almond, rice or soy milk

MONKEY BUSINESS (RR, SS, CC)

(to make FS and PH2 friendly — replace milk with water)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- ½ semi-frozen banana
- 1 Tbsp of organic creamy peanut butter
- Dash of cinnamon (optional)
- 1 cup of unsweetened almond milk

TLS TIP: Sweet tooth? Simply add a ¼–1 tsp of Stevia powder or monk fruit powder (TLS friendly sweeteners of choice)

NOTE: Although honey, agave syrup, coconut sugar, coconut nectar and maple syrup are natural sweeteners (healthier alternatives to processed sugar and corn syrup), they still contain sugar and have a high glycemic index; therefore, they are not a part of our TLS approved list.

TLS BREAKFAST OF CHAMPIONS

PROTEIN-POWERED GRANOLA (SS, CC)

(Servings: 10)

- 1 cup of oats
- ½ cup of coconut (desiccated)
- ¼ cup of pumpkin seeds
- ¼ cup of walnuts or pistachios
- ½ cup of almonds, chopped
- ½ cup of dried cranberries
- ½ cup of raisins
- 1 Tbsp of cinnamon powder
- 1 tsp of cocoa
- ¼ tsp of salt
- 2 Tbsp of coconut oil
- 4 Tbsp of sweetener of choice (agave nectar/maple syrup/coconut nectar)
- 1 serving of TLS® Nutrition Shake — Chocolate or Vanilla

Combine the oats, coconut, almonds, nuts and pumpkin seeds. Spread them on a baking tray and toast for 15 minutes at 350 F. Combine the fruit with protein powder, cocoa and salt. Melt coconut oil and sweetener on a stove top over low-medium heat until melted, stirring consistently. Mix all the ingredients and pack the mixture into an 8x8 baking tray, pressing down thoroughly. Bake at 150°C for 20 minutes, cool and break into chunks.

NOTE: Feel free to omit raisins and cranberries if you want to lower the glycemic impact of this recipe.

POWER PANCAKES (SS, CC)

(Servings: 1-2)

- ¼ cup of oats
- ½ banana (mashed)
- 1 egg white
- 1 Tbsp of almond milk
- ½ tsp of baking powder
- ¼ tsp of cinnamon
- 1 serving of TLS Nutrition Shake — Creamy Vanilla

Using a fork, combine all the ingredients into a uniform paste, adding milk as necessary to achieve desired consistency. Coat a non-stick pan with cooking spray, pour batter and heat for two minutes per side, or until cooked.

WORKOUT WAFFLES (SS, CC)

(Servings: 2)

- ¼ cup of almond milk
- ¼ cup of oat, whole wheat or gluten free flour
- ½ large banana (mashed)
- 1 egg
- ½ tsp of baking powder
- 1 serving of TLS Nutrition Shake — Creamy Vanilla

Combine all the ingredients using a blender or food processor. Thickly coat a waffle iron with cooking spray. Pour in the mixture and cook for 5-6 minutes each.

PROTEIN BREAKFAST BARS (SS, CC) (RR – ENJOY OCCASIONALLY)

(Servings: 6)

- ½ cup of unsweetened applesauce
- ½ cup of almond flour
- ¼ cup of oat flour
- ¼ cup of Stevia (powder)
- 1 tsp of vanilla extract
- 1 tsp of maple extract
- 1 tsp of cinnamon
- 1 tsp of baking soda
- ⅛ tsp of salt
- 1 serving of TLS Nutrition Shake — Creamy Vanilla

FROSTING (optional):

- 1 cup of Greek yogurt (plain)
- 1 Tbsp of Stevia powder
- ½ tsp of vanilla extract

Preheat oven to 175°C. Coat an 8x8 baking pan with cooking spray. Combine the dry ingredients and the wet ingredients separately, then combine the dry ingredients with the wet ingredients and mix thoroughly. Bake for 10-12 minutes until set. Cool and frost before serving.

VANILLA-CRANBERRY BREAD (SS, CC)

(Servings: 10)

- 1 cup of oats
- 1 cup of dried cranberries
- ¼ cup of whipped cream cheese
- 2 egg whites
- ¼ cup of almond milk
- 7 oz of apple sauce
- 2 tsp of coconut oil
- 2 tsp of vanilla extract
- 3 servings of TLS Nutrition Shake — Creamy Vanilla

Preheat oven to 175°C. Combine all the ingredients, and whisk them until smooth. Coat a bread pan with cooking spray. Pour in the batter and bake for 30-35 minutes.



TLS MUFFINS

You will be amazed by these flourless, sugar-free muffin creations.

DR. NANCY'S TLS®-FRIENDLY CHOCOLATE MUFFINS (FS, PH2, RR, SS, CC)

(Suitable for any TLS Program where a TLS shake is recommended)

- 2 scoops of TLS Nutrition Shake — Chocolate Delight
- 1 egg
- 2 Tbsp unsweetened applesauce
- ¼ tsp baking powder
- 1–2 Tbsp of unsweetened dark cocoa powder or cacao powder

Mix and pour into muffin pan (makes approx. 6 in a normal muffin tin). Bake at 200°C for 12–14 minutes (depending on how big the muffins are).

TLS BLUEBERRY MUFFINS (FS, PH2, RR, SS, CC)

- 2 scoops of TLS Nutrition shake – Creamy Vanilla
- 2 Tbsp of unsweetened applesauce
- 1 cup blueberries
- 1 egg
- A single squeeze of juice from a fresh orange
- ½ tsp of baking soda

Mix and pour the mixture into the muffin pan (makes approx. 6 in a normal muffin tin). Add 3–5 blueberries (depending on size) in each muffin. Bake at 200°C for 13–15 minutes.

TLS CARROT CAKE MUFFINS (FS, PH2, RR, SS, CC)

- 4 scoops of TLS Nutrition shake – Creamy Vanilla
- 4 Tbsp of unsweetened applesauce
- 2 eggs
- ¾ cup of shredded carrots
- ¼ cup of raisins
- 1 Tbsp of ground flax meal
- ½ tsp of baking soda
- ½ tsp of cinnamon
- ¼ tsp of nutmeg

Mix and pour the mixture into the muffin pan (makes approx. 9 in a normal muffin tin). Bake at 200°C for 13–15 minutes.



APPLE CINNAMON MUFFINS (FS, PH2, RR, SS, CC)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- 1 egg
- 2 Tbsp of unsweetened applesauce
- ¼ tsp of baking powder
- ¼ cup of shredded apple
- 1 tsp of cinnamon

Mix and pour the mixture into the muffin pan (makes approx. 6 in a normal muffin tin). Bake at 200°C for 12–14 minutes (depending on how big the muffins are).

PUMPKIN SPICE MUFFINS (SS, CC)

- 2 scoops of TLS Nutrition Shake — Creamy Vanilla
- 1 egg
- 2 Tbsp of no-sugar added applesauce
- ¼ tsp baking powder
- 2 Tbsp of canned pumpkin
- 1–2 Tbsp of crushed walnuts (optional)
- 1 tsp of pumpkin spice
- ½ tsp of nutmeg
- ½ tsp of cinnamon

Mix and pour the mixture into the muffin pan (makes approx. 6 in a normal muffin tin). Bake at 200°C for 12–14 minutes (depending on how big the muffins are).

TLS TREATS *(cont. on next page)*

CROSS TRAINER CUPCAKES (CC, SS)

(Servings: 12)

- 1¼ cup of oat flour
- ¼ cup of Stevia powder
- ½ cup of unsweetened applesauce
- ½ cup of Greek yogurt (plain)
- ¼ cup of almond milk
- 2 tsp of baking powder
- ½ tsp of baking soda
- ½ tsp of salt
- 1 tsp of almond extract
- 1 tsp of vanilla extract
- 3 egg whites
- 1 serving of TLS Nutrition Shake — Creamy Vanilla
- Light whipped cream (optional)

Preheat oven to 190°C. Coat the muffin pan with cooking spray. Combine all the ingredients in blender or food processor, mixing until the consistency is uniform. Pour the mixture into a pan and bake for 20 minutes. Cool and top with light whipped cream. Store in the refrigerator as needed.

TLS TREATS

Have a birthday, gathering or celebration coming up? These are sure to please – no one will know they are healthy!

PEANUT BUTTER-BANANA COOKIES (SS, CC)

(Servings: 5)

- 1 cup of oats
- 2 medium bananas
- 2 Tbsp of peanut butter
- 1 serving TLS® Nutrition Shake — Creamy Vanilla

Preheat the oven to 175°C. Using a fork, combine all the ingredients into a uniform dough, adding milk or water as necessary to achieve desired consistency. Coat a cookie sheet with cooking spray and divide the dough between 8–10 individual cookies. Bake for 15–20 minutes.

CHAMPIONSHIP CHOCOLATE CHIP COOKIES (SS, CC)

(Servings: 24)

- 1¾ cup of oat flour
- 1 cup of unsweetened applesauce
- 1 cup of Greek yogurt (plain)
- 1 can (16 oz of) chickpeas (drained and rinsed)
- ¼ cup of Stevia powder
- ¼ cup of dark chocolate chips
- 1 egg
- 1 tsp of baking powder
- ½ tsp of baking soda
- ½ tsp of salt
- 1 tsp of vanilla extract
- 1 serving of TLS Nutrition Shake — Creamy Vanilla

Preheat the oven to 200°C. Coat a baking sheet with cooking spray. Setting aside the chocolate chips, combine all the dry ingredients. Using a blender or food processor, combine all the wet ingredients, mixing thoroughly into a uniform texture. Combine all the ingredients, stirring chocolate chips in last. Scoop and place dough on a baking tray in 2 Tbsp portions. Bake for 8–10 minutes and cool.

DELECTABLE DIET DOUGHNUTS (RR, SS, CC)

(Servings: 6)

- 1 whole egg
- 2 egg whites
- 1 cup of almond milk
- ½ cup of coconut flour
- ¼ cup of Stevia powder
- 2 Tbsp of unsweetened applesauce
- 2 Tbsp of honey
- 1 tsp of baking soda
- ⅛ tsp of salt
- 1 serving of TLS Nutrition Shake — Creamy Vanilla

Preheat the oven to 175°C. Coat a doughnut pan with cooking spray. Combine the dry ingredients and the wet ingredients separately. Combine the dry ingredients with the wet ingredients and mix thoroughly into a uniform texture. Bake for 20–25 minutes and cool.

MOCHA BROWNIES (SS, CC)

(Servings: 12)

- 14 oz of sweet potatoes (skinned)
- 3½ oz of dark chocolate chips
- 2 Tbsp of oats
- 3 egg whites
- 1 tsp of agave nectar/maple syrup
- 1 tsp of instant coffee
- ½ tsp of cinnamon
- ½ tsp of baking powder
- ½ tsp of coconut oil
- ½ cup of almonds (chopped) (optional)
- 1 serving of TLS Nutrition Shake — Chocolate Delight

Preheat the oven to 175°C. Boil potatoes over medium-high heat until soft, then combine them with the protein powder, oats, coffee and baking powder using a blender or food processor. Melt chocolate and coconut oil for 1–2 minutes over low-medium heat, stirring consistently, then add to other ingredients along with agave nectar/maple syrup and egg whites, mixing thoroughly. Coat an 8x8 baking pan with cooking spray. Pour batter and bake for 30 minutes.

DUSTED DOUGHNUT HOLES (SS, CC)

(Servings: approximately 16)

- 1 cup of oat flour
- ¼ cup of Stevia powder
- ¼ cup of almond milk
- 1 tsp of baking powder
- 1 tsp of cinnamon
- ½ tsp of salt
- ½ tsp of vanilla extract
- ¼ tsp of baking soda
- 4 egg whites
- 1 serving of TLS Nutrition Shake — Creamy Vanilla

DUSTING (optional):

- ¼ cup of Stevia powder
- 2 Tbsp of cinnamon

Preheat the oven to 160°C. Coat mini muffin tray with cooking spray. Combine the dry ingredients and the wet ingredients separately. Combine the dry ingredients with the wet ingredients and mix thoroughly into a uniform texture. Bake for 20–25 1 cup blueberries to ingredients. Remove while warm and roll in dusting, if desired.



TLS NO-BAKE RECIPES

TLS® CHOCOLATE PROTEIN BALLS (SS, CC)

- 1 cup of organic or natural peanut butter
- ½ cup of flax meal
- ½ cup of unsweetened coconut flakes
- 1 cup of gluten-free granola
- 2 Tbsp of honey
- 2 Tbsp hemp hearts
- 2 scoops of TLS Nutrition Shake — Chocolate Delight

Mix with your hands, add a splash of water while mixing, and hand-roll the mixture into balls. Refrigerate for 30 minutes and keep refrigerated.

FROZEN YOGURT BERRY BARK DESSERT (RR, SS, CC)

- 2 cups of plain Greek yogurt
- 2–3 scoops of TLS Nutrition Shake — Creamy Vanilla
- 1 cup of berries of your choice
- 1 Tbsp of unsweetened shredded coconut
- 1 Tbsp of honey (optional)

Mix the yogurt, TLS shake, and honey until combined. Add two-thirds of the berries and stir again. Line a tray with parchment paper and spread the yogurt mixture evenly to desired thickness. Top with remaining berries and coconut. Place in the freezer for 2–4 hours or until frozen. Remove from freezer, break and serve.

PEANUT BUTTER FUDGE PROTEIN BARS (SS, CC)

(Servings: 12)

- 1 cup of natural peanut butter
- 3 Tbsp of honey (or to taste)
- 1 cup of uncooked oats
- 2–5 Tbsp of water
- 1 Tbsp of unsweetened cocoa (optional)
- 1½ cups of TLS Nutrition Shake — Chocolate Delight

Mix the peanut butter and honey in a bowl and microwave for 30 seconds. Add the rest of the ingredients and mix together. The mixture should be crumbly and slightly moist. Press (hard) into a 9x9 tray and refrigerate for 20 minutes. Cut into 12 equal bars.

VEGAN NO-BAKE PEANUT BUTTER CHOCOLATE CHIP PROTEIN BARS (CC, SS)

(Servings: 15)

DRY

- 1½ cups of oats
- ½ cup of shredded coconut (sweetened optional)
- ½ cup of raisins or any dried fruit like date chunks, cranberries, craisins, dried cherries/mangoes/apricots. (optional)
- ½ cup of chocolate chips
- ¼ cup of almonds, chopped (optional or can be substituted for other nuts)
- 1½ tsp of cinnamon powder
- 3 scoops of TLS Nutrition Shake — Creamy Vanilla

WET

- 1 ripe banana (mashed)
- ¼ cup of sweetener (maple syrup, agave nectar or honey)
- ½ cup of almond butter (or any nut butter like peanut/pecan/cashew)
- 1 tsp of vanilla extract

Combine all of the dry ingredients in a large bowl. In a smaller bowl, mash the ripe banana and add all wet ingredients. Pour the wet ingredients into the dry and mix well. Spread the mixture into 8x8 or 9x9 baking dish lined with plastic wrap or waxed paper. Press until flat. Place the dish in a freezer for a few hours or until firm. Remove the mixture from the dish and carefully cut it into 15 squares/bars or logs. For easy grab-and-go snacks, wrap the bars individually in plastic wrap. Store in the refrigerator or freezer for up to one month. These bars soften quickly at room temperature.



ENJOYING YOUR TLS TREATS?

Take a picture or video of your creations and tag us!



@TLSWEIGHTMANAGEMENT