

## CAMBRIDGE RECIPES

You can make the Vanilla Cambridge Hot by using Hot coffee or Hot water & instant coffee.

### **VANILLA SHAKE** Sole Source

#### **Butter Pecan Cream**

6 oz. water  
1 serving vanilla Cambridge  
1-2 ice cubes  
½ tsp. Maple Extract  
½ tsp. Coconut Extract

**New**

### **VANILLA SHAKE** Sole Source

6 oz. SELECT CLEAR  
Apricot Peach  
Carbonated water, sugar free  
1 serving vanilla Cambridge  
¼ to ½ teaspoon coconut extract  
1-2 ice cubes

Vons & Safeway Markets carry Select Clear. It comes in quart bottles. You can add Equal or Sweet & Low if you want.

### **VANILLA SHAKE** Regular Program

#### **Fresh Peach**

6 oz. water  
1 serving vanilla Cambridge  
1 peeled fresh peach  
1-2 ice cubes

**New**

### **VANILLA SHAKE** Regular Program

6 oz. SELECT CLEAR  
Apricot Peach  
Carbonated water, sugar free  
1 serving vanilla Cambridge  
1 fresh peach & or ¼ to ½ banana  
¼ to ½ teaspoon coconut extract  
1-2 ice cubes.

If not adding additional food, you may add coconut, pineapple, banana, almond, rum, extracts. You can also add spices, cinnamon, or pumpkin pie spice. You may use Diet Soda in place of water. If you want a hot drink, add coffee.

If you are adding additional food, you may add any fruit or fruit juice you like to the shake.