

A tall, clear glass filled with a thick, white, creamy shake. The glass is placed on a rustic, weathered wooden table with a light blue-green patina. Scattered around the base of the glass and to the right are several vibrant red rose petals. To the right of the glass, a stack of white, textured towels or cloths is visible, also adorned with a few red rose petals. The background is a plain, light-colored wall.

HERBALIFE

Shake Recipes

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We offer a tasty surprise for each day with our book!
Herbalife Shake Recipes were prepared under the guidance of Chef Eyüp Kemal Sevinç.



About Eyüp Kemal Sevinç

Eyüp Kemal Sevinç started working as a chef in 1991. He worked at world-famous hotels as well as being a globally renowned chef in Turkey. He won over 100 medals, trophies, and awards at domestic and international cooking contests. He has also attended as an expert judge to international professional cooking contests and regional cooking contests in Turkey since 2001. Mr.Sevinç is the founder of the Hobimle Mutluyum Lezzet Okulu (Happy with My Hobby School of Taste) and EKS Kitchen Academy, and presents two shows, EKS 101 on Turkmax Gurme and Chefs' Kitchens on TV24 where he shares his recipes and presentations with his viewers.

With these tasty and creative shake recipes, all prepared and tested by Chef Eyüp Kemal Sevinç, you will love how well different ingredients go together. You'll enjoy your meals much more than before and this will become your new lifestyle!

ROSE SHERBET

Ingredients (Serves 1)

250 ml Water
3 Tablespoons Rose Water
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with rose petals.

Serving suggestion: Add a few ice cubes to water and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 105 kcal | **Protein:** 9 g | **Carbs:** 7 g | **Fat:** 2 g

COCONUT DELIGHT

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
1 Tablespoon Powdered Coconut Flakes
1/4 Banana
1 Teaspoon Grated Orange Rinds
1 Tablespoon Plain Muesli
2 Tablespoons (26 g) **Chocolate Flavored Herbalife Formula 1 Shake Mix**

Directions

Slice the banana and mix with milk in the blender. Make sure the banana is properly smashed. Add the remaining ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with powdered coconut.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 354 kcal | **Protein:** 33 g | **Carbs:** 24 g | **Fat:** 14 g

WATERMELON CHEESE CLASSIC

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
1.5 Tablespoons Curd Cheese
3-4 Drops of Lime
1 Palm-Sized of Watermelon, 4 Fresh Mint Leaves
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with fresh mint leaves.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 251 kcal | **Protein:** 21 g | **Carbs:** 24 g | **Fat:** 6 g

MASTIC COFFEE

Ingredients (Serves 1)

250 ml Soy Milk
1 Tablespoon Instant Coffee
1 Teaspoon Crushed Mastic Gum
2 Tablespoons (26 g) **Chocolate Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients in the blender and mix until the desired consistency is reached. Serve straight away.

Serving suggestion: Add a few ice cubes to soy milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 221 kcal | **Protein:** 21 g | **Carbs:** 22 g | **Fat:** 7 g

HAZELNUT SURPRISE

Ingredients (Serves 1)

200 ml Semi-Skimmed Milk (1.5%)
1 Teacup of Cold Brewed Green Tea
8 Berries
2 Tablespoons Oat Bran
2 Tablespoons (26 g) **Hazelnut Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with berries.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 229 kcal | **Protein:** 18 g | **Carbs:** 22 g | **Fat:** 6 g

SURPRISE DELIGHT

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
2 Tablespoons Soft Goat Cheese
6 Fresh Spinach Leaves
1 Tablespoon of Pine Nuts
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 300 kcal | **Protein:** 25 g | **Carbs:** 21 g | **Fat:** 11 g

GINGER FRESHNESS

Ingredients (Serves 1)

250 ml Fruit Juice Mix
6 Hazelnuts
3 Fresh Mint Leaves
1 Pinch Fresh Grated Ginger
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with fresh mint leaves.

Serving suggestion: Add a few ice cubes to fruit juice and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 301 kcal | **Protein:** 11 g | **Carbs:** 39 g | **Fat:** 10 g

YOGURT DELIGHT

Ingredients (Serves 1)

200 ml Water
3 Tablespoons Light Yogurt
1 Tablespoon Oatmeal
1 Teaspoon Grated Orange Rinds
8 Raisins
2 Tablespoons (26 g) **Chocolate Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with grated orange rinds.

Serving suggestion: Add a few ice cubes to water and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 212 kcal | **Protein:** 15 g | **Carbs:** 27 g | **Fat:** 5 g

SOUR CHERRY COMPOTE

Ingredients (Serves 1)

250 ml Sour Cherry Compote
12 Shelled Peanuts
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Ingredients for Sour Cherry Compote

1 Bowl of Sour Cherries (Fresh or Frozen)

Preparation of Sour Cherry Compote

Boil one bowl of sour cherries in 1 liter of water and let it cool down.

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with crushed peanuts.

Serving Suggestion: Add a few ice cubes to the sour cherry compote and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 229 kcal | **Protein:** 14 g | **Carbs:** 22 g | **Fat:** 8 g

GREEN DELIGHT



Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
1 Medium Kiwi (Peeled)
2 Slices of Pineapple
4 Fresh Spinach Leaves
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Directions

Slice the kiwi and the pineapple. Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 354 kcal | **Protein:** 20 g | **Carbs:** 46 g | **Fat:** 7 g

APPLE LEMON GINGER SHAKE

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)

1/2 Apple

4 Tablespoon Lemon Juice

1 Tablespoon Ginger (Grated)

2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Directions

Slice apples. Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 338 kcal | **Protein:** 19 g | **Carbs:** 45 g | **Fat:** 7 g

CARROT CAKE SHAKE

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
1 Medium Steamed Carrot (Steamed and Sliced)
1 Tablespoon Skim Cream Cheese
8 Raisins
1 Whole Walnut
1 Teaspoon Cinnamon
1 Teaspoon Powdered Coconut Flakes
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with cinnamon.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 340 kcal | **Protein:** 23 g | **Carbs:** 32 g | **Fat:** 12 g

PALACE SHERBET

Ingredients (Serves 1)

250 ml Palace Sherbet
8-10 Large Mulberries
8 Raw Almonds
1/2 Teaspoons Cinnamon
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Ingredients for Palace Sherbet

8 Dried Prunes
A Handful of Raisins

Preparation of Palace Sherbet

Boil dried prunes and raisins in 1 liter of water and let it cool down.

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with cinnamon.

Serving suggestion: Add a few ice cubes to the palace sherbet and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 348 kcal | **Protein:** 16 g | **Carbs:** 19 g | **Fat:** 15 g

FRUIT BASKET

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
1/8 Apple
1/8 Pear
1/4 Pineapple Slice
1 Apricot
1 Tablespoon Melon
1 Whole Walnut
1/2 Teaspoons Cinnamon
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with cinnamon.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 310 kcal

Protein: 19 g

Carbs: 34 g

Fat: 9 g

ORANGE PEANUT BUTTER

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
1 Tablespoon Peanut Butter
1 Teaspoon Grated Orange Rinds
3 Drops of Lime
2 Tablespoons (26 g) **Chocolate Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with grated orange rinds.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 255 kcal | **Protein:** 20 g | **Carbs:** 23 g | **Fat:** 10 g

LOVE OF RED

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
3 Sour Cherries (Fresh or Frozen)
3 Blackberries (Fresh or Frozen)
3 Raspberries (Fresh or Frozen)
1/2 Slice Watermelon (About half the size of your palm)
4 Fresh Mint Leaves
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with fresh mint leaves.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 299 kcal | **Protein:** 19 g | **Carbs:** 37 g | **Fat:** 7 g

APPLE PIE SHAKE

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
1 Small Green Apple (Peeled)
1 Teaspoon Cinnamon
1 Teaspoon Powdered Coconut Flakes
2 Cloves
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with cinnamon.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 308 kcal | **Protein:** 19 g | **Carbs:** 36 g | **Fat:** 7 g

LEGENDARY HAZELNUT

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
1/8 Avocado (Sliced)
2 Tablespoons of Boiled Sweet Potato or Half Raw Carrot Grated
2 Tablespoons (26 g) **Hazelnut Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 293 kcal | **Protein:** 19 g | **Carbs:** 22 g | **Fat:** 14 g



SOUR APPLE DELIGHT

Ingredients (Serves 1)

250 ml Mineral Water (Cold)
1/4 Green Apple
1 Tablespoon Grated Cucumbers (1/4 Cucumber, Grated)
4 Drops of Lime
6 Fresh Mint Leaves
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with fresh mint leaves.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 120 kcal | **Protein:** 10 g | **Carbs:** 13 g | **Fat:** 2 g



ALMOND PEACH SHAKE

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
150 g Peach
1/4 Tablespoon Almond Extract
A Few Slices of Ginger
2 Tablespoons (26 g) **Vanilla Flavored Herbalife
Formula 1 Shake Mix**

Directions

Slice the peach and ginger. Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately.

Serving suggestion: Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 319 kcal | **Protein:** 20 g | **Carbs:** 35 g | **Fat:** 9 g

RED VELVET SHAKE

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
75 g Strawberry
50 g Red Beet (Unsalted)
2 Tablespoons Skim Cream Cheese
2 Tablespoons (26 g) **Vanilla Flavored Herbalife
Formula 1 Shake Mix**

Directions

Slice the beet and strawberries. Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately. You can garnish the serving glass with slices of strawberry.

***Serving suggestion:** Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.*

Nutritional Facts:
Calories: 316 kcal | **Protein:** 26 g | **Carbs:** 28 g | **Fat:** 9 g



SOUR CHERRY CHEESE SHAKE

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
75 g Sour Cherry (Frozen)
80 g Skim Whey Cheese
2 Tablespoons (26 g) **Herbalife Formula 1
Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately.

Serving suggestion: Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 329 kcal | **Protein:** 32 g | **Carbs:** 30 g | **Fat:** 7 g

SPICY CHAI SHAKE

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)

1 Small Banana

1/2 Spoons Chai (cinnamon, clover, white pepper, cardamom)

1/2 Teaspoons **Herbalife Instant Herbal Beverage – Classic**

2 Tablespoons (26 g) **Vanilla Flavored Herbalife**

Formula 1 Shake Mix

Directions

Slice the banana. Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately.

***Serving suggestion:** Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.*

Nutritional Facts:

Calories: 320 kcal | **Protein:** 20 g | **Carbs:** 39 g | **Fat:** 8 g

PISTACHIO CHEESE DELIGHT

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
2 Tablespoons Mild Cream Cheese
2 Tablespoons Powdered Pistachio
2 Tablespoons Grated Cucumbers (1/2 Cucumber, Grated)
2 Tablespoons (26 g) **Chocolate Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 357 kcal

Protein: 22 g

Carbs: 26 g

Fat: 19 g

MINTY POMEGRANATE

Ingredients (Serves 1)

150 ml Semi-Skimmed Milk (1.5%)
100 ml Pomegranate Juice
4 Fresh Mint Leaves
2 Tablespoons (26 g) **Chocolate Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients into the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with fresh mint leaves.

Serving suggestion: Add a few ice cubes to milk and pomegranate and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 236 kcal | **Protein:** 14 g | **Carbs:** 33 g | **Fat:** 5 g

STRAWBERRY KIWI SHAKE

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
75 g Strawberry (Frozen)
1 Kiwi (Ripe)
1/2 Medium-Size Orange
2 Tablespoons (26 g) **Vanilla Flavored Herbalife
Formula 1 Shake Mix**

Directions

Slice the orange into big pieces. Slice the kiwi. Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately. You can garnish the serving glass with kiwi slices.

Serving suggestion: Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 351 kcal | **Protein:** 20 g | **Carbs:** 54 g | **Fat:** 7 g

CINNAMON LINDEN



Ingredients (Serves 1)

200 ml Semi-Skimmed Milk (1.5%)
1 Teacup of Linden Tea (Steeped and Cooled)
2 Tablespoons Oatmeal
1/2 Teaspoons Cinnamon
2 Tablespoons (26 g) **Chocolate Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with cinnamon.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:
Calories: 310 kcal | **Protein:** 20 g | **Carbs:** 37 g | **Fat:** 9 g

PERFECT DUO

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
4 Strawberries
2 Tablespoons Grated Carrots
1 Tablespoon Sliced Almond
2 Tablespoons (26 g) **Chocolate Flavored Herbalife Formula 1 Shake Mix**

Directions

Add ingredients in the blender and mix until the desired consistency is achieved. Serve straight away. You can garnish the serving glass with crushed almonds.

Serving suggestion: Add a few ice cubes to milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 386 kcal | **Protein:** 23 g | **Carbs:** 32 g | **Fat:** 19 g



APPLE COMPOTE WITH MOLASSE

Ingredients (Serves 1)

250 ml Apple Compote
2 Teaspoons of Molasses
2 Tablespoons (26 g) **Vanilla Flavored Herbalife Formula 1 Shake Mix**

Ingredients for Apple Compote 2 Sweet Apples

Preparation of Sour Apple Compote

Boil 2 sweet unpeeled diced apples in one liter of water and cool.

Directions

Add ingredients in the blender and mix until the desired consistency is achieved.

Serving suggestion: Add a few cubes of ice in the apple compote and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 316 kcal | **Protein:** 11 g | **Carbs:** 56 g | **Fat:** 4 g

BANANA PUMPKIN SHAKE

Ingredients (Serves 1)

250 ml Semi-Skimmed Milk (1.5%)
100 g Pumpkin (Boiled)
1 Small Banana
1 Teaspoon of Cinnamon
2 Tablespoons (26 g) **Vanilla Flavored Herbalife
Formula 1 Shake Mix**

Directions

Slice the banana. Add ingredients into the blender and mix until the desired consistency is achieved. Serve immediately. You can garnish the serving glass with cinnamon.

Serving suggestion: Add a few ice cubes to the milk and mix. After the ice has been crushed, add all other ingredients and mix until the desired consistency is achieved.

Nutritional Facts:

Calories: 322 kcal | **Protein:** 20 g | **Carbs:** 41 g | **Fat:** 6 g

