

Christmas Recipe Card



Make the most of Nualtra's supplements this Christmas with these simple seasonal recipes

Eggnog

Ingredients (serves 1)

- 1 x Foodlink Complete Vanilla 57g sachet
- 200ml of chilled whole-milk
- 50ml of double-cream
- ½ tsp. ground cinnamon
- ½ tsp. ground nutmeg

Pour the Foodlink Complete into your shaker, along with the spices. Add the chilled whole-milk and cream and shake! Can also be made in a glass while stirring with a fork.

557
kcal
20g
protein



Holiday Punch

Ingredients (serves 1)

- 1 x Orange Altrajuce 200ml Tetrapack
- 50ml Cranberry Juice
- 100ml Ginger Ale

Pour the Orange Altrajuce into a glass/jug. Add the cranberry juice and sir. Top up with the ginger Ale. Options for garnish: cranberries, orange slices and a sprig of rosemary.

360
kcal
7.8g
protein



After-eight Milkshake

Ingredients (serves 1)

- 1 x 125g tub of Mint-Chocolate Nutricrem
- 200ml chilled whole-milk

Add the pot of Mint Chocolate Nutricrem to a blender, or shaker with 250ml of chilled whole-milk. Add a dash of double cream for an extra rich flavour!

376
kcal
20.5g
protein



Hazel Chocolate Mocha

Ingredients (serves 1)

- 1 x 125ml Altraplen Compact Hazel Chocolate
- 100ml Whole-Milk
- 1 tsp of Instant Coffee

Pour Hazel Chocolate Altraplen Compact into a saucepan with whole milk and heat gently, stirring all the time but do not boil! Add the coffee, stir and enjoy!

365
kcal
16g
protein



**Allergens may be present. Check individual packaging and ingredients.*

Consult your healthcare professional if you have any allergen concerns.

***Serving Suggestions Only. All nutritional values approximate depending on product used.*

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