

Altraplen

COMPACT DAILY

tips & ideas

for use with Altraplen Compact Daily

Altraplen Compact Daily is a versatile supplement that gives you the freedom to take the 250ml how you choose throughout the day (e.g. am and pm). It's delicious by itself, but did you know you can also add it to drinks, desserts and breakfasts using some of these quick and easy ideas?



Serving suggestion only



Strawberry Delight



Chill Altraplen Compact Daily first for a thicker shake!

Recipe 758Kcal | 29.2g Protein

- 250ml Altraplen Compact Daily Strawberry • 100ml Whole Milk
- 4 Frozen Strawberries • 1 tbsp Malt Powder • 1 tbsp Whipped Cream

Blend together Altraplen Compact Daily with the strawberries, malt powder and milk in a Nualtra shaker or jug. Pour into a tall glass and serve topped with whipped cream.



Hot Hazel Chocolate

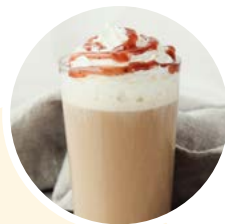


When warming Altraplen Compact Daily, be careful not to boil it!

Recipe 759Kcal | 28.5g Protein

- 250ml Altraplen Compact Daily Hazel Chocolate
- 100ml Whole Milk • 1 tbsp Nutella

Gently warm the Altraplen Compact Daily with the nutella and milk in a pan or microwave for 60 seconds, whilst stirring. Serve in a mug and top with marshmallows (optional).



Salted Caramel Shake



Top with squirty cream for an optional extra!

Recipe 683Kcal | 24g Protein

- 250ml Altraplen Compact Daily Vanilla • 2 tbsp Maple Syrup
- 50ml Whole Milk • Pinch of Sea Salt

Add Altraplen Compact Daily, maple syrup, sea salt and cold milk to a Nualtra shaker or whisk together and serve!



Banana Ice-cream Float



Serve immediately before the ice-cream melts!

Recipe 804Kcal | 25.5g Protein

- 250ml Altraplen Compact Daily Banana • 2 tbsp Maple Syrup
- 100ml Cream Soda • 1 Scoop Vanilla Ice-cream

Stir together Altraplen Compact Daily with the maple syrup and cream soda. Top with a scoop of vanilla ice-cream.

Visit www.nualtra.com to order patient samples

NOTE: Please check individual product and ingredients labels if you're concerned about any allergens that may be present in these recipes. Contact your healthcare professional if you need advice.