



# HOT DRINKS

## Winter Menu



We've blended seasonal café favourites with all the benefits of our usual ONS products to create this delicious range of winter warmers!



**Chai Tea Latte**  
423kcal / 19g Protein

Sweet and spicy tea makes a perfect winter warmer.

#### Recipe

Pour 1/2 cup of water into a pan and add 1 chai tea bag. Bring to the boil and leave to seep for 5-7 mins. Take 1 sachet of Foodlink Complete Vanilla and add 200ml whole milk into a Nualtra shaker or jug and shake/mix well. Add the Foodlink complete mixture to the pan with 1 tbsp of honey. Gently warm through (do not boil), whilst stirring. Remove the tea bag, pour into a cup and dust with ground cinnamon and nutmeg.



**Chocolate Orange Hot Choc**  
587kcal / 27.3g Protein

This combo is a taste sensation, adding sumptuous warmth to your day.

#### Recipe

Pour 1 x 125g pot of Nutricrem Chocolate Orange into a pan and warm or microwave for 60 seconds. (Do not boil!). Add 1 sachet of Foodlink Complete Compact Chocolate with 100ml whole milk into a Nualtra shaker or jug and shake/mix well. Warm the Foodlink Complete mixture in a pan or microwave for 60 seconds. (Do not boil!). Pour the warmed Nutricrem into a mug and gradually add the warmed Foodlink Complete, stirring as you go. Top with spray cream and a dusting of cocoa powder (optional!).



**Hazel Choco-latte**  
447kcal / 14.6g Protein

This café creation gives you a truly hazelnutty indulgent experience.

#### Recipe

Pour 50ml whole milk into a mug, then add 1 tbsp of Nutella chocolate spread. Warm in the microwave for 60 seconds, then add 1 x 125ml Altraplen Compact Hazel Chocolate to the mug. Gently warm for another 60 seconds (Do not boil!) In a separate mug add 1 tsp of coffee granules and mix with 25-30ml boiling water. Combine the coffee mixture with the warmed Nutella and Altraplen mixture, stirring as you go. Top with spray cream and a dusting of cocoa powder (optional!).



**Cappuccino**  
443kcal / 20g Protein

Presenting... Nualtra's version of the humble cappuccino. Ciao Bella!

#### Recipe

Mix 1 x sachet of Foodlink Complete Natural or Vanilla with 200ml whole milk. Gently warm in a pan or place in a jug and microwave for 60 seconds. Take 1 x sachet of instant cappuccino mix and add to a clean mug. Gradually pour over the warmed Foodlink Complete, stirring as you go. Dust with cocoa powder.



**Affogato**  
358kcal / 14.4g Protein

Nutricrem Vanilla 'ice cream' can be topped with espresso or strong coffee.

#### Recipe

Freeze a 125g pot of Nutricrem Vanilla the day before. On the day, chill a cup in the freezer for 30 minutes beforehand! Then scoop your frozen Nutricrem from its pot into the chilled cup. In a separate cup, add 2 tsp of instant coffee and pour over 60ml boiling water, stirring well. Slowly pour the hot coffee over the Nutricrem 'ice cream'. Add a crumbled chocolate flake and enjoy.



**Café Honeycomb**  
488kcal / 14.5g Protein

Adding some crunch to a coffee gives this café creation that added bite!

#### Recipe

Gently warm 50ml whole milk and 1 x 125ml Altraplen Compact Vanilla in a pan (Do not boil!) or microwave for 30-60 seconds. Add 1 tsp of coffee granules to a mug and pour over 25ml boiling water. Stir until the granules dissolve. Pour the warmed milk and Altraplen mixture over the coffee and stir well. Break a Cadbury's Crunchie (26.1g) into small pieces, sprinkle over the top and enjoy!



# HOT DRINKS

## Festive Menu

There's no need to miss out on the festive flavours - we've got Christmas covered with these Nualtra Café Creations!



### Baileys Cafe Cream

447kcal / 14.6g Protein

Nualtra's take on a coffee Christmas classic!

#### Recipe

Take 100ml whole milk and warm gently in a pan or microwave for 30-60 seconds. In a separate mug add 1 tsp of instant coffee, then pour over 25-30ml water and stir. Add a 30ml shot of Altrashot Vanilla to the coffee mixture, stirring to mix well. Gradually pour over the warmed whole milk, stirring as you go. Add a 30ml shot of Baileys Irish Cream, stirring gently to mix. Top with whippy spray cream and a dusting of cocoa powder (optional!)



### Mint Crunch Hot Choc

623kcal / 27.3g Protein

Mint matchmakers add that extra Christmas crunch.

#### Recipe

Pour 1 x 125g pot of Nutricrem Chocolate Mint into a pan and warm or microwave for 60 seconds. (Do not boil!). Add 1 sachet of Foodlink Complete Compact Chocolate with 100ml whole milk into a Nualtra shaker or jug and shake/mix well. Warm the Foodlink Complete mixture in a pan or microwave for 60 seconds. (Do not boil!). Pour the warmed Nutricrem into a mug and gradually add the warmed Foodlink Complete, stirring as you go. Break up 2 x mint matchmakers into small pieces and sprinkle over the top.



### Gingerbread Latte

443kcal / 19g Protein

Indulgent and silky smooth, bursting with festive flavour

#### Recipe

Take 1 sachet of Foodlink Complete Vanilla and add 200ml whole milk into a Nualtra shaker or jug and shake/mix well. Pour the Foodlink complete mixture into a pan and add 1tbsp brown sugar, 3/4 tsp ground ginger, 1/4 tsp ground nutmeg, 1 x cinnamon stick or 1/2 tsp of ground cinnamon. Gently heat, whisking until the sugar dissolves and warm through. In a mug either make a shot of espresso, or add 2 tsp of instant coffee and pour over 60ml boiling water and stir. Slowly pour the warm milk mixture over the coffee. Remove the cinnamon stick. Top with spray cream and a dusting of cinnamon (optional).