



Make the most of
Altraplen Energy and
Altrajuce over the
festive season.

festive flavours

seasonal recipe card





Festive Trifle

573kcal | 9.1g Protein per serving (2)
200ml Altrajuce Strawberry • 75g berries
150g ready made full fat custard
1 slice of sponge cake (sliced in squares)
50ml water • 1/2 x 23g jelly sachet
100ml double cream (whipped)

Pour jelly sachet into a jug and add 50ml of boiling water. Stir until the granules have dissolved and cool slightly. Add the Altrajuce and allow to cool. Layer the sponge and berries in a bowl or wide glass, pour the jelly mixture over and refrigerate until set. Pour the ready made custard over the top of the jelly and chill. Top with whipped cream. Garnish with grated chocolate and a sliced strawberry (optional).



Spiced Vanilla Winter Warmer

567kcal | 15.45g Protein
4 heaped tsp malt drink powder
200ml Altraplen Energy Vanilla
50ml whole milk • 1 oaty biscuit
1 tbsp whipped/squirry cream

Gently warm the milk, Altraplen Energy and malt powder in a pan, whisking to get a rich, foamy consistency (do not boil). Pour into your favourite mug and top with whipped cream and garnish with the crumbled biscuit. Add a light grating of nutmeg, and 1/2 tsp of cinnamon for a spiced winter warmer (optional).



Mulled Blackcurrant

300kcal | 7.8g Protein
200ml Altrajuce Blackcurrent
1 mulled wine/mulled cider spice bag
1 cinnamon stick • 2 slices of orange

Pour the Altrajuce into a pan and add the mulled wine or mulled cider spice bag, cinnamon stick and slices of orange. Slowly warm the mixture or microwave for 60 seconds (do not boil). Remove the spice bag and cinnamon stick before pouring into a cup or heat proof glass. Leave the orange slices in for a real festive feel (optional) and enjoy Nualtra's twist on mulled wine!



Salted Caramel Hot Chocolate

588kcal | 17.1g Protein
100ml whole milk
200ml Altraplen Energy Chocolate
2 tbsp salted caramel sauce
1 tbsp whipped/squirry cream

Pour the Altraplen Energy, milk and caramel sauce into a pan and heat gently (do not boil). Take off the heat and pour the mixture into a mug. Serve topped with whipped/squirry cream, grated chocolate and marshmallows (optional).

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