



MAKING NUTRICREM WORK FOR YOU

Recipe Card with Hints and Tips

Did you know that you can freeze Nutricrem?

Top tip for freezing inside the pot: stir beforehand!

Soft Serve "Ice-Cream" (291 kcals and 16g protein)

Blend the Nutricrem with 100ml of whole-milk and place in a shallow container inside the freezer. Stir every hour until it reaches the right consistency for you!



Mint Chocolate Cheesecake

Ingredients (serves 1)

1 x pot of Mint Chocolate Nutricrem
4 Oreo biscuits (Hob Nobs and Digestives work as well)
100g of full-fat cream cheese

Crush Oreos and sprinkle ½ as the first layer in base of a cup.
Stir up the Nutricrem and fold into the cream cheese. Layer ½ on top of biscuit. Repeat!
Chill (2-3 hours). Add chocolate on top to decorate! We recommend Aero bubbles or grated dark chocolate.

743
kcal
21.2g
protein



Chocolate Orange Milkshake

Ingredients (serves 1)
1 x pot of Chocolate Orange Nutricrem
250ml chilled whole-milk

Add the pot of Chocolate Orange Nutricrem (our other flavours also work well) to a blender with 250ml of chilled whole-milk.
Add a dash of double cream for an extra rich flavour!

376
kcal
20.5g
protein



Hints and Tips for Warming Nutricrem!

Gently warm Nutricrem over a low heat in a pan while stirring for 1-2 minutes or 1 minute in the microwave. Overheating can affect the vitamins/minerals/protein levels of products.

Serving Suggestion:

Nutricrem Vanilla, warmed and poured over your favourite crumble, cake or pie!

Do Not Boil

Yoghurt Breakfast Bowl

Ingredients (serves 1)

1 x pot of Vanilla Nutricrem
2 tbl spoons of full-fat Greek yoghurt
Your choice of toppings!

Fold your Nutricrem through the Greek yoghurt and then top with your breakfast favourites!
Here are some combinations that work:

- Fresh strawberries and banana, with a handful of granola and a drizzle of honey. (523 kcals and 17.9g protein)
- Blueberries and raspberries with coconut flakes and a drizzle of honey. (360 kcals and 14.7g protein)
- Banana with peanut butter and a handful of milk chocolate chips. (532 kcals 19.3g protein)

~471
kcal
17.3g
protein



Strawberry Eton Mess

Ingredients (serves 1)
1 x pot of Strawberry Nutricrem
3-4 strawberries (40g)
1 meringue nest, broken up
100ml double cream, softly whipped

Mash the strawberries, then fold into the Nutricrem and meringue pieces.
Top with whipped cream.

755
kcal
14.9g
protein

