

Fun ways to enjoy

# Altrini

COMPACT FIBRE



Have a go at our quick recipe ideas - perfect for super little heroes who fancy a change!

## Power Up Porridge

40g porridge oats  
125ml Altrini Compact Fibre  
175ml water

In a small pan, add the oats and water and stir, whilst heating gently. Slowly add Altrini Compact Fibre, (any flavour) stir over a low heat, until desired consistency.



Serve with honey, berries and sliced bananas. Arrange fruit into animal faces or even your own superhero!

Try chilled Vanilla flavour on cereal in place of milk



Serving suggestion only



## All Star Angel Delight



Try using Altrini Compact Fibre Strawberry with banana or strawberry flavoured Angel Delight.

**Recipe 164Kcal | 3.3g Protein per serve | 4 servings**

- 59g Sachet of your favourite Angel Delight (any flavour)
- 175ml Whole Milk • 125ml Altrini Compact Fibre Vanilla

Pour the Altrini Compact Fibre into a bowl. Add Angel Delight powder and follow the packet directions: whisk until light and creamy. Leave to thicken for 5 minutes before serving. Store any leftovers in the fridge for later.



## Altrini Ultra freeze!



Add fresh berries to your mould and then pour in Altrini Compact Fibre & freeze.

**Recipe 300Kcal | 7.5g Protein**

- 125ml Altrini Compact Fibre (Any flavour)
- Ice-lolly mould or Ice cube tray • Fresh berries (optional)

Pour a bottle of Altrini Compact Fibre into your ice lolly mould and pop in the freezer for a few hours. Perfect on a summer day or for little heroes who fancy a change.



## Pack-a-Punch Pancakes



Double the recipe & use the full Altrini Compact Fibre bottle & save left over pancakes for later!

**Recipe 464Kcal | 17.5g Protein | Makes 4 small pancakes**

- 60ml Altrini Compact Fibre Vanilla • 100ml Whole Milk
- 1 egg • 50g plain flour • Your favourite toppings

Add all ingredients to a jug and whisk until smooth. Add 1tbsp oil to a small frying pan. Once hot, pour pancake mixture in until it coats the pan. Cook both sides for a few mins. Repeat until you've used all the mixture. Add chosen toppings - try banana, mini marshmallows & nutella to make animal faces!



## Hero Hot Chocolate



When heating Altrini Compact Fibre, just be careful not to boil it.

**Recipe 505Kcal | 12.7g Protein**

- 125ml Whole Milk • 125ml Altrini Compact Fibre Vanilla
- 3 Tspns Drinking Chocolate powder • 3 Marshmallows

Add Altrini Compact Fibre along with the milk into a saucepan or mug if using a microwave. Heat gently and then stir in the drinking chocolate. Top with marshmallows.

Visit [altrini.com](http://altrini.com) for more resources

**NOTE:** Please check individual product and ingredients labels if you're concerned about any allergens that may be present in these recipes.