



AdVital Nutritionally Complete Bulk Recipe Guide



	AdVital Powder per kg or L	Serves	Method	Hints & Tips
	3 metric cups (300g), 24 eggs, 700mL milk 	12 serves	Whisk AdVital Powder into milk. Whisk eggs into milk, season with salt & pepper, cook on gentle heat.	Add parmesan, feta or cheddar cheese when serving.
	3 metric cups (300g) per kg of porridge 	12 serves	Whisk AdVital Powder into milk. Combine milk with Rolled oats. Gentle heat until desired consistency. Stand for 1 minute, then add toppings to taste.	Add fresh berries, drizzle with honey and finish with toasted coconut chips.
	2 metric cups (200g) per kg yoghurt 	8 serves	Whisk AdVital Powder into milk, and then whisk fortified milk into yoghurt until well combined.	1. Flavour with vanilla essence or cinnamon. 2. Add to cereal and/or fresh fruit for a boost of energy and protein in the morning.
	2 metric cups (200g) per 2kg canned soup 	8 serves	Stir AdVital Powder into prepared canned soup until smooth. Gently reheat before serving.	1. Suitable for tomato-based soups. 2. Garnish with chopped parsley and basil. 3. For a heartier soup, microwave 2½ cups diced vegetables per kg of soup and stir in before reheating.
	2 metric cups (200g) per kg gravy 	8 serves	Whisk AdVital Powder into prepared gravy until smooth.	Add 2 tbsp of seeded mustard or Worcestershire Sauce per litre of gravy.
	1 metric cup (100g) per kg custard 	4 serves	Whisk or blend AdVital Powder into prepared custard until smooth.	Flavour with orange zest or 100mL of brandy or rum per litre of custard.
	1 metric cup (100g) per litre of banana smoothie 	4 serves	Blend AdVital Powder with all ingredients until smooth.	Add cinnamon or vanilla to taste. To naturally sweeten smoothies, use over-ripe bananas.
	2 metric cups (200g) per kg mashed potato 	8 serves	Whisk AdVital Powder into milk, and bring to the boil. Pour fortified milk over cooked mash potatoes. Add milk to moisten if required. Season and serve.	1. Add 150g of butter to hot potato. 2. If a little wet, mix in half a teaspoon of ThickPlus per kg of mash until you reach the desired consistency.
	1 metric cup (100g) per kg of cooked peas or carrots  1 metric cup (100g) per kg of cooked broccoli  2 metric cups (200g) per kg cooked cauliflower 	4-8 serves	Blend AdVital Powder into pureed vegetables until well combined.	1. Add warm milk to help consistency, if required.

For more recipe ideas visit AdVital.com.au



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