



Bulk Recipe Guide



	AdVital Powder per kg or L	Serves per kg or L	Method	Hints & Tips
 <p>Scrambled Eggs</p>	 <p>3 metric cups (300g), 24 eggs, 700ml milk</p>	12 serves per 1.4kg egg	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.
 <p>Porridge</p>	 <p>3 metric cups (300g) per kg of porridge</p>	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.
 <p>Yoghurt</p>	 <p>2 metric cups (200g) per kg yoghurt</p>	8 serves	Whisk AdVital Powder into milk, and then whisk fortified milk into yoghurt until well combined.	<ol style="list-style-type: none"> 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.
 <p>Canned Soup</p>	 <p>2 metric cups (200g) per 2kg canned soup</p>	8 serves	Stir AdVital Powder into prepared canned soup until smooth. Gently reheat before serving.	<ol style="list-style-type: none"> 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.
 <p>Gravy</p>	 <p>2 metric cups (200g) per kg gravy</p>	8 serves	Whisk AdVital Powder into prepared gravy until smooth.	Add 2 tbsp of seeded mustard or Worcestershire Sauce per litre of gravy.
 <p>Custard</p>	 <p>1 metric cup (100g) per kg custard</p>	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.
 <p>Banana Smoothie</p>	 <p>1 metric cup (100g) per litre of banana smoothie</p>	4 serves	Blend AdVital Powder with all ingredients until smooth.	Add cinnamon or vanilla to taste. To naturally sweeten smoothies, use over-ripe bananas.
 <p>Mashed Potatoes</p>	 <p>2 metric cups (200g) per kg mashed potato</p>	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.	<ol style="list-style-type: none"> 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.
 <p>Pureed Vegetables</p>	 <p>1 metric cup (100g) per kg of cooked peas or carrots</p>	4-8 serves	Blend AdVital Powder into pureed vegetables until well combined.	<ol style="list-style-type: none"> 1. Add warm milk to help consistency, if required. 2. Use Shape It to mould pureed vegetables to resemble their original form.
	 <p>1 metric cup (100g) per kg of cooked broccoli</p>			
	 <p>2 metric cups (200g) per kg cooked cauliflower</p>			



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