







Recipe Guide



AdVital Nutritionally Complete Powder is a neutral-flavoured supplement with 27 vitamins and minerals, plus 15 grams of protein, in just one 25g scoop. Add to food and drink without altering flavour or aroma.

Food/Drink	Quantity	AdVital Powder	Method	Energy Per Serve	Protein Per Serve	Tips
 <p>Scrambled Eggs</p>	2 extra large eggs. 50mL milk.	x1	Whisk AdVital Powder into milk. Whisk eggs into milk. Add salt and pepper to taste. Cook over gentle heat in butter.	1370kJ (327kcal)	25g	Add parmesan, feta or cheddar cheese when serving.
 <p>Porridge</p>	¼ cup or 30g Rolled oats. 120mL milk.	x1	Whisk AdVital Powder into milk. Combine milk and Rolled oats. Gentle heat until desired consistency. Stand for 1 minute, then add toppings to taste.	1240kJ (297kcal)	22g	Add fresh berries, drizzle with honey and finish with toasted coconut chips.
 <p>Yoghurt</p>	¾ cup or 180g yoghurt.	x1	Stir AdVital Powder into yoghurt until well combined.	1370kJ (328kcal)	25g	Add chopped cucumber and mint to plain yoghurt to make raita dip.
 <p>Canned Soup</p>	420g can condensed creamy soup (serves 2-4).	x2	Whisk AdVital Powder into prepared canned soup until smooth. Gently reheat on stove before serving.	875kJ (209kcal)	17g	For a heartier soup, microwave 1 cup diced vegetables and stir in before reheating.

1 scoop = 25g (scoop included in every can and pail of AdVital Powder).





For more recipe ideas visit [AdVital.com.au](https://www.advital.com.au)





Recipe Guide



Food/Drink	Quantity	AdVital Powder	Method	Energy Per Serve	Protein Per Serve	Tips
 <p>Gravy</p>	200mL gravy (serves 4).	x2	Whisk AdVital Powder into prepared gravy until smooth.	172kJ (41kcal)	6g	Add 1 tablespoon of Worcestershire Sauce for extra zing.
 <p>Custard</p>	200g custard.	x1	Whisk AdVital Powder into prepared custard until smooth.	1020kJ (245kcal)	20g	Flavour with orange zest or 1-2 tablespoons of brandy or rum.
 <p>Tea, Coffee & Hot Chocolate</p>	200mL water or milk.	x1	Stir AdVital Powder into prepared hot drink until dissolved. Add milk and sugar to taste.	992kJ (237kcal)	22g	Add ¼ teaspoon of peppermint extract to hot chocolate for a mint-choc treat.
 <p>Smoothies & Milkshakes</p>	250mL milk and 180g yoghurt or ice cream, plus fruit to taste.	x1	Blend AdVital Powder with all other ingredients until smooth.	1155kJ (276kcal)	20g	To naturally sweeten smoothies, use over-ripe bananas.

AdVital
Just Ad it.
AdVital.com.au



Suitable as a sole source of nutrition. Food for special medical purposes. Always read the label. Use under medical supervision. Not suitable for children under 1 years of age. Monash University has assessed this product as being low in FODMAP's only. One serving of this product is low in FODMAP's. Monash University Low FODMAP Certified trademarks used under licence in Australia and New Zealand by Flavour Creations. If a low FODMAP diet is being followed, use the Monash University FODMAP Diet App to find suitable low FODMAP ingredient alternatives.



AdVital.com.au | FlavourCreations.com.au | +61 7 3373 3000 | Sales@FlavourCreations.com.au



M-AV-40-02