



AdVital Neutral Powder is a nutritionally complete 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	Ingredients	AdVital Powder	Method	Energy Per Serve	Protein Per Serve	Tips
 Scrambled Eggs	<ul style="list-style-type: none"> <li>.2 extra large eggs</li> <li>.50mL milk</li> <li>.5g butter</li> </ul>	 <b>x1</b> Neutral	Whisk AdVital Powder into milk. Whisk eggs into milk. Add salt and pepper for taste. Cook over gentle heat in butter.	1262kJ	29.8g	Add parmesan, feta or cheddar cheese when serving.
 Banana Smoothie	<ul style="list-style-type: none"> <li>.250mL milk</li> <li>.1 medium banana</li> </ul>	 <b>x1</b> Neutral	Blend AdVital Powder with all other ingredients until smooth.	1552kJ	25.2g	To naturally sweeten smoothies, use over-ripe bananas.
 Lemon Slice	<p><b>Biscuit Base:</b></p> <ul style="list-style-type: none"> <li>.400g Marie biscuits</li> <li>Zest of 2-4 lemons</li> <li>.230g butter</li> <li>.1/3 cup lemon juice</li> <li>.395g condensed milk (1 can)</li> <li>.170g desiccated coconut</li> </ul> <p><b>Icing:</b></p> <ul style="list-style-type: none"> <li>.1 cup icing sugar</li> <li>.1/3 cup lemon juice</li> <li>.60g butter</li> <li>.45g desiccated coconut</li> </ul>	 <b>x4</b> Neutral           <b>x1</b> Neutral	<p><b>Biscuit Base:</b> Crush biscuits with a food processor. Mix lemon zest, AdVital, lemon juice and coconut. Melt butter with condensed milk and stir until butter melts. Add to dry mix and blend. Transfer to lined tray and press evenly. Refrigerate for 45 minutes.</p> <p><b>Icing:</b> Combine lemon juice, icing sugar, butter, AdVital and cook until smooth. Remove from heat and spread evenly over slice base. Sprinkle with coconut and refrigerate for 45 minutes.</p>	1805kJ	10.2g	Crumble the slice and sprinkle over ice-cream or sorbet.

**1 scoop = 25g (scoop included in every AdVital Powder can).**


For more recipe ideas visit [AdVital.com.au](http://AdVital.com.au)

Suitable as a sole source of nutrition. Food for special medical purposes. Formulated to provide protein, energy, vitamins, and minerals for medical conditions where nutritional needs cannot be met by diet modification alone. Use under medical supervision. Not for parental use. Not suitable for children under one year of age. Monash University has assessed this product as being low in FODMAPs only. One serving of this product is low in FODMAPs. If a low FODMAP diet is being followed, use the Monash University FODMAP Diet App to find suitable low FODMAP ingredient alternatives.



# Recipe Guide



Food/Drink	Ingredients	AdVital Powder	Method	Energy Per Serve	Protein Per Serve	Tips
 <p><b>Hedgehog Slice</b></p>	<ul style="list-style-type: none"> <li>• 250g Marie biscuits</li> <li>• 3 tbsp desiccated coconut</li> <li>• 3 tbsp cocoa</li> <li>• 170g butter</li> <li>• 150g caster sugar</li> <li>• 1/2 tsp vanilla extract</li> <li>• 1 egg</li> </ul>	 x5 Neutral	<p>Crush biscuits in a bowl until there is a mixture of fine and chunky crumbs. Add coconut, cocoa and AdVital Chocolate Powder. Melt butter with sugar. Add vanilla and mix well into biscuit mixture. Mix in beaten egg. Press evenly into lined tray and refrigerate for 45 minutes. Sprinkle coconut on slice.</p>	1573kJ	10.6g	Serve with ice-cream or pour a berry compote over the served slices. For extra decadence, grate chocolate over the top.
 <p><b>Vanilla Protein Balls</b></p>	<ul style="list-style-type: none"> <li>• 1/4 cup chia seeds</li> <li>• 1/2 cup oats</li> <li>• 1/2 cup peanut butter</li> <li>• 1/3 cup honey</li> <li>• 2 tsp vanilla extract</li> </ul>	 x5 Neutral	<p>Place all ingredients into large bowl. Mix everything until well combined. A firm, yet dough-like consistency is key. Add more honey if the mixture is dry. Add more oats if the mixture is soft. Start rolling the mixture in your hands, into tight balls. Place rolled balls onto a lined tray and refrigerate for 10 minutes.</p>	449kJ	5g	You can use an ice-cream scoop to help you roll even portions.
 <p><b>Hot Chocolate</b></p>	<ul style="list-style-type: none"> <li>• 1 tsp of cocoa</li> <li>• 200mL warm milk</li> </ul>	 x1 Neutral	<p>Add warm milk with AdVital Chocolate Powder and cocoa. Stir until blended.</p>	1329kJ	23.3g	For a special treat, add marshmallows and whipped cream.

**AdVital**  
Just Ad it.

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