



# AdVital High Energy Milkshake Recipe



## 1.5kcal Milkshake Recipe (1 serve)

### Ingredients:

- 90mL Full Cream Milk
- 65g Vanilla Ice Cream
- 25g (1 scoop) AdVital Neutral Powder

**TIP** Add topping for a boost of flavour!

|              |      | Per 100mL | Per serve (180mL) |
|--------------|------|-----------|-------------------|
| Energy       | kj   | 623       | 1122              |
|              | kcal | 149       | 269               |
| Protein      | g    | 10.5      | 19.07             |
| Fat          | g    | 4.1       | 7.39              |
| Carbohydrate | g    | 16.48     | 29.67             |
| Calcium      | mg   | 203       | 366               |

## 1.5kcal Milkshake Recipe (1 serve)

### Ingredients:

- 120mL Full Cream Milk
- 55g Vanilla Ice Cream
- 25g (1 scoop) AdVital Neutral Powder

**TIP** Add topping for a boost of flavour!

|              |      | Per 100mL | Per serve (200mL) |
|--------------|------|-----------|-------------------|
| Energy       | kj   | 567       | 1135              |
|              | kcal | 136       | 272               |
| Protein      | g    | 10        | 20                |
| Fat          | g    | 4         | 8                 |
| Carbohydrate | g    | 14.05     | 28.1              |
| Calcium      | mg   | 195       | 390               |

## 2kcal Milkshake Recipe - Carb Plus (1 serve)

### Ingredients:

- 100mL Full Cream Milk
- 30g Vanilla Ice Cream
- 35g Carb Plus (Can be replaced with fruit, E.g. Banana)
- 25g (1 scoop) AdVital Neutral Powder

**TIP** Add topping for a boost of flavour!

|              |      | Per 100mL | Per serve (190mL) |
|--------------|------|-----------|-------------------|
| Energy       | kj   | 794       | 1510              |
|              | kcal | 190       | 362               |
| Protein      | g    | 9.95      | 18.92             |
| Fat          | g    | 3.29      | 6.26              |
| Carbohydrate | g    | 27.95     | 53.12             |
| Calcium      | mg   | 175       | 333               |

## 2kcal Milkshake Recipe - Honey (1 serve)

### Ingredients:

- 100mL Full Cream Milk
- 30g Vanilla Ice Cream
- 25g (1 scoop) AdVital Neutral Powder
- 35g Honey

**TIP** Add topping for a boost of flavour!

|              |      | Per 100mL | Per serve (180mL) |
|--------------|------|-----------|-------------------|
| Energy       | kj   | 794       | 1500              |
|              | kcal | 189       | 360               |
| Protein      | g    | 9.95      | 18.92             |
| Fat          | g    | 3.29      | 6.26              |
| Carbohydrate | g    | 25.56     | 48.57             |
| Calcium      | mg   | 175       | 333               |