



# Recipe Guide



AdVital is proudly Australian owned and made, with a signature blend of 27 vitamins and minerals and 15g of protein. Backed by science, AdVital is complete nutrition in just 1-scoop. Add AdVital Powder to your meals, snacks and drinks.







Food/Drink	Ingredients	AdVital Powder	Method	Serves (Serve Size)	Energy Per Serve	Protein Per Serve
 <b>Chicken &amp; Bean Shoots Rice Paper Rolls</b>	200g chicken breast, cooked, thinly sliced 1 large capsicum, thinly sliced 200g bean shoots 1 large carrot, grated 12 rice paper sheets (1 packet) <b>Sauce</b> 30g ginger, grated ½ bunch coriander 100mL sweet chili sauce 70mL soy sauce 70mL sweet soy sauce	 x2 <b>Neutral</b>	<b>Sauce:</b> Combine the AdVital Powder and Sauce ingredients.  <b>Rolls:</b> Submerge a rice paper sheet into water for 2 seconds. Place on a board. Layer chicken, capsicum, carrot and bean shoots on rice paper sheet. Top with sauce. Fold ends in and roll up firmly to enclose filling. Repeat for remaining sheets and ingredients.	4 (3 rolls)	544kJ (130kcal)	8.7g
 <b>Choc Coconut Protein Balls</b>	400g dates 80g cocoa powder 60g honey 60g quick oats 1tsp vanilla extract 150g unsalted cashews 200g desiccated coconut	 x2 <b>Chocolate</b>	Soak dates in boiling water for 5 minutes and strain. Process the dates and all other ingredients, except coconut, in a food processor, until well combined. Roll tablespoonfuls of mixture into balls and refrigerate to set. Roll in coconut to coat and serve.	22 (1 ball)	723kJ (173kcal)	4.2g
 <b>Vegetarian Fried Rice</b>	250g rice, cooked 100g green peas 1 large brown onion, chopped 4 garlic cloves, crushed 1 capsicum, chopped 200g mushrooms, sliced 50mL sesame oil <b>Sauce</b> 60mL soy sauce 60mL sweet soy sauce 60mL hoisin sauce 2 limes, juiced	 x2 <b>Neutral</b>	<b>Sauce:</b> Combine AdVital Powder with Sauce ingredients.  <b>Rice:</b> Stir fry all ingredients, except rice, in sesame oil over high heat until browned. Add rice and stir until combined. Add sauce and cook for 3-4 minutes, before serving.	5 (200g)	1720kJ (412kcal)	14.0g
 <b>Sundried Tomato &amp; Feta Frittata</b>	8 eggs 200g thickened cream 200g feta cheese 50g parmesan cheese, finely grated 150g sundried tomatoes, chopped ½ bunch spring onions, sliced ½ bunch basil, chopped Salt & pepper	 x4 <b>Neutral</b>	Preheat oven to 180°C. Line a 22cm square baking tray with baking paper.  Whisk eggs, cream and AdVital Powder in a bowl. Season to taste. Add remaining ingredients, except parmesan, and mix to combine. Pour egg mixture into prepared baking tray and sprinkle with parmesan. Bake for 20-25 minutes or until set and golden. Stand for 30 minutes, before serving.	8 (135g)	1430kJ (341kcal)	21.9g

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 Beetroot, Mint & Yoghurt Dip	300g canned beetroot, drained 100g Greek yoghurt 20g fresh mint 10g garlic, crushed Salt & pepper	 x3 Neutral	Place all ingredients in a food processor and process until smooth. Season to taste.	6 (½ cup)	408kJ (98kcal)	9.2g
 Hummus	300g canned chickpeas, drained, rinsed 50g lemon juice 50g tahini 100mL hot water Salt & pepper	 x2 Neutral	Place all ingredients in a food processor and process until smooth. Season to taste. Add extra water, if needed, to achieve a creamy consistency.	6 (½ cup)	587kJ (140kcal)	9.6g
 Strawberry & Mango Smoothie	150mL milk 25g Greek yoghurt 15g strawberries, frozen, thawed 15g mango, frozen, thawed	 x1 Neutral	Place all ingredients in a jug of a blender, and blend until smooth.	1 (250mL)	1000kJ (240kcal)	21.8g
 Banana Smoothie	125mL milk 50g Greek yoghurt 1 medium banana 1 tsp honey	 x1 Vanilla	Place all ingredients in a jug of a blender, and blend until smooth.	1 (250mL)	1560kJ (372kcal)	22.5g



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