

AdVital Nutritionally Complete 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 Nutritionally Complete Powder to your meals, snacks and drinks.

Food/Drink	Ingredients	AdVital Powder	Method	Energy Per Serve	Protein Per Serve
	<ul style="list-style-type: none"> 2 extra large eggs 50mL milk 5g butter 	 x1 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
Scrambled Eggs	Tips: Add parmesan, feta or cheddar cheese when serving.				
	<ul style="list-style-type: none"> 30g rolled oats 125mL milk 	 x1 Neutral	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	22g
Porridge	Tips: Add fresh berries, drizzle with honey and finish with toasted coconut chips.				
	<ul style="list-style-type: none"> 180g yoghurt 	 x1 Neutral	Stir AdVital Powder into yoghurt until well combined.	1370kJ	25g
Yoghurt	Tips: Add chopped cucumber and mint to plain yoghurt to make raita dip.				
	<ul style="list-style-type: none"> 1/4 cup full cream milk 420g can condensed creamy soup (serves 4) 	 x2 Neutral	Whisk AdVital Powder into milk and canned soup until smooth. Gently reheat on stove before serving.	875kJ	17g
Canned Soup	Tips: For a heartier soup, microwave 1 cup diced vegetables and stir in before reheating.				
	<ul style="list-style-type: none"> 250mL milk 1 medium banana 	 x1 Neutral	Blend AdVital Powder with all other ingredients until smooth.	1552kJ	25.2g
Banana Smoothie	Tips: To naturally sweeten smoothies, use over-ripe banana.				
	<ul style="list-style-type: none"> 200mL gravy (serves 4) 	 x1 Neutral	Whisk AdVital Powder into prepared gravy until smooth.	172kJ	6g
Gravy	Tips: Add 1 tablespoon of Worcestershire Sauce for extra zing.				
	<ul style="list-style-type: none"> 200g custard 	 x1 Neutral	Whisk AdVital Powder into prepared custard until smooth.	1020kJ	20g
Custard	Tips: Flavour with orange zest or 1-2 tablespoons of brandy or rum.				

1 Scoop = 25g (Scoop included in every can of AdVital Nutritionally Complete Powder)

AdVital
Just Ad it.



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

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	Biscuit Base: <ul style="list-style-type: none"> 400g Marie biscuits Zest of 2-4 lemons 230g butter 1/3 cup lemon juice 395g condensed milk (1 can) 170g desiccated coconut 	 x 5 Neutral	Biscuit Base: Crush biscuits with a food processor. Mix lemon zest, AdVital Powder, 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.	1805kJ	10.2g
	Icing: <ul style="list-style-type: none"> 1 cup icing sugar 1/3 cup lemon juice 60g butter 45g desiccated coconut 				
Lemon Slice	Tips: Crumble the slice and sprinkle over ice-cream or sorbet.				
	<ul style="list-style-type: none"> 1/4 cup chia seeds 1/2 cup oats 1/2 cup peanut butter 1/3 cup honey 2 tsp vanilla extract 	 x 5 Vanilla	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.	449kJ	5g
Vanilla Protein Balls	Tips: You can use an ice-cream scoop to help you roll even portions.				
	<ul style="list-style-type: none"> 1 tbsp of cocoa 200mL warm milk 	 x 1 Chocolate	Add warm milk with AdVital Chocolate Powder and cocoa. Stir until blended.	992kJ	22g
Hot Chocolate	Tips: Add 1/4 teaspoon of peppermint extract to hot chocolate for a mint-choc treat.				
	<ul style="list-style-type: none"> 250g Marie biscuits 3 tbsp desiccated coconut 3 tbsp cocoa 170g butter 150g caster sugar 1/2 tsp vanilla extract 1 egg 	 x 5 Chocolate	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.	1573kJ	10.6g
Hedgehog Slice	Tips: Serve with ice-cream or pour a berry compote over the served slice. For extra decadence, grate chocolate over the top.				

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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 parenteral use. Not suitable for children under 1 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.