

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

View Online

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

View Online

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

View Online

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	789	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

View Online