



# 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



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## 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



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## 2kcal Milkshake Recipe - Carb Plus [1 serve]

### Ingredients:

- 100mL Full Cream Milk
- 30g Vanilla Ice Cream
- 35g Carb Plus (Can be replaced with fruit. Eg. 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



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## 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



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