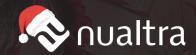
# Christmas Recipe Card



Make the most of Nualtra's supplements this Christmas with these simple seasonal recipes

#### Ingredients (serves 1)

1 x Foodlink Complete Vanilla 57g sachet 200ml of chilled whole-milk 50ml of double-cream ½ tsp. ground cinnamon ½ tsp. around nutmea

557 kcals 20g



Pour the Foodlink Complete into your shaker, along with the spices. Add the chilled whole-milk and cream and shake! Can also be made in a glass while stirring with a fork.

### Holiday Purch

### Ingredients (serves 1)

1 x Orange Altrajuce 200ml Tetrapack 50ml Cranberry Juice 100ml Ginger Ale



365 kcals

16g



Pour the Orange Altrajuce into a glass/jug. Add the cranberry juice and sir. Top up with the ginger Ale. Options for garnish: cranberries, orange slices and a sprig of rosemary.

### After-eight Milkshake

#### Ingredients (serves 1)

1 x 125g tub of Mint-Chocolate Nutricrem 200ml chilled whole-milk

Add the pot of Mint Chocolate Nutricrem to a blender, or shaker with 250ml of chilled whole-milk.Add a dash of double cream for an extra rich flavour!

376 20.5g

## Hazel Chocolate Mocha

### Ingredients (serves 1)

1 x 125ml Altraplen Compact Hazel Chocolate 100ml Whole-Milk

1 tsp of Instant Coffee

Pour Hazel Chocolate Altraplen Compact into a saucepan with whole milk and heat gently, stirring all the time but do not boil! Add the coffee, stir and enjoy!



\*Allergens may be present. Check individual packaging and ingredients. Consult your healthcare professional if you have any allergen concerns. \*\*Serving Suggestions Only, All nutritional values approximate depending on product used.







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