

Altrajuce

tips & ideas

for use with Altrajuce

Altrajuce is delicious on its own, but did you know your patients can enjoy it as a dessert, for breakfast or blended to create a refreshing drink?



Serving suggestion only



Altra-jelly



For an added extra, use the full sachet, pour excess into an ice cube tray and make Altrajuce-Gummies!

Recipe 306Kcals* | 8.4g Protein

1/2 x 23g Jelly sachet • 50ml Water
200ml Altrajuce (any flavour at room temperature)

Pour jelly sachet into a jug and add 50ml of boiling water. Stir until the granules have dissolved and allow to cool slightly. Add 200ml carton of Altrajuce and allow to cool. Pour into a bowl or mould and refrigerate for at least 45 minutes to set.



Morning Glory



Need to whet your appetite? Add some extra zing to your Altrajuce! Mango or Pineapple juice also work well as alternatives to Grapefruit.

Recipe 341Kcals | 8.3g Protein

200ml Altrajuce Orange • 100ml Pink Grapefruit Juice

Pour the Altrajuce Orange and pink grapefruit juice into a glass, stir and enjoy the fresh citrus zing! Best served chilled!

* Calories are based on full fat/full sugar jelly, yoghurt and fizzy drinks being used.



Fruit Fizzers



Best served chilled or add ice and a slice!

Recipe 341Kcals* | 7.8g Protein

100ml of fizzy drink • 200ml Altrajuce (any flavour)

Try these great combinations:

- ☆ Orange Altrajuce with Lemonade
- ☆ Blackcurrant Altrajuce with Ginger beer
- ☆ Strawberry Altrajuce with Elderflower fizz
- ☆ Apple Altrajuce with Soda water, fresh lime and mint



Protein Porridge



If heating the oats do not use a microwave, heat gently in a pan.

Recipe 515Kcals* | 22.2g Protein

40g Oats • 200ml Altrajuce Apple • 100g Greek Yoghurt

Mix the oats and Altrajuce together over a gentle heat for 2-3 minutes and then stir in the Greek yoghurt **OR** mix all ingredients together and leave in the fridge overnight!

Visit www.nualtra.com to order patient samples

NOTE: Please check individual product and ingredients labels if you're concerned about any allergens that may be present in these recipes. Contact your healthcare professional if you need advice.