



Nutricrem

tips & ideas

to make the most out of
Nutricrem this summer!

Mint Chocolate Cheesecake 743kcal | 21.2g protein

Crush 4 Oreo biscuits and add ½ to the base of a glass. Stir a pot of Nutricrem Mint Chocolate and fold into 100g of full-fat cream cheese. Layer ½ on top of the biscuit. Repeat! Chill (2-3 hours). Sprinkle grated chocolate on top.



Strawberry Eton Mess 755kcal | 14.9g protein

Empty a pot of Strawberry Nutricrem into a bowl. Fold in 3-4 sliced strawberries and 1 meringue nest, broken into pieces. Top with 100ml of whipped double cream and garnish with a slice of strawberry on top.

Chocolate Orange Shake 376kcal | 20.5g protein

Add a pot of Chocolate Orange Nutricrem to a blender with 250ml of chilled whole milk. Blend and enjoy a 376kcal milkshake!
For a fuller flavour, add a dash of cream.



Vanilla Affogato 358kcal | 14.4g protein

Freeze a pot of Nutricrem Vanilla and then scoop into a cup. Mix 2 tsp of instant coffee with 60ml boiling water in a separate cup and pour the hot coffee over the 'ice-cream'. Crumble a chocolate flake on top!



Soft Serve Raspberry Ripple 329kcal | 16.1g protein

Blend a pot of Nutricrem (vanilla or strawberry flavours work best) with 100ml of whole milk & place in a shallow container. Add 1 tbsp of raspberry jam & gently swirl the jam through the Nutricrem/milk blend. Pop back in the freezer and stir every hour until it reaches your desired consistency.

did you know...
you can freeze Nutricrem in it's pot?
Top tip...stir before you freeze!

Vanilla Yoghurt Breakfast Bowl 358kcal | 14.4g protein

Mix together Nutricrem Vanilla with 2 tbsp of full-fat Greek yoghurt. Top with your breakfast favourites - here's some ideas...

- ♥ Fresh strawberries & banana, 1 tbsp granola & a drizzle of honey (523 kcal, 17.9g protein)
- ♥ Blueberries & raspberries with coconut flakes & a drizzle of honey (360 kcal, 14.7g protein)
- ♥ Banana with peanut butter & a handful of milk chocolate chips (532 kcals 19.3g protein)



fancy something warm?

Nutricrem Vanilla can be warmed and enjoyed as pouring custard over your favourite crumbles, sponges and pies!

Top tip...be careful not to boil when heating.
Gently warm Nutricrem over a low heat in a pan or microwave for 1 minute.

Order Nutricrem samples with free, next day delivery at nualtra.com