

# Altraplen ENERGY

## *tips & ideas* for use with Altraplen Energy

Altraplen Energy is delicious on its own, but why not try adding it to your drinks and desserts using some of these fortification ideas.



Serving suggestion only

The logo for nualtra, featuring a stylized 'n' symbol followed by the word 'nualtra' in a lowercase, sans-serif font.

## Need some inspiration?

### 5 quick ideas to mix things up with Altraplen Energy

- 1 Try adding Altraplen Energy Vanilla to your tea during the day for a delicious sweet tea.
- 2 Mix into pouring custard and serve with desserts (try Vanilla or Banana flavours - they are our favourites!)
- 3 Add to ice-cream in a blender or freeze Altraplen Energy directly in it's tetra for a quick ice-pop.
- 4 Add into Angel Delight, stir into yoghurt and rice pudding or pour it directly over your sponge cake.
- 5 Add to oats to make flavoured porridges or pour over cornflakes for breakfast and serve with fresh fruit.



## Raspberry & Peanut Butter Overnight Oats

### Recipe 649Kcal | 23g Protein

- 200ml Altraplen Energy Vanilla or • 50g Porridge Oats
- 80g Frozen Raspberries • 1 tbsp Peanut Butter • 1 tsp Honey

Mix together the raspberries, oats and Altraplen Energy in a mason jar or bowl, cover and refrigerate overnight. The next day, stir in the honey, then swirl over the peanut butter.



## Mocaccino



When warming Altraplen Energy, be careful not to boil it!

### Recipe 360Kcal | 12.6g Protein

- 200ml Altraplen Energy Chocolate • 1 Instant Cappuccino Sachet

Pour the Altraplen Energy into a pan and warm gently or place in a jug and microwave for 60 seconds. Add the sachet of cappuccino mix to a clean mug. Gradually pour over the warmed Altraplen Energy, stirring as you go. Dust with cocoa powder.



## Banoffee Shake



Top with squirty cream & grated chocolate for an optional extra!

### Recipe 382Kcal | 12g Protein

- 200ml Altraplen Energy Banana • 3 tbsp Maple Syrup
- 50ml Whole Milk

Add Altraplen Energy, maple syrup and cold milk to a Nualtra shaker or whisk together and serve!

Visit [www.nualtra.com](http://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.