

Cool Down this Summer with Nualtra

Easy Altrajuce ice-pops, with less mess & less plastic than using lolly moulds – simply freeze in the tetra!



Strawberry Spritz

319kcal | 8.3g protein

Add some ice to a glass and pour in 200ml **Altrajuce** Strawberry and 100ml pink lemonade and stir together. Tear 5 mint leaves and swirl in to the drink. Garnish with a slice of lemon or fresh strawberry.

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



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.

Salted Caramel Shake 467kcal | 15.4g protein

Add 200ml **Altraplen Energy** Vanilla, 2 tablespoons of maple syrup, a pinch of sea salt and 100ml cold milk to a Nualtra shaker or whisk together and serve! Top with squirty cream for an optional extra!



Banana Ice-Cream Float 804kcal | 25.5g protein

Stir together 250ml **Altraplen Compact Daily** Banana with 2 tablespoons of maple syrup and 100ml cream soda. Top with a scoop of vanilla ice-cream. Serve immediately before the ice-cream melts!

Strawberry Smoothie Mocktail 376kcal | 20.5g protein

Add 200ml of any of the juices listed below with **Foodlink Complete Strawberry** to a Nualtra shaker and enjoy a mocktail smoothie!
Apple Juice, Apple and Mango Juice, Pineapple Juice, Orange Juice.

