



HOT DRINKS

Winter Menu



We've blended seasonal café favourites with all the benefits of our usual ONS products to create this delicious range of winter warmers!



Café Honeycomb
488kcal / 14.5g Protein

Adding some crunch to a coffee gives this café creation that added bite!

Recipe

Gently warm 50ml whole milk and 1 x 125ml Altraplen Compact Vanilla in a pan (Do not boil!) or microwave for 30-60 seconds. Add 1 tsp of coffee granules to a mug and pour over 25ml boiling water. Stir until the granules start to dissolve. Pour the warmed milk and Altraplen mixture over the coffee and stir well. Break a Cadbury's Crunchie (26.1g) into small pieces, sprinkle over the top of the coffee and enjoy!



Chocolate Orange Hot Choc
587kcal / 27.3g Protein

This combo is a taste sensation, adding sumptuous warmth to your day.

Recipe

Pour 1 x 125g pot of Nutricrem Chocolate Orange into a pan and warm or microwave for 60 seconds. (Do not boil!). Add 1 sachet of Foodlink Complete Compact Chocolate with 100ml whole milk into a Nualtra shaker or jug and shake/mix well. Warm the Foodlink Complete mixture in a pan or microwave for 60 seconds. (Do not boil!). Pour the warmed Nutricrem into a mug and gradually add the warmed Foodlink Complete, stirring as you go. Top with spray cream and a dusting of cocoa powder (optional!)



Hazel Choco-latte
447kcal / 14.6g Protein

This café creation gives you a truly hazelnutty indulgent experience.

Recipe

Pour 50ml whole milk into a mug, then add 1 tbsp of Nutella chocolate spread. Warm in the microwave for 60 seconds, then add 1 x 125ml Altraplen Compact Hazel Chocolate to the mug. Gently warm for another 60 seconds (Do not boil!) In a separate mug add 1 tsp of coffee granules and mix with 25-30ml boiling water. Combine the coffee mixture with the warmed Nutella and Altraplen mixture, stirring as you go. Top with spray cream and a dusting of cocoa powder (optional!)



Cappuccino
443kcal / 20g Protein

Presenting... Nualtra's version of the humble cappuccino. Ciao Bella!

Recipe

Mix 1 x sachet of Foodlink Complete Natural or Vanilla with 200ml whole milk. Gently warm in a pan or place in a jug and microwave for 60 seconds. Take 1 x sachet of instant cappuccino mix and add to a clean mug. Gradually pour over the warmed Foodlink Complete, stirring as you go. Dust with cocoa powder.



Affogato
358kcal / 14.4g Protein

Nutricrem Vanilla 'ice cream' can be topped with espresso or strong coffee.

Recipe

Freeze a 125g pot of Nutricrem Vanilla the day before. On the day, chill a cup in the freezer for 30 minutes beforehand! Then scoop your frozen Nutricrem from its pot into the chilled cup. In a separate cup, add 2 tsp of instant coffee and pour over 60ml boiling water, stirring well. Slowly pour the hot coffee over the Nutricrem 'ice cream'. Add a crumbled chocolate flake and enjoy.



Spiced Apple 'Tea'
300kcal / 7.8g Protein

This twist on Turkish apple tea, will add colour to your cheeks on a cold day.

Recipe

Pour 1 x 200ml Altrajuce Apple into a lidded container and add 1 stick of cinnamon and 2 cloves. Leave to 'steep' overnight in the refrigerator. Warm the mixture in the microwave for 60 seconds (do not boil!) when you are ready to drink it. Remove the cinnamon stick and cloves before pouring into a cup or heat proof glass.



HOT DRINKS

Festive Menu

There's no need to miss out on the festive flavours - we've got Christmas covered with these Nualtra Café Creations!



Gingerbread Latte
443kcal / 19g Protein

Indulgent and silky smooth, with plenty of festive flavour

Recipe

Take 1 sachet of Foodlink Complete Vanilla and add 200ml whole milk into a Nualtra shaker or jug and shake/mix well. Pour the Foodlink complete mixture into a pan and add 1tbsp brown sugar, 3/4 tsp ground ginger, 1/4 tsp ground nutmeg, 1 x cinnamon stick or 1/2 tsp of ground cinnamon. Gently heat, whisking until the sugar dissolves and warm through. In a mug either make a shot of espresso, or add 2 tsp of instant coffee and pour over 60ml boiling water and stir. Slowly pour the warm milk mixture over the coffee. Remove the cinnamon stick. Top with spray cream and a dusting of cinnamon (optional).



Mint Crunch Hot Choc
623kcal / 27.3g Protein

Mint matchmakers add that extra Christmas crunch.

Recipe

Pour 1 x 125g pot of Nutricrem Chocolate Mint into a pan and warm or microwave for 60 seconds. (Do not boil!). Add 1 sachet of Foodlink Complete Compact Chocolate with 100ml whole milk into a Nualtra shaker or jug and shake/mix well. Warm the Foodlink Complete mixture in a pan or microwave for 60 seconds. (Do not boil!). Pour the warmed Nutricrem into a mug and gradually add the warmed Foodlink Complete, stirring as you go. Break up 2 x mint matchmakers into small pieces and sprinkle over the top.



Mulled Blackcurrant
300kcal / 7.8g Protein

A great twist on the festive favourite; mulled wine.

Recipe

Pour 1 x 200ml Altrajuce Blackcurrant into a pan and add either a mulled wine or mulled cider spice bag, a cinnamon stick and a few slices of orange. Slowly warm the mixture or microwave for 60 seconds (do not boil). Remove the spice bag and cinnamon stick before pouring into a cup or heat proof glass. Leave the orange slices in for a real festive feel (optional).



Chai Tea Latte
423kcal / 19g Protein

Sweet and spicy tea - the perfect winter warmer.

Recipe

Pour 1/2 cup of water into a pan and add 1 chai tea bag. Bring to the boil and leave to seep for 5-7 mins. Take 1 sachet of Foodlink Complete Vanilla and add 200ml whole milk into a Nualtra shaker or jug and shake/mix well. Add the Foodlink complete mixture to the pan with 1 tbsp of honey. Gently warm through (do not boil), whilst stirring. Remove the tea bags and pour into a cup and dust with ground cinnamon and nutmeg.



Festive Favourite



Baileys Cafe Cream
447kcal / 14.6g Protein

Nualtra's take on a coffee Christmas classic!

Recipe

Take 100ml whole milk and warm gently in a pan or microwave for 30-60 seconds. In a separate mug add 1 tsp of instant coffee, then pour over 25-30ml water and stir. Add a 30ml shot of Altrashot Vanilla to the coffee mixture, stirring to mix well. Gradually pour over the warmed whole milk, stirring as you go. Add a 30ml shot of Baileys Irish Cream, stirring gently to mix. Top with spray cream and a dusting of cocoa powder (optional).