



Advance Your Health & Vitality!

AdVital

ADVANCED NUTRITION

AdVital Ice Cream Recipe

Add AdVital to food and drink to help boost your protein, energy, and vitamin and mineral intake without altering taste or aroma.

INGREDIENTS

- 1 tbsp (20 mL) full fat milk
- ½ scoop (20 g) AdVital
- 70 g full fat ice cream

Transform your ice cream with AdVital!

METHOD

1. Place milk and AdVital into a small bowl and use a spoon to mix to a smooth paste.
2. Place ice cream into a serving bowl, spoon over the AdVital paste and serve immediately.

NUTRITION INFORMATION

Serving Size: 110 g Serves Per Recipe: 1		Per Serve	Per 100 g
		110 g	100 g
Energy	kJ	978	889
Protein	g	10.2	9.3
Fat	g	9.4	8.5
- Saturated Fat	g	6.3	5.7
Carbohydrate	g	27.1	24.6
- Sugar	g	3.5	3.2
Dietary Fibre	g	0	0
Sodium	mg	79.3	72.1
Potassium	mg	101	91.6
Vitamin A	ug	170	155
Vitamin D	ug	4.1	3.7
Vitamin E	mg	3.0	2.7
Calcium	mg	163	148



HINTS & TIPS

- Works best if your serving bowl is cold from the freezer – dish up several portions of ice cream in serving bowls, cover them with cling film and keep them in the freezer until required. Spoon over the AdVital paste just before serving.

Visit advital.com.au for the complete AdVital Recipe Book, packed with delicious & nutritious recipes!

