

LOW CARB

Advance Your Health & Vitality!

AdVital

ADVANCED NUTRITION

AdVital Lemon Slice Recipe

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

INGREDIENTS

Biscuit Base

- 400 g finely crushed Arnott's® Marie biscuits, or for gluten free use 600 g finely crushed Arnott's® Rice Cookies
- Zest of 2-3 lemons (for an even blend you can put in food processor with biscuits)
- 5 scoops (200 g) AdVital
- 2 cups (170 g) desiccated coconut
- 230 g butter, or for gluten free use 200 g butter
- 1 can (395 g) sweetened condensed milk

Icing

- 4 tbsp (80 mL) lemon juice
- 3 tbsp (30 g) pure or gluten free icing sugar
- 1 scoop (40 g) AdVital
- ½ cup (45 g) desiccated coconut

METHOD

Biscuit Base

1. Finely crush the cookies with a rolling pin or food processor.
2. Mix in the lemon zest, AdVital and coconut.
3. Melt butter with condensed milk, stirring until butter melts. Do not boil.
4. Add to dry mix and blend until mixed thoroughly.
5. Press evenly into the lined tray, ice and refrigerate 45 minutes or until firm.

Icing

1. Combine all ingredients except the coconut in a pot. Cook over low heat until smooth.
2. Remove from heat and spread evenly over slice base.
3. Sprinkle with coconut.
4. Refrigerate for 45 minutes or until set.
5. Slice and serve.

Transform your lemon slice with AdVital!



NUTRITION INFORMATION

		Gluten Free		Gluten	
		Per Recipe	Per Serve	Per Recipe	Per Serve
Serving size: 2 pieces Serves per recipe: 16 (32 pieces)		1760 g	110 g	1600 g	100 g
Energy	kJ	34896	2181	30032	1877
Protein	g	194	12.1	163	10.2
Fat	g	518	32.4	435	27.2
- Saturated Fat	g	352	22.0	262	16.4
Carbohydrate	g	723	45.2	656	41
- Sugar	g	293	18.3	394	24.6
Dietary Fibre	g	57.6	3.6	41.6	2.6
Sodium	mg	5328	333	3264	204
Potassium	mg	3664	229	4384	274
Vitamin A	ug	4240	265	4416	276
Vitamin D	ug	49.6	3.1	52.8	3.3
Vitamin E	mg	46.4	2.9	76.8	4.8
Calcium	mg	2864	179	3072	192

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

GLUTEN FREE

HIGH IN VITAMIN A, D & E

HIGH IN PROTEIN & CALCIUM