

LOWG

Advance Your Health & Vitality!

AdVital

ADVANCED NUTRITION

AdVital Mashed Potato Recipe

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

INGREDIENTS

- 1kg washed, peeled and chopped potatoes
- 1-2 tbsp (20-40g) butter
- 4-6 scoops (160-240g) AdVital
- Salt and pepper, to taste
- Milk as required

Transform your mash with AdVital!

METHOD

1. Steam or boil potatoes until tender.
2. Remove from steamer or drain well. To remove any excess moisture allow potatoes to steam dry for approximately 10 minutes, or place in a hot oven until excess moisture steams off.
3. Mash or pass through a mouli.
4. Beat in butter, then gradually beat in AdVital. Add milk to moisten if required.
5. Season to taste and serve.

HINTS & TIPS

- The amount of AdVital included in this recipe is a suggestion only. Adjust the amount to suit the requirements of your clients.
- The more you dry out your mash, the more AdVital you will be able to incorporate.
- If you find your mash a little wet, or you want to be able to incorporate more AdVital into it you can thicken it to the correct consistency using a little Thickplus. Mix in half a teaspoon of Thickplus per kilogram of mash until you reach the desired consistency.



NUTRITION INFORMATION

Serving size: 90g Serves per recipe: 13-14		With 4 Scoops		With 6 Scoops	
		Per Recipe	Per Serve	Per Recipe	Per Serve
Yield	g	1170	90	1260	90
Energy	kJ	6188	476	7490	535
Protein	g	83.2	6.4	113	8.1
Fat	g	31.2	2.4	33.6	2.4
- Saturated Fat	g	19.5	1.5	21	1.5
Carbohydrate	g	203	15.6	244	17.4
- Sugar	g	27.3	2.1	36.4	2.6
Dietary Fibre	g	16.9	1.3	16.8	1.2
Sodium	mg	562	43.2	714	51.0
Potassium	mg	5005	385	5292	378
Vitamin A	ug	1495	115	2128	152
Vitamin D	ug	32.5	2.5	49.0	3.5
Vitamin E	mg	23.4	1.8	36.4	2.6
Calcium	mg	1205	92.7	1778	127

Naturally Gluten Free

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