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Advance Your Health & Vitality!

AdVital

ADVANCED NUTRITION

BULK RECIPE GUIDE

Add AdVital to food and drink to help boost your protein, energy, and vitamin and mineral intake without altering taste or aroma. These bulk recipes provide a quick and easy way to get more AdVital in everyone's day!

Food/Drink	AdVital per kg/L	Serves per kg/L	Method	Hints & Tips
 Scrambled Eggs	 x 9 (360 g) per kg of egg	9 serves per kg of egg	Whisk AdVital into eggs. Add milk, salt and pepper to taste. Cook over gentle heat.	Sprinkle with feta or tasty cheese when serving.
 Porridge	 x 4 (160 g) per kg of porridge	4-5 serves per kg of porridge	Stir AdVital into cooked porridge. Stand for 1 minute, then add toppings to taste.	Try honey, brown sugar or pureed fruit as a tasty topping.
 Yoghurt	 x 6 (240 g) per kg of yoghurt	6 serves per kg of yoghurt	Stir AdVital into yoghurt until well combined.	Add to cereal and/or fresh fruit for a boost of energy & protein in the morning.
 Canned Soup	 x 6 (240 g) per kg of canned soup	5-10 serves per kg of canned soup	Stir or barmix AdVital into prepared canned soup until smooth. Gently reheat before serving.	Avoid tomato-based soups. For a heartier soup, microwave 2½ cups diced vegetables per kg of soup & stir in before reheating.
 Gravy	 x 5 (200 g) per litre of gravy	10-20 serves per litre of gravy	Stir AdVital into prepared gravy until smooth.	Add 1 tablespoon (or to taste) of Worcestershire Sauce per litre of gravy for extra zing.
 Mashed Potato	 x 4-6 (160-240 g) per kg of potato	10-12 serves per kg of mashed potato	Stir or beat in AdVital and 1-2 tbsp (20-40 g) butter per kg potato into cooked mashed potatoes, with milk to moisten if required. Season and serve.	The more you dry out the mash, the more AdVital you will be able to incorporate.
 Custard	 x 5 (200 g) per kg of custard	8 serves per kg of custard	Stir AdVital into prepared custard until smooth.	Flavour with orange zest or 5 tablespoons of brandy or rum per kg of custard.
 Smoothies & Milkshakes	 x 8 (320 g) per litre of milk (or 750 g of yoghurt, ice cream & fruit to taste)	8 serves per litre of milk (or 750 g of yoghurt, ice cream & fruit to taste)	Blend AdVital with all other ingredients until smooth.	To naturally sweeten smoothies, use over-ripe bananas.
 Pureed Vegetables	 x 2 (80 g) per kg of cooked peas or carrots  x 3 (120 g) per kg of cooked broccoli  x 4-6 (160-240 g) per kg of cooked cauliflower	16 serves per kg of vegetables	Blend AdVital into pureed vegetables until well combined.	Use Shape It to mould pureed vegetables to resemble their original form.



EACH SCOOP OF ADVITAL ADDS 640 kJ ENERGY AND 15g PROTEIN!