Vitaflo™

Enhancing Lives Together

PRO-CAL™ POWDER

Pro-Cal™ *powder*

Smoothies & Milkshakes

GET READY TO MIX THINGS UP!

Pro-Cal *powder* is a neutral tasting, powdered nutritional supplement that can be added to foods and drinks to increase the energy and protein content. It can be used to provide additional energy (calories) and protein at times of illness, when your appetite is reduced or when you have experienced unintentional weight loss. It is for the dietary management of disease related malnutrition.

Pro-Cal *powder* is a Food for Special Medical Purposes and must be used under medical supervision. It is for the dietary management of disease related malnutrition, malabsorption states and other conditions requiring fortification with a fat/carbohydrate supplement (with protein). Suitable from 3 years of age onwards.

Pro-Cal *powder* contains **Milk** (Milk protein, skimmed milk powder).

These recipes have been specifically designed for the dietary management of disease related malnutrition.

Refer to labels for allergens and other product information.

MIX IT UP WITH PRO-CAL SMOOTHIES & FRAPPUCCINOS!

Try these delicious smoothies, milkshakes and frappuccino recipes using Pro-Cal *powder*.

These recipes are tried and tested, easy to make, and may even give you some inspiration for your own Pro-Cal smoothie ideas! We have left some space in the back of this booklet for you to add any additional recipes you make using Pro-Cal *powder*.

1 Add all ingredients to a blender.

2 Blend until smooth, then enjoy!

Berry smoothie

Energy per 300ml:	Protein per 300ml:
488kcal	11.5g

INGREDIENTS FOR 300ML SERVING:

- 25g Porridge oats
- 100g Tinned mixed berries
- 125ml Whole milk
- 25g Strawberry jam
- 30g Pro-Cal *powder*

Top Tip: If left to chill, this mixture sets to a thick mousse which can be used as a tasty topping for cereals, yoghurts or desserts.

Serving suggestion:
Top with fresh fruit.

Strawberry Frappé

Energy per 300ml:	Protein per 300ml:
478kcal	10.5g

INGREDIENTS FOR 300ML SERVING:

- 1 scoop / 60g of Vanilla ice cream
- 100g Tinned strawberries
- 20g Strawberry jam
- 120ml Whole milk
- 30g Pro-Cal *powder*

Serving suggestion:
Add additional strawberries to the glass for decoration.

Oaty Mango Smoothie

Energy per 300ml:
495kcal

Protein per 300ml:
12.4g

INGREDIENTS FOR 300ML SERVING:

- 25g Porridge oats
- 100g Mango, peeled
- 150ml Whole milk
- 15g Honey
- 30g Pro-Cal *powder*

Peanut Butter & Caramel Milkshake

Energy per 300ml:
605kcal

Protein per 300ml:
16.8g

INGREDIENTS FOR 300ML SERVING:

- 50g Banana, peeled
- 150ml Whole milk
- 30g Peanut butter (smooth)
- 20g Tinned caramel
- 30g Pro-Cal *powder*

Serving suggestion:
Drizzle some tinned caramel around the inside of the glass. Pour in the milkshake and serve with whipped cream.

Avocado Smoothie

Energy per 300ml:
380kcal

Protein per 300ml:
6.7g

INGREDIENTS FOR 300ML SERVING:

- Handful of fresh spinach
- 50g Banana, peeled
- ½ Avocado, flesh only
- 100g Frozen blueberries
- 30g Pro-Cal *powder*

Caramel Coffee MILKSHAKE

Energy per 150ml:
265kcal

Protein per 150ml:
7.7g

INGREDIENTS FOR 150ML SERVING:

- 1 tsp Instant coffee (add more or less depending on how strong you like it)
- 20g Tinned caramel
- 100ml Whole milk
- 30g Pro-Cal *powder*

Please note that children under 12 years of age should not have caffeine containing drinks.

Serving suggestion:
Top with coffee beans for decoration, if desired.

Frappuccino

Energy per 200ml:
578kcal

Protein per 200ml:
10.3g

INGREDIENTS FOR 200ML SERVING:

- 5 Ice cubes
- 1 tsp Instant coffee (add more or less depending on how strong you like it)
- 100ml Whole milk
- 1 tbsp. Sugar
- 50g Chocolate hazelnut spread
- 30g Pro-Cal *powder*

Please note that children under 12 years of age should not have caffeine containing drinks.

Pineapple Smoothie

Energy per 300ml:
452kcal

Protein per 300ml:
15.8g

INGREDIENTS FOR 300ML SERVING:

- 200g Whole milk yoghurt
- 6 Ice cubes
- 200g Tinned pineapple chunks
- 30g Pro-Cal *powder*

My smoothie and milkshake ideas