

NAME:

DIETITIAN NAME:

DIETITIAN CONTACT NUMBER:

Altrashot

Getting Started



RECIPE IDEAS | DOSAGE | HINTS

TRY THESE TASTY RECIPE IDEAS

STRAWBERRY SMOOTHIE

Using *Strawberry Altrashot*

In a blender combine strawberries, 1-2 shots of Strawberry Altrashot, yoghurt, sugar and vanilla. Toss in some ice. Blend until smooth and creamy. Pour into a glass and serve.



PORRIDGE

Using *Vanilla Altrashot*

Add 50g porridge oats to a saucepan with whole milk and stir. Add 1-2 shots of Vanilla Altrashot and stir until all liquid is absorbed to desired consistency. Add slices of banana or blueberries.



HOT CHOCOLATE

Using *Vanilla Altrashot*

Prepare your favourite hot chocolate using powder, hot whole milk, then add a shot of Vanilla Altrashot to add some additional flavour.



HOW MUCH DO I TAKE?



Your Dietitian or Healthcare Professional will advise you on how much *Altrashot* you should take per day.



TYPICAL DAILY DOSE



4 X 30ml SHOTS (1 bottle)

YOUR REQUIREMENTS PER DAY

(To be completed by dietitian or clinician)

2 X 60ml SHOTS (1 bottle)



3 X 40ml SHOTS (1 bottle)



4 X 30ml SHOTS (1 bottle)



4 X 60ml SHOTS (2 bottles)



HANDY HINT

If you would like to order some free shot cups, email us using the details below:



support@nualtra.co.uk (UK)
support@nualtra.ie (ROI)

VANILLA MILKSHAKE

Using *Vanilla Altrashot*

In a blender, combine 2 x 40ml shots of Vanilla Altrashot, 3/4 cup of cold whole milk and 1 cup of vanilla ice cream. Blend until smooth and creamy. Pour into a glass and serve.



ANGEL DELIGHT

Using *Vanilla Altrashot*

Pour 1-2 shots of chilled Altrashot Vanilla into a bowl. Add Angel Delight and follow the packet directions: whisk until light and creamy. Leave to thicken for 5 minutes before serving and chill the left overs.



STRAWBERRY RICE PUDDING

Using *Strawberry Altrashot*

Pour 1-2 shots Strawberry Altrashot in a bowl or into base of jam jar. Top with rice pudding (cold) and slices of fresh strawberries.

