



# Bulk Recipe Guide



	AdVital Powder per kg or L	Serves per kg or L	Method	Hints & Tips
 <p><b>Scrambled Eggs</b></p>	 <p>3 metric cups (300g), 24 eggs, 700ml milk</p>	<b>12 serves</b> per 1.4kg egg	Whisk AdVital Powder into milk. Whisk eggs into milk, season with salt & pepper, cook on gentle heat.	Add parmesan, feta or cheddar cheese when serving.
 <p><b>Porridge</b></p>	 <p>3 metric cups (300g) per kg of porridge</p>	<b>12 serves</b>	Whisk AdVital Powder into milk. Combine milk with Rolled oats. Gentle heat until desired consistency. Stand for 1 minute, then add toppings to taste.	Add fresh berries, drizzle with honey and finish with toasted coconut chips.
 <p><b>Yoghurt</b></p>	 <p>2 metric cups (200g) per kg yoghurt</p>	<b>8 serves</b>	Whisk AdVital Powder into milk, and then whisk fortified milk into yoghurt until well combined.	<ol style="list-style-type: none"> <li>1. Flavour with vanilla essence or cinnamon.</li> <li>2. Add to cereal and/or fresh fruit for a boost of energy and protein in the morning.</li> </ol>
 <p><b>Canned Soup</b></p>	 <p>2 metric cups (200g) per 2kg canned soup</p>	<b>8 serves</b>	Stir AdVital Powder into prepared canned soup until smooth. Gently reheat before serving.	<ol style="list-style-type: none"> <li>1. Suitable for tomato-based soups.</li> <li>2. Garnish with chopped parsley and basil.</li> <li>3. For a heartier soup, microwave 2½ cups diced vegetables per kg of soup and stir in before reheating.</li> </ol>
 <p><b>Gravy</b></p>	 <p>2 metric cups (200g) per kg gravy</p>	<b>8 serves</b>	Whisk AdVital Powder into prepared gravy until smooth.	Add 2 tbsp of seeded mustard or Worcestershire Sauce per litre of gravy.
 <p><b>Custard</b></p>	 <p>1 metric cup (100g) per kg custard</p>	<b>4 serves</b>	Whisk or blend AdVital Powder into prepared custard until smooth.	Flavour with orange zest or 100mL of brandy or rum per litre of custard.
 <p><b>Banana Smoothie</b></p>	 <p>1 metric cup (100g) per litre of banana smoothie</p>	<b>4 serves</b>	Blend AdVital Powder with all ingredients until smooth.	Add cinnamon or vanilla to taste. To naturally sweeten smoothies, use over-ripe bananas.
 <p><b>Mashed Potatoes</b></p>	 <p>2 metric cups (200g) per kg mashed potato</p>	<b>8 serves</b>	Whisk AdVital Powder into milk, and bring to the boil. Pour fortified milk over cooked mash potatoes. Add milk to moisten if required. Season and serve.	<ol style="list-style-type: none"> <li>1. Add 150g of butter to hot potato.</li> <li>2. If a little wet, mix in half a teaspoon of <b>ThickPlus</b> per kg of mash until you reach the desired consistency.</li> </ol>
 <p><b>Pureed Vegetables</b></p>	 <p>1 metric cup (100g) per kg of cooked peas or carrots</p>	<b>4-8 serves</b>	Blend AdVital Powder into pureed vegetables until well combined.	<ol style="list-style-type: none"> <li>1. Add warm milk to help consistency, if required.</li> <li>2. Use <b>Shape It</b> to mould pureed vegetables to resemble their original form.</li> </ol>
	 <p>1 metric cup (100g) per kg of cooked broccoli</p>			
	 <p>2 metric cups (200g) per kg cooked cauliflower</p>			



For more recipe ideas visit [AdVital.com.au](https://www.advital.com.au)

Suitable as a sole source of nutrition. Food for special medical purposes. Formulated to provide protein, energy, vitamins and minerals for medical conditions where nutritional needs cannot be met by diet modification alone. Use under medical supervision. Not for parenteral use. Not suitable for children under 1 year of age. Monash University Low FODMAP Certified™ product. Trade marks used under licence in Australia and New Zealand by Flavour Creations. Monash University has assessed this product as being low in FODMAPs only. One serving of this product is low in FODMAPs. If a low FODMAP diet is being followed, use the Monash University FODMAP Diet App to find suitable low FODMAP ingredient alternatives.