

Melt, smoothie & slush drinks

Instant mellow melt

Preparation time: 5 minutes

SERVES 1

INGREDIENTS:

38g sachet Build-up Nutrition Shake,
Chocolate flavour
200ml (7fl.oz) milk
To Serve: mini marshmallows or chocolate flakes

METHOD:

1. Empty the Build-up Nutrition Shake into a large mug. Warm the milk do not boil, pour into the mug and stir until smooth.
2. Add some mini marshmallows or chocolate flakes and stir. Simply enjoy this sweet, delicious creamy drink.

Citrus sorbet slush

Preparation time: 5 minutes

SERVES 2

INGREDIENTS:

38g sachet Build-up Nutrition Shake,
Lemon & Lime Flavour
200ml (7fl.oz) milk
2 scoops vanilla ice cream or lemon sorbet

To Serve: lime slices or fresh mint

METHOD:

1. Empty the Build-up Nutrition Shake into a blender. Add the milk and lemon sorbet, and blend until smooth.
2. Pour into a tall glass, serve with lime slices or sprigs of fresh mint and enjoy this refreshing iced drink.

Banana & Honey Smoothie

Preparation time: 5 minutes

SERVES 2

INGREDIENTS:

38g sachet Build-up Nutrition Shake,
Banana Flavour
200ml (7fl.oz) milk
2 scoops vanilla ice-cream
5ml (1tsp) runny honey
2.5ml (½tsp) cinnamon

METHOD:

1. Empty the sachet of Build-up Nutrition Shake into a blender, add the remaining ingredients and blend until smooth.
2. Pour into a tall glass and enjoy!

Berry ice drink

Preparation time: 5 minutes

SERVES 2

INGREDIENTS:

38g sachet Build-up Nutrition Shake,
Strawberry Flavour
200ml (7fl.oz) milk
290g can summer fruits in light syrup
30ml (2tbsp) low fat natural yoghurt

METHOD:

1. Empty the sachet of Build-up Nutrition Shake into a blender, add the remaining ingredients and blend until smooth.
 2. Pour into a tall glass and serve immediately.
- Tip:** Decorate with a sprig of mint and a dusting of icing sugar if desired.



Eat well, stay well

 **Nestlé**
Nutrition
Healthcare Nutrition