



AYMES Shake

Fruit juice drinks



Ingredients

makes 1 serving

- 1 sachet AYMES Shake
- 200ml fruit juice, smoothie or J2O

Instructions

- 1 Measure 200ml of the juice into a large jug
- 2 Whisk in the AYMES Shake
- 3 Serve chilled

Serving Suggestions

AYMES Shake Vanilla with apple juice and raspberry juice or tropical fruit smoothie

AYMES Shake Strawberry with white grape juice, half orange juice and half pineapple juice or strawberry and banana smoothie

AYMES Shake Chocolate with half orange juice and half white grape juice or orange and passionfruit J2O

AYMES Shake Banana with pineapple juice, orange juice or a mixture of both

1 serving*

kcal
329

protein
12g

carbohydrate
57g

*Nutritional information will vary slightly dependent on the different brands, flavours and ingredients used. These figures are based on AYMES Shake Vanilla mixed with apple and raspberry juice.

For more recipes or information on AYMES Shake, visit aymes.com