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# RECIPES

*made with*

**AYMES® SHAKE**

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VANILLA • STRAWBERRY • BANANA • CHOCOLATE • NEUTRAL • GINGER

REVIEWED EDITION - JUNE 2020

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## 'Food First' and AYMES Shake

The Food First concept advocates using simple methods to provide enhanced nutrition to those who are, or are at risk of, becoming malnourished. It can be useful to patients who still have a good appetite.

This may include			
Additional Snacks	Homemade Nourishing Drinks	Fortified Foods	
8 main foods that can be used for fortifying the diet			
Double Cream	Whole Milk	Cheese	Sugar
Single Cream	Milk Powder	Butter	Syrup Honey Jam

As keen supporters of the Food First approach, we decided to include a 'Neutral' flavour in our powder range to encourage food fortification, and to provide serving suggestions to patients to promote a balanced diet.

We hope these delicious recipe ideas will provide a wider choice of options when it comes to preparing hot and cold meals and drinks.

From all at AYMES®,

Please ENJOY!

For further information on Food First go to [bapen.org.uk](http://bapen.org.uk) or the [malnutritionpathway.co.uk](http://malnutritionpathway.co.uk)

# RECIPES

*made with*

# AYMES® SHAKE

### PLEASE NOTE

Nutritional information values represent 1 portion, these values will vary depending on the different brands of ingredients used. Pictures used are for illustration purposes only, and do not necessarily represent the exact products/recipes given.

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## SWEET RECIPES

### 8 **AYMES Chocolate Brownies**

#### Ingredients

- 1 sachet AYMES Shake Chocolate
- 120g Dark Chocolate
- 70g White Chocolate
- 100g Caster Sugar
- 110g Butter
- 75g Plain Flour
- 2 Eggs

#### Instructions

- 1 Melt the dark chocolate and butter together
- 2 Mix in the sugar
- 3 Slightly whisk the eggs and add to the mixture
- 4 Gently fold in the AYMES Shake and plain flour
- 5 Break the white chocolate into small pieces and fold into the brownie mixture
- 6 Pour into a greased and lined 8" x 8" tin and bake for around 50 minutes at 180°C/160°C fan/gas mark 4
- 7 When cooled cut into 9 pieces (3 x 3)

**1 Portion | Calories 297 | Protein 5.1g | Carbohydrate 35g**



## AYMES Cupcakes



10

### Ingredients

- 1 sachet AYMES Shake (Neutral or Vanilla)
- 100g Margarine or Butter
- 100g Caster Sugar
- 100g Self-Raising Flour
- 2 Eggs
- 50ml Whole Milk

### Instructions

- 1 Mix together the butter and sugar until light and creamy
- 2 Gradually add beaten eggs and milk, adding the flour and AYMES Shake at the same time
- 3 Put the mixture into cake cases (around 6 cupcake cases) and bake for 20 minutes at 180°C/gas mark 4

**1 Portion | Calories 322 | Protein 6.8g | Carbohydrate 36g**

## AYMES Ice Cream



### Ingredients - 4 portions

- 1 sachet AYMES Shake (any flavour)
- 200ml Double Cream

### Instructions

- 1 Mix together the AYMES Shake and double cream until smooth and thick
- 2 Place into the freezer overnight
- 3 Remove from freezer and allow 10 minutes before serving

**1 Portion | Calories 320 | Protein 3.9g | Carbohydrate 10g**

*Serving Suggestion* Serve on its own or with dessert

## AYMES Banana or Strawberry Cheesecake



11

### Ingredients - 2 portions

- 1 sachet AYMES Shake (Banana or Strawberry)
- 200g Cream Cheese
- 100ml Double Cream
- 175g Digestive Biscuits
- 75g Butter
- 1 Banana or half box Strawberries (mashed)

### Instructions

- 1 Grease a cake tin (preferably one with a removable base)
- 2 Melt the butter and crush the biscuits, pour the melted butter over the biscuits and mix. Pour the mixture into the cake tin ensuring the whole of the base is covered
- 3 Layer the mashed banana/strawberries over the biscuit base
- 4 Combine the AYMES Shake, double cream and cream cheese, then spread over the top of the mashed fruit
- 5 Refrigerate the cheesecake until set and then serve

**1 Portion | Calories 1350 | Protein 18.3g | Carbohydrate 86-90g**

Depending on fruit

## AYMES Strawberry Parfait

S

### 12 Ingredients - 2 portions

- 1 sachet AYMES Shake Strawberry
- 150ml Double Cream
- 2 pots (2 x 125g) Strawberry Yoghurt
- 2 Meringue Nests
- Strawberries (optional)

### Instructions

- 1 Start by lining 2 small dishes with cling film
- 2 Mix together the AYMES Shake and double cream to a smooth and thick consistency
- 3 Crumble the meringue into the yoghurt and fold the two mixtures together
- 4 Pour into the lined dishes and place in the freezer for a minimum of 3 hours before serving

**1 Portion | Calories 741 | Protein 13.8g | Carbohydrate 69g**

## AYMES Shake Ice Lollies



### Ingredients - makes 4

- 1 sachet AYMES Shake (any flavour)
- 200ml Whole Milk

### Instructions

- 1 Whisk together the AYMES Shake and milk until smooth
- 2 Pour into ice-lolly moulds and place into the freezer for 12 hours

**1 Portion | Calories 97 | Protein 4.7g | Carbohydrate 12g**

**TOP TIP** Add pieces of fruit to your ice-lolly mix

# Strawberry Parfait

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## AYMES Mousse



14

### Ingredients - 1 portion

- 1 sachet AYMES Shake (Vanilla, Banana, Strawberry or Chocolate)
- 1 pot (125g) Thick and Creamy Yoghurt
- 1 handful Fresh Strawberries

### Instructions

- 1 Mix the AYMES Shake powder into the yoghurt and whisk
- 2 Cut a small handful of strawberries into halves and place in a bowl
- 3 Pour the yoghurt mixture over the strawberries and leave to stand for 15 minutes (to ensure the mixture isn't granulated)
- 4 Serve cold

**1 Portion | Calories 388 | Protein 17.8g | Carbohydrate 72g**

## AYMES Yoghurt



### Ingredients - 1 portion

- 1 sachet AYMES Shake (any flavour)
- 1 pot (125g) Yoghurt

### Instructions

- 1 Mix the AYMES Shake and yoghurt together to reach a smooth consistency
- 2 Leave to stand for 15 minutes and then serve

**1 Portion | Calories 391 | Protein 16.8g | Carbohydrate 60g**

Depending on yoghurt used

## AYMES Porridge



15

### Ingredients - 1 portion

- 1 sachet AYMES Shake Neutral
- 1 serving (approx. 27g) Porridge Oats
- 200ml Whole Milk

### Instructions

- 1 Mix the AYMES Shake powder, milk and porridge oats
- 2 Microwave for approx. 2 ½ minutes or gently heat in a saucepan until thick
- 3 Do not boil
- 4 Serve warm

**1 Portion | Calories 484 | Protein 21.7g | Carbohydrate 67g**

*Serving Suggestion* For a fresher taste, why not top with a few raspberries or slices of banana, add some jam or maple syrup

**TOP TIP** 1 Sachet of Instant Porridge works great in this recipe

## AYMES Breakfast Cereal



### Ingredients - 1 portion

- 1 sachet AYMES Shake Neutral
- 200ml Whole Milk
- 1 portion Breakfast Cereal, such as Multigrain Hoops, Wheat Biscuits or Cornflakes
- Sugar (as desired)

### Instructions

- 1 Whisk the AYMES Shake powder with the milk
- 2 Use the milk mixture to pour over the breakfast cereal as you usually would
- 3 Sweeten to taste and serve

**1 Portion | Calories 506 | Protein 23g | Carbohydrate 77g**

Nutrition profile based on using 2 wheat biscuits with no extra sugar added



## AYMES Rice Pudding



16 Ingredients - 1 portion

- 1 sachet AYMES Shake (Vanilla, Neutral or Ginger)
- 150g or ½ tin Rice Pudding
- 50ml Whole Milk

### Instructions

- 1 Mix the AYMES Shake with the milk to make a paste
- 2 Gently heat the rice pudding in a saucepan
- 3 Add the paste to the rice pudding, stirring until smooth and serve

**1 Portion | Calories 412 | Protein 18.5g | Carbohydrate 65g**

**TOP TIP** For an extra treat, serve with a spoonful of whipped cream

## AYMES Custard



Ingredients - 1 portion

- 1 sachet AYMES Shake (Vanilla or Neutral)
- 1 pot (150g) or ½ tin Ready-Made Custard
- 50ml Whole Milk

### Instructions

- 1 Mix the AYMES Shake powder and the milk together to form a paste
- 2 Gently heat the custard until hot
- 3 Do not boil
- 4 Add the paste to the custard
- 5 Stir well until smooth and then serve

**1 Portion | Calories 431 | Protein 17.8g | Carbohydrate 65g**

*Serving Suggestion* Try the AYMES custard poured over sliced banana or apple crumble



## AYMES Spiced Bread & Butter Pudding

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### Ingredients - Serves 2

- 1 sachet AYMES Shake Ginger
- 4 slices fruit loaf
- 15g butter
- 1 medium egg
- 100ml whole milk
- ½ tsp vanilla extract
- 5g -10g caster sugar or Demerara sugar

### Instructions

- 1 Grease a pudding dish approximately ½ litre capacity. Spread the remaining butter over one side of the fruit loaf slices
- 2 Cut the slices in quarters and place 6 pieces flat at the base of the dish, angle the other slices and overlap them to fit
- 3 Place the AYMES Shake Ginger in a bowl, add the egg together with the milk and vanilla extract, whisk to combine. Pour all over the fruit loaf slices and let it soak in for a few minutes. Cover and allow to stand for 20 - 30 minutes
- 4 Preheat the oven to 180°C/Fan 160°C/Gas Mark 4
- 5 Sprinkle with caster sugar or Demerara sugar before placing on a baking sheet and putting into the oven, cook 25 - 30 minutes until the pudding is puffed up and golden brown
- 6 Cool for a few minutes and serve with a jug of custard, single cream or a dollop of yogurt

**1 Portion | Calories 471 | Protein 17g | Carbohydrate 60g**

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## Spiced Bread & Butter Pudding

## SAVOURY RECIPES

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### AYMES Soup



Ingredients - 2 portions

- 1 sachet AYMES Shake Neutral
- 1 tin Soup/400g Homemade Soup
- 200ml Whole Milk

Instructions

- 1 Combine the AYMES Shake with the milk until smooth and then mix into the soup in a saucepan
- 2 Gently heat for 3-5 minutes and then serve

**1 Portion | Calories 293 | Protein 11.2g | Carbohydrate 39g**

### AYMES Pasta with Sauce



Ingredients - 2 portions

- 1 sachet AYMES Shake Neutral
- 400ml Whole Milk
- 1x120g packet Pasta with Sauce

Instructions

- 1 Mix together the AYMES Shake with the packet of pasta with sauce and milk
- 2 Put into a saucepan and gradually heat for the recommended time stated on the pasta with sauce packet
- 3 Do not boil
- 4 Serve immediately

**1 Portion | Calories 465 | Protein 21.5g | Carbohydrate 50g**

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## AYMES Cheese Sauce



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### Ingredients - 1 portion

- 3 level tbsp (45g) AYMES Shake Neutral
- 2 level tbsp (25g) Cheese Sauce Granules
- 100ml Water

### Instructions

- 1 Mix together the AYMES Shake and cheese sauce granules
- 2 Boil the water
- 3 Add the hot water and whisk to a smooth consistency before serving

**1 Portion | Calories 319 | Protein 11.8g | Carbohydrate 43g**

## AYMES Instant Soup



### Ingredients - 1 portion

- 1 sachet AYMES Shake Neutral
- 1 sachet Instant Soup
- 200ml Whole Milk

### Instructions

- 1 Empty the AYMES Shake and the instant soup sachets into a jug
- 2 Gently heat the milk and then add to the powders, whilst whisking to get a smooth consistency
- 3 Serve warm

**1 Portion | Calories 390 | Protein 19g | Carbohydrate 49g**

## MILKSHAKE RECIPES

All recipes serve 1

*Can also be mixed in your AYMES Shaker*

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## AYMES Strawberry Coconut Milkshake



### Ingredients

- 1 sachet AYMES Shake Strawberry
- 125ml Whole Milk
- 75ml Coconut Milk

### Instructions

- 1 Use either the AYMES Shaker or a glass with a whisk or fork
- 2 Mix together the AYMES Shake, milk and coconut milk to a smooth consistency
- 3 Serve cold

**1 Portion | Calories 465 | Protein 17g | Carbohydrate 47g**

## AYMES Spiced Apple Milkshake



### Ingredients

- 1 sachet AYMES Shake Vanilla
- 100ml Whole Milk
- 100ml Apple Juice
- Pinch Cinnamon, Nutmeg or Mixed Spice

### Instructions

- 1 Use either the AYMES Shaker or a glass with a whisk or fork
- 2 Mix together the AYMES Shake, milk, apple juice and spice to a smooth consistency
- 3 Serve cold

**1 Portion | Calories 361 | Protein 15g | Carbohydrate 52g**

## AYMES Chocolate Mint Milkshake



### Ingredients

- 1 sachet AYMES Shake Chocolate
- 200ml Whole Milk
- 2 tbsp Peppermint Cordial

### Instructions

- 1 Use either the AYMES Shaker or a glass with a whisk or fork
- 2 Mix together the AYMES Shake, milk and peppermint cordial to a smooth consistency
- 3 Serve cold

**1 Portion | Calories 403 | Protein 18g | Carbohydrate 54g**

## AYMES Black Forest Milkshake



### Ingredients

- 1 sachet AYMES Shake Chocolate
- 150ml Whole Milk
- 1 pot (125g) Cherry Yoghurt

### Instructions

- 1 Mix together the AYMES Shake, milk and yogurt to a smooth consistency
- 2 Serve cold

**1 Portion | Calories 482 | Protein 22g | Carbohydrate 68g**



Mint  
Milkshake

## AYMES Strawberry & Orange Shake

S

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### Ingredients

- 1 sachet AYMES Shake Strawberry
- 100ml Whole Milk
- 100ml Orange Juice

### Instructions

- 1 Whisk together the AYMES Shake, milk and orange juice until smooth
- 2 Serve cold

**1 Portion | Calories 354 | Protein 16.2g | Carbohydrate 52g**

## AYMES Banana Longboat

B

### Ingredients

- 1 sachet AYMES Shake Banana
- 100ml Whole Milk
- 50ml Coconut Milk
- 50ml Pineapple Juice

### Instructions

- 1 Whisk together all of the ingredients
- 2 Serve cold

**1 Portion | Calories 347 | Protein 16g | Carbohydrate 50g**

## AYMES Crème Caramel Shake

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### Ingredients

- 1 sachet AYMES Shake Vanilla
- 200ml Whole Milk
- 3 tsps Maple Syrup

### Instructions

- 1 Mix the AYMES Shake powder with the maple syrup and a little of the milk
- 2 Gradually whisk in the rest of the milk
- 3 Serve cold

**1 Portion | Calories 426 | Protein 18.8g | Carbohydrate 59g**

## AYMES Banoffee Milkshake

B

### Ingredients

- 1 sachet AYMES Shake Banana
- 200ml Whole Milk
- 3 tsps Maple Syrup

### Instructions

- 1 Whisk the AYMES Shake with the maple syrup and a little of the milk
- 2 Gradually whisk in the rest of the milk
- 3 Serve cold

**1 Portion | Calories 426 | Protein 18.8g | Carbohydrate 59g**

## AYMES Carbonated Drinks



All recipes serve 1

*Do not mix fizzy drinks in a Shaker*

### Ingredients

- 1 sachet AYMES Shake (any flavour)
- 200ml Full Sugar Carbonated Drink

### Instructions

- 1 Measure 200ml of the carbonated drink into a large jug
- 2 Whisk in the AYMES Shake
- 3 Serve immediately

**1 Portion | Calories 297 | Protein 11.8g | Carbohydrate 50g**

Nutritional profile based on AYMES Shake Vanilla mixed with full sugar lemonade

### SUGGESTIONS

#### Banana Shake

with Ginger Ale, Cream Soda, Lilt, Orangeade

#### Chocolate Shake

with Lemonade and 2 tbsp Peppermint Cordial

#### Strawberry Shake

with Lemonade, White Grape Juice or Cream Soda

#### Vanilla Shake

with Cream Soda, Cola, Ginger Beer or Apppleade



## AYMES Fizzy Fruit Drink



### Ingredients

- 1 sachet AYMES Shake (Banana or Strawberry)
- 200ml Full Sugar Lemonade

### Instructions

- 1 Pour 200ml of lemonade into a large jug
- 2 Add the AYMES Shake and whisk until dissolved into the lemonade

**1 Portion | Calories 297 | Protein 11.8g | Carbohydrate 50g**

## AYMES Cola Drink



### Ingredients

- 1 sachet AYMES Shake (Neutral or Vanilla)
- 200ml Full Sugar Cola

### Instructions

- 1 Pour 200ml of cola into a large jug
- 2 Add the AYMES Shake and whisk until dissolved into the cola

**1 Portion | Calories 336 | Protein 11.8g | Carbohydrate 59g**

## AYMES Lemon Fizzer



### Ingredients

- 1 sachet AYMES Shake (Neutral or Vanilla)
- 200ml Full Sugar Lemonade

### Instructions

- 1 Pour 200ml of lemonade into a large jug
- 2 Add the AYMES Shake and whisk until dissolved into the lemonade

**1 Portion | Calories 297 | Protein 11.8g | Carbohydrate 50g**

## FRUIT JUICE RECIPES

All these recipes make 1 portion  
*Can also be mixed in your AYMES Shaker*

## AYMES Passion Fruit Drink



### Ingredients

- 1 sachet AYMES Shake Vanilla
- 100ml Orange and Mango Juice
- 100ml Passion Fruit Juice

### Instructions

- 1 Pour 100ml of orange and mango juice and 100ml of passion fruit juice into a jug
- 2 Add the AYMES Shake and whisk well until smooth

**1 Portion | Calories 316 | Protein 12.8g | Carbohydrate 59g**

## AYMES Apple & Raspberry Delight Drink



### Ingredients

- 1 sachet AYMES Shake (Neutral or Vanilla)
- 200ml Apple and Raspberry Juice

### Instructions

- 1 Pour 200ml of apple and raspberry juice into a jug
- 2 Add the AYMES Shake and mix until smooth

**1 Portion | Calories 329 | Protein 12g | Carbohydrate 57g**



## AYMES Tropical Drink

B

### Ingredients

- 1 sachet AYMES Shake Banana
- 200ml Pineapple Juice

### Instructions

- 1 Pour 200ml of pineapple juice into a jug
- 2 Add the AYMES Shake and mix until smooth

**1 Portion | Calories 337 | Protein 12.4g | Carbohydrate 59g**

## AYMES Chocolate Orange Drink

C

### Ingredients

- 1 sachet AYMES Shake Chocolate
- 200ml Orange Juice

### Instructions

- 1 Pour 200ml of orange juice into a jug
- 2 Add the AYMES Shake and mix until smooth

**1 Portion | Calories 323 | Protein 14g | Carbohydrate 54g**



**Tropical  
Drink**

## AYMES Green Smoothie

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### 34 Ingredients - Serves 1

- 1 sachet AYMES Shake Ginger
- 80g Supermarket Frozen Green Smoothie mix defrosted or frozen kale, spinach, avocado, mango, kiwi
- 150ml supermarket chilled coconut milk
- 1 tsp almond or peanut butter (optional)

### Instructions

- 1 Place the defrosted vegetables and fruits into a smoothie maker along with the AYMES Shake Ginger
- 2 Add the coconut milk and nut butter (if using)
- 3 Whiz for 15 seconds
- 4 Serve and enjoy

**1 Portion | Calories 408 | Protein 16g | Carbohydrate 44g**

## AYMES Apple Crumble Drink

V

### Ingredients

- 1 sachet AYMES Shake Vanilla
- 200ml Apple Juice

### Instructions

- 5 Pour 200ml of apple juice into a jug
- 6 Add the AYMES Shake and mix until smooth

**1 Portion | Calories 329 | Protein 12g | Carbohydrate 57g**



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## AYMES Ginger & Mango Delight

G

### Ingredients

- 1 sachet AYMES Shake Ginger
- 100ml Mango and Orange Juice
- 100ml Coconut Milk

### Instructions

- 1 Pour juice and coconut milk into a jug /shaker
- 2 Add the AYMES Shake Ginger and mix or shake for 15 seconds until smooth

**1 Portion | Calories 322 | Protein 13g | Carbohydrate 47g**



## HOT DRINK RECIPES

All recipes make 1 portion

### AYMES Latte

V N G

### Ingredients

- 1 sachet AYMES Shake (Vanilla, Neutral or Ginger)
- 150ml hot Whole Milk
- 1 tsp (5g) Coffee Powder

### Instructions

- 1 Add the AYMES Shake and the coffee powder to a mug or jug
- 2 Add a little of the milk and whisk
- 3 Gradually add the remaining milk whilst whisking
- 4 Serve warm

**1 Portion | Calories 350 | Protein 18g | Carbohydrate 45g**

### AYMES Mocha

G

### Ingredients

- 1 sachet AYMES Shake Chocolate
- 150ml hot Whole Milk
- 1 tsp Coffee Powder

### Instructions

- 1 Mix the AYMES Shake and coffee powder
- 2 Gradually add the milk whilst whisking
- 3 Serve warm with a topping of sprinkled cocoa

**1 Portion | Calories 346 | Protein 17g | Carbohydrate 43g**

## AYMES Double Hot Chocolate



### Ingredients

- 1 sachet AYMES Shake Chocolate
- 150ml hot Whole Milk
- 3 tsps (15g) Hot Chocolate Powder

### Instructions

- 1 Mix the AYMES Shake and the hot chocolate powder with a little of the milk
- 2 Gradually add the remaining milk whilst whisking
- 3 Serve warm

**1 Portion | Calories 402 | Protein 18.4g | Carbohydrate 55g**

## AYMES Coconut Hot Chocolate



### Ingredients

- 1 sachet AYMES Shake Chocolate
- 100ml hot Whole Milk
- 50ml Coconut Milk

### Instructions

- 1 Gently heat the coconut milk with the milk
- 2 Do not boil
- 3 Mix the AYMES Shake with a little of the heated milk
- 4 Gradually add the remaining milk whilst stirring
- 5 Serve warm

**1 Portion | Calories 396 | Protein 16.2g | Carbohydrate 42g**



**Double Hot  
Chocolate**

## AYMES Liqueur Coffee



40

### Ingredients

- 1 sachet AYMES Shake Neutral
- 150ml Whole Milk
- 1 Teaspoon (5g) Coffee Powder
- 30ml/2 tbsp Irish Liqueur (such as Baileys or Tia Maria)

### Instructions

- 1 Heat the milk and mix together with the AYMES Shake, coffee and Irish liqueur to a smooth consistency and serve

**1 Portion | Calories 446 | Protein 18g | Carbohydrate 52g**

## AYMES Malted Drink



### Ingredients

- 1 sachet AYMES Shake (Neutral or Vanilla)
- 3-4 tsp (15-20g) or 1 sachet Malted Drink Powder
- 150ml hot Whole Milk

### Instructions

- 1 Mix together the AYMES Shake, malted drink powder and hot milk to reach a smooth consistency and serve

**1 Portion | Calories 425 | Protein 19g | Carbohydrate 62g**



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Liqueur  
Coffee

## AYMES Spiced Latte



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### Ingredients

- 1 sachet AYMES Shake (Vanilla or Ginger)
- 150ml hot Whole Milk
- 1 tsp (5g) Coffee
- ½ tsp Cinnamon, Nutmeg or Mixed Spice

### Instructions

- 1 Mix together the AYMES Shake, coffee, spice and hot milk to a smooth consistency and serve topped with some extra spice

**1 Portion | Calories 350 | Protein 18g | Carbohydrate 45g**

## AYMES Ginger Mocha



### Ingredients

- 1 sachet AYMES Shake Ginger
- 150ml hot Whole Milk
- ½ tsp Coffee Powder
- 1 tsp Cocoa Powder, extra cocoa for sprinkling

### Instructions

- 1 Mix the AYMES Shake Ginger, coffee powder and cocoa
- 2 Gradually add the milk whilst whisking
- 3 Serve warm with a topping of sprinkled cocoa

**1 Portion | Calories 367 | Protein 19g | Carbohydrate 40g**

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## AYMES SHAKE RANGE

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### What is AYMES Shake?

AYMES Shake is designed for the dietary management of patients with, or at risk of, disease-related malnutrition. It contains a complete range of vitamins and minerals, and is available in Vanilla, Strawberry, Banana, Chocolate, Neutral and Ginger flavours.

### Where is AYMES Shake manufactured?

AYMES Shake is made in the UK.

### Suggested Intake

1-2 servings a day unless otherwise indicated by the clinician or dietitian.

#### IMPORTANT NOTICE

- Use under medical supervision
- Not suitable as a sole source of nutrition
- For enteral use only
- Not suitable for children under 3 years of age

#### CONTRAINDICATIONS

Not suitable for patients with soya or cows' milk intolerance or for those with galactosaemia.

#### PRECAUTIONS

Use with caution in children under 6 years old.

#### Storage

Store in a cool, dry place, below 25°C

#### Shelf Life

24 months

## How to Enjoy AYMES Shake on its own:

Each sachet of AYMES Shake should be reconstituted with 200ml of whole milk or water.

We recommend using whole milk to achieve a creamier taste and an improved nutritional profile. AYMES Shake is best served cold, but can be made up warm, if preferred.

If a warm drink is preferred, AYMES Shake can be heated in the microwave after mixing.

The AYMES Shaker is microwavable, however the mixing ball should be removed. The spout must be left open to allow for the expansion of air.

An AYMES Shaker is included in our AYMES Shake Starter Packs. Additional shakers can be ordered via your healthcare professional.

## AYMES Shake provides:

- 383 calories and 19g protein when mixed with 200ml whole milk.
- 251 calories and 12g protein when mixed with water.



# MIXING INSTRUCTIONS

ILLUSTRATED



# Mixing with a Whisk or Fork

Works for hot & cold liquids

1. Pour 200ml of the liquid into a glass or mug
2. Add one sachet of **AYMES Shake** powder
3. Mix thoroughly with a whisk or fork
4. Serve immediately

Or seal and refrigerate for up to 24 hours



# Mixing with a Shaker

Cold liquids only

1. You'll need: a large glass or mug, a shaker, whole milk, and one sachet of **AYMES Shake** powder
2. Add the **200ml** of whole milk
3. Then the sachet of **AYMES Shake** powder
4. With the lid securely tightened shake well until fully mixed
5. Pour into a glass or mug and serve

Or seal and refrigerate for up to 24 hours



## VANILLA FLAVOUR

Skimmed **Milk** Powder (46%), Dried Glucose Syrup, Palm Oil, Sugar, Maltodextrin, **Milk** Protein Concentrate, Flavourings (**Milk**), Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

## STRAWBERRY FLAVOUR

Skimmed **Milk** Powder (46%), Dried Glucose Syrup, Palm Oil, Sugar, Maltodextrin, **Milk** Protein Concentrate, Colour: Beetroot Red, Natural Flavouring, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

## BANANA FLAVOUR

Skimmed **Milk** Powder (46%), Dried Glucose Syrup, Palm Oil, Sugar, **Milk** Protein Concentrate, Maltodextrin, Flavourings, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Magnesium Sulphate, Emulsifier: **Soya** Lecithin, Colour: Carotenes

## CHOCOLATE FLAVOUR

Skimmed **Milk** Powder (43%), Palm Oil, Sugar, Dried Glucose Syrup, Cocoa Powder (7%), **Milk** Protein Concentrate, Dextrose Monohydrate, Maltodextrin, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Flavouring (**Milk**), Emulsifier: **Soya** Lecithin, Thickener: Xanthan Gum, Magnesium Sulphate

## NEUTRAL FLAVOUR

Skimmed **Milk** Powder (47%), Dried Glucose Syrup, Palm Oil, Maltodextrin, **Milk** Protein Concentrate, Fructose, Sugar, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Magnesium Sulphate, Natural Flavouring (**Milk**), Emulsifier: **Soya** Lecithin

## GINGER FLAVOUR

Skimmed **Milk** Powder (46%), Dried Glucose Syrup, Sugar, Palm Oil, **Milk** Protein Concentrate, Natural Flavourings, Maltodextrin, Ginger, Caramelised Sugar Syrup, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

Flavour	VANILLA		STRAWBERRY		BANANA		CHOCOLATE		NEUTRAL		GINGER		
Typical values	Per 100g powder	Per 57g + 200ml whole milk	Per 100g powder	Per 57g + 200ml whole milk	Per 100g powder	Per 57g + 200ml whole milk	Per 100g powder	Per 57g + 200ml whole milk	Per 100g powder	Per 57g + 200ml whole milk	Per 100g powder	Per 57g + 200ml whole milk	
Energy	kJ	1854	1608	1851	1606	1857	1610	1821	1589	1853	1608	1856	1609
	kcal	441	383	440	383	441	383	433	379	440	383	441	383
Fat	g	14.3	15.6	14.3	15.6	14.3	15.5	14.5	15.7	14.3	15.6	14.3	15.6
of which: saturates	g	8.5	9.6	8.5	9.6	8.5	9.6	8.6	9.6	8.5	9.6	8.5	9.6
polyunsaturates	g	1.4	1.6	1.4	1.6	1.4	1.6	1.4	1.6	1.4	1.6	1.4	1.6
Carbohydrate	g	57.1	42	57	42	57.6	42.3	53.2	39.8	56.8	41.9	57.2	42.1
total sugars	g	37.9	31.1	36.8	30.5	39.5	32	42.3	34.2	31.3	27.3	42.0	33.4
Fibre	g	0.4	0.2	0.1	0.1	0.2	0.1	2.3	1.3	0.2	0.1	0.2	0.1
Protein	g	21.0	19.0	21.0	19.0	21.0	19.0	21.0	19.0	21.0	19.0	21.0	19.0
Salt	g	0.68	0.6	0.68	0.61	0.69	0.61	0.65	0.58	0.69	0.61	0.68	0.60
<b>Vitamins</b>													
Vitamin A (RE)	µg	691	473	691	473	690	472	649	449	694	475	691	473
Vitamin D	µg	9.8	5.6	9.8	5.6	9.8	5.6	9.2	5.2	9.8	5.6	9.8	5.6
Vitamin E (a-TE)	mg	8.9	5.2	8.9	5.2	8.9	5.2	8.6	5.0	8.9	5.2	8.9	5.2
Vitamin K	µg	53.0	30.2	53	30.2	53	30.2	49.6	28.3	53	30.2	53	30.2
Vitamin C	mg	59.0	37.8	59	37.7	59	37.7	55.3	35.6	59	37.8	59	37.7
Thiamin	mg	1.4	0.85	1.4	0.85	1.4	0.84	1.3	0.8	1.4	0.85	1.4	0.85
Riboflavin	mg	1.6	1.4	1.6	1.4	1.6	1.4	1.5	1.3	1.6	1.4	1.6	1.4
Vitamin B6	mg	2.0	1.3	2.0	1.3	2.0	1.3	1.9	1.2	2.0	1.3	1.98	1.25
Niacin (NE)	mg	12.5	7.5	12.5	7.5	12.5	7.5	11.8	7.1	12.5	7.5	12.5	7.5
Folic acid	µg	203	132	203	132	203	132	191	125	203	130	203	132
Vitamin B12	µg	2.0	2.9	2.0	3.0	2.0	3.0	1.9	2.9	2.0	3.0	2.0	3.0
Pantothenic acid	mg	5.5	4.3	5.5	4.3	5.5	4.3	5.3	4.2	5.5	4.3	5.5	4.3
Biotin	µg	31.0	22.8	31.0	22.8	31.0	22.8	29.1	21.7	31.0	22.8	31	22.8
<b>Minerals</b>													
Sodium	mg	270	240	270	240	280	240	260	230	280	240	270	240
	mmol	11.7	10.4	11.7	10.4	12.2	10.4	11.3	10.0	12.2	10.4	11.7	10.4
Chloride	mg	416	420	416	420	414	419	392	407	426	426	416	420
	mmol	11.9	12.0	11.9	12.0	11.8	12.0	11.2	11.6	12.2	12.2	11.8	11.7
Potassium	mg	732	741	732	741	729	739	1035	913	746	749	732	741
	mmol	18.8	19.0	18.8	19.0	18.7	18.9	26.5	23.4	19.1	19.2	18.7	18.9
Calcium	mg	723	659	723	659	720	658	698	644	735	666	723	660
	mmol	18.0	16.5	18.0	16.5	18.0	16.5	17.5	16.1	18.4	16.7	18.3	16.5
Phosphorus	mg	467	464	467	464	465	463	488	475	475	469	467	464
	mmol	15.1	15.0	15.1	15.0	15.0	14.9	15.7	15.3	15.3	15.1	15.1	15.0
Magnesium	mg	82.7	69.8	82.7	71.0	82.4	69.6	102	80.8	84	70.4	82.6	69.8
	mmol	3.4	2.9	3.4	3.0	3.4	2.9	4.3	3.4	3.5	2.9	3.4	2.87
Iron	mg	6.8	3.9	6.8	3.9	6.8	3.9	8.8	5.1	6.8	3.9	6.8	3.9
Zinc	mg	4.8	3.8	4.8	3.8	4.8	3.8	5.0	3.9	4.9	3.8	4.8	3.8
Copper	µg	530	300	530	300	530	300	770	440	530	300	530	300
Iodine	µg	129	137	129	137	129	137	121	133	130	138	129	137
Selenium	µg	19.1	12.9	19.1	12.9	19.0	12.9	18.0	12.3	19.0	13.0	19.0	13.0
Manganese	mg	0.61	0.35	0.61	0.35	0.61	0.4	0.57	0.33	0.61	0.3	0.61	0.4
Chromium	µg	7.0	4.0	7.0	4.0	7.0	4.0	6.6	3.4	7.0	4.0	7.0	4.0
Molybdenum	µg	16.0	9.1	16.0	9.1	16.0	9.1	15.0	8.5	16.0	9.1	16.0	9.1

## FLAVOURS AVAILABLE

AYMES Shake is available in 6 flavours:

**Vanilla, Strawberry, Banana, Chocolate, Neutral and Ginger**



PIP-CODE 374-9017



PIP-CODE 374-9009



PIP-CODE 374-9033



PIP-CODE 374-9025



PIP-CODE 374-8993



PIP-CODE 415-0397

A 250ml **AYMES Shaker** is provided free with the Starter Pack

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