



RECIPES

made with

AYMES® SHAKE



VANILLA • STRAWBERRY • BANANA • CHOCOLATE • NEUTRAL

REVIEWED EDITION - JUNE 2019

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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 or the malnutritionpathway.co.uk

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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/1600°C fan/gas mark 4
- 7 When cooled cut into 9 pieces (3x3)

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



Chocolate Brownies

AYMES® Cupcakes



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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® Mousse



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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® 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

AYMES® Banana or Strawberry Cheesecake



12 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



Ingredients - 2 portions

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

Strawberry Parfait

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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® 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



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® 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® Rice Pudding



Ingredients - 1 portion

- 1 sachet AYMES® Shake (Vanilla or Neutral)
- 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



SAVOURY RECIPES

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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

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



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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



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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



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



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® Vanilla Shake mixed with full sugar lemonade

SUGGESTIONS

Banana Shake
with Ginger Ale, Cream Soda, Lilt, Orangeade

Chocolate Shake
with Lemonade and 2 tbspp Peppermint Cordial

Strawberry Shake
with Lemonade, White Grape Juice or Cream Soda



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® Chocolate Orange Drink



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

AYMES® Apple Crumble Drink



Ingredients

- 1 sachet AYMES® Shake Vanilla
- 200ml Apple Juice

Instructions

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

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

AYMES® Tropical Drink



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



**Tropical
Drink**

HOT DRINK RECIPES

32 All recipes make 1 portion

AYMES® Latte



Ingredients

- 1 sachet AYMES® Shake (Vanilla or Neutral)
- 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 17g | Carbohydrate 45g

AYMES® Mocha



Ingredients

- 1 sachet AYMES® Shake Chocolate
- 150ml hot Whole Milk
- 1 tsp (5g) Coffee Powder

Instructions

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

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

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AYMES® Spiced Vanilla Latte



Ingredients

- 1 sachet AYMES® Shake Vanilla
- 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

1 Portion | Calories 350 | Protein 17g | Carbohydrate 45g

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

AYMES® Liqueur Coffee



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® 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 and Neutral 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.

When using the Shaker, if a warm drink is preferred the Shaker is microwaveable after mixing. The spout must be left open to allow for the expansion of air.

The AYMES® Shaker is included in our AYMES® Sample packs. It is also available to order via our website through your Health Care 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



for video demonstrations please
visit www.aymes.com

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**
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



for video demonstrations please
visit www.aymes.com

VANILLA FLAVOUR

Skimmed **Milk** Powder (46%), Dried Glucose Syrup, Palm Oil, Sugar, Maltodextrin, **Milk** Protein Concentrate, Flavourings, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D₃, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamine mononitrate, Copper Sulphate, Vitamin K₁, Vitamin B₁₂, Riboflavin, Chromium Chloride), 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 Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D₃, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamine mononitrate, Copper Sulphate, Vitamin K₁, Vitamin B₁₂, Riboflavin, Chromium Chloride), 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 Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D₃, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamine mononitrate, Copper Sulphate, Vitamin K₁, Vitamin B₁₂, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin, Colour: Beta Carotene

CHOCOLATE FLAVOUR

Skimmed **Milk** Powder (43%), Palm Oil, Sugar, Dried Glucose Syrup, Cocoa Powder, **Milk** Protein Concentrate, Dextrose Monohydrate, Maltodextrin, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D₃, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamine mononitrate, Copper Sulphate, Vitamin K₁, Vitamin B₁₂, Riboflavin, Chromium Chloride), Flavouring, 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 Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D₃, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamine mononitrate, Copper Sulphate, Vitamin K₁, Vitamin B₁₂, Riboflavin, Chromium Chloride), Magnesium Sulphate, Natural Flavouring, Emulsifier: **Soya** Lecithin

Flavour		Vanilla		Strawberry		Banana		Chocolate		Neutral	
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
Energy	kJ	1854	1608	1851	1606	1857	1610	1840	1602	1853	1608
	kcal	441	383	440	383	441	383	438	383	440	383
Fat	g	14.3	15.6	14.3	15.6	14.3	15.5	14.5	16.3	14.3	15.6
of which: saturates	g	8.5	9.6	8.5	9.6	8.5	9.6	8.6	10.0	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
Carbohydrate	g	57.1	42.0	57.0	42.0	57.6	42.3	53.2	39.2	56.8	41.9
total sugars	g	37.9	31.1	36.8	30.5	39.5	32.0	42.9	33.3	31.3	27.3
Fibre	g	0.40	0.20	0.10	0.10	0.20	0.10	2.3	1.3	0.20	0.10
Protein	g	21.0	19.0	21.0	19.0	21.0	19.0	21.0	19.0	21.0	19.0
Salt	g	0.68	0.60	0.68	0.61	0.69	0.61	0.65	0.60	0.69	0.61
Vitamins											
Vitamin A (RE)	µg	691	473	691	473	690	472	649	438	694	475
Vitamin D	µg	9.8	5.6	9.8	5.6	9.8	5.6	9.2	5.2	9.8	5.6
Vitamin E (α-TE)	mg	8.9	5.2	8.9	5.2	8.9	5.2	8.6	5.1	8.9	5.2
Vitamin K	µg	53.0	30.2	53.0	30.2	53.0	30.2	50.0	28.3	53.0	30.2
Vitamin C	mg	59.0	37.8	59.0	37.8	59.0	37.8	55.3	35.6	59.0	37.8
Thiamin	mg	1.4	0.85	1.4	0.85	1.4	0.85	1.3	0.80	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
Vitamin B6	mg	2.0	1.3	2.0	1.3	2.0	1.3	1.9	1.2	2.0	1.3
Niacin (NE)	mg	13.0	7.5	13.0	7.5	13.0	7.5	11.8	7.1	13.0	7.5
Folic acid	µg	200	130	200	130	200	130	191	125	200	130
Vitamin B12	µg	2.0	3.0	2.0	3.0	2.0	3.0	1.9	2.9	2.0	3.0
Pantothenic acid	mg	5.5	4.3	5.5	4.3	5.5	4.3	5.3	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
Minerals											
Sodium	mg	270	240	270	240	270	240	260	237	270	240
	mmol	11.7	10.4	11.7	10.4	11.7	10.4	11.3	10.3	11.7	10.4
Chloride	mg	415	420	415	420	415	420	392	407	425	426
	mmol	11.7	11.8	11.7	11.8	11.7	11.8	11.0	11.5	12.0	13.0
Potassium	mg	732	740	732	740	730	740	1035	909	746	749
	mmol	18.7	18.9	18.7	18.9	18.7	18.9	26.5	23.2	19.1	19.2
Calcium	mg	723	659	723	659	720	658	698	641	734	666
	mmol	18.0	16.4	18.0	16.4	18.0	16.4	17.4	16.0	18.3	16.6
Phosphorus	mg	467	464	467	464	465	463	488	470	475	469
	mmol	15.1	15.0	15.1	15.0	15.0	15.1	15.7	15.2	15.3	15.1
Magnesium	mg	83.0	70.0	83.0	70.0	82.0	70.0	102	80.1	84.0	70.4
	mmol	3.4	2.9	3.4	2.9	3.4	2.9	4.2	2.3	3.5	2.9
Iron	mg	6.8	3.9	6.8	3.9	6.8	3.9	8.8	5.0	6.8	3.9
Zinc	mg	4.9	3.8	4.9	3.8	4.9	3.8	5.0	3.7	4.9	3.8
Copper	µg	530	300	530	300	530	300	770	439	530	300
Iodine	µg	130	135	130	135	130	135	121	131	130	135
Selenium	µg	19.0	13.0	19.0	13.0	19.0	13.0	18.0	12.3	19.0	13.0
Manganese	mg	0.61	0.35	0.61	0.35	0.61	0.3	0.57	0.32	0.61	0.3
Chromium	µg	7.0	4.0	7.0	4.0	7.0	4.0	7.0	4.0	7.0	4.0
Molybdenum	µg	16.0	9.1	16.0	9.1	16.0	9.1	15.0	8.6	16.0	9.1

FLAVOURS AVAILABLE

As well as Neutral, AYMES® Shake is available in 4 flavours:
Vanilla, Strawberry, Banana & Chocolate.



The 250ml **AYMES® SHAKER** is provided free with the Sample Pack

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