



RECIPES

made with

ACTASOLVE SMOOTHIE

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PA

PEACH • MANGO • STRAWBERRY & CRANBERRY • PINEAPPLE

FIRST EDITION - FEBRUARY 2020

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'Food First' and AYMES ActaSolve Smoothie

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4 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
6 main foods that can be used for fortifying the diet		
Cream (Soya, Coconut)	Oils (Olive, Rapeseed)	Fortified Nut Drinks
Nut Butter	Seeds	Sugar and Jam

We hope these delicious recipe ideas will provide a wider choice of options when it comes to preparing 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



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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SHAKE RECIPES

Berry and Almond Shake



Ingredients

- 1 sachet AYMES ActaSolve Smoothie Strawberry & Cranberry
- 75g frozen Summer Berries, defrosted
- 1 tsp Almond Butter
- 175ml Almond Drink

Instructions

- 1 Mash the fruits on a plate with a fork until a puree
- 2 Place fruits into shaker, add almond butter and then pour in the almond drink
- 3 Add the AYMES ActaSolve Smoothie, stir to combine then add lid to shaker and shake for 15 seconds
- 4 Drink from shaker or pour into a glass

1 Portion | Calories 456 | Protein 15g | Carbohydrate 50g



Berry & Almond Shake

Mango and Banana Shake



Ingredients

- 1 sachet AYMES ActaSolve Smoothie Mango
- 1 small Banana (75g peeled)
- 1 tsp Peanut Butter
- 175ml Orange and Mango Juice

Instructions

- 1 Mash the banana on a plate with a fork until a puree
- 2 Place banana into shaker, add peanut butter and then pour in the Orange and Mango juice
- 3 Add the AYMES ActaSolve Smoothie, stir to combine then add lid to shaker and shake for 15 seconds
- 4 Drink from shaker or pour into a glass

1 Portion | Calories 540 | Protein 16g | Carbohydrate 78g



Mango & Banana Shake

SMOOTHIE RECIPES

Peach and Almond Smoothie



Ingredients

- 1 sachet AYMES ActaSolve Smoothie Peach
- 75ml Soya Yogurt
- 1 tsp Almond Butter
- 150ml Almond Drink

Instructions

- 1 Measure the yogurt into shaker, pour in the almond drink and add the almond butter
- 2 Add the AYMES ActaSolve Smoothie, stir to combine then add lid to shaker and shake for 15 seconds
- 3 Drink from shaker or pour into a glass

1 Portion | Calories 458 | Protein 18g | Carbohydrate 48g

Peach & Almond Smoothie



Tropical Nut Smoothie



Ingredients

- 1 sachet AYMES ActaSolve Smoothie Mango
- 75g Mango (tinned) or fresh
- 1 tsp Crunchy Peanut Butter (optional)
- 175ml Cashew Drink

Instructions

- 1 Mash the mango on a plate with a fork until a puree
- 2 Place mango into shaker, add crunchy peanut butter if using and then pour in the cashew drink
- 3 Add the AYMES ActaSolve Smoothie, stir to combine then add lid to shaker and shake for 15 seconds
- 4 Drink from shaker or pour into a glass

1 Portion | Calories 477 | Protein 17g | Carbohydrate 58g

Tropical Nut Smoothie



Pina Colada



Ingredients

- 1 sachet AYMES ActaSolve Smoothie Pineapple
- 25g Coconut Cream
- ½ tsp Vanilla Extract
- 150ml Pineapple Juice

Instructions

- 1 Place coconut cream into shaker, add vanilla extract and then pour in the pineapple juice
- 2 Add the AYMES ActaSolve Smoothie, stir to combine then add lid to shaker and shake for 15 seconds
- 3 Drink from shaker or pour into a glass

1 Portion | Calories 428 | Protein 11g | Carbohydrate 60g



**Pina
Colada**

OTHER RECIPES

Swiss Style Breakfast Muesli



Ingredients

- 1 sachet AYMES ActaSolve Smoothie Strawberry & Cranberry
- 1 sachet 18g Porridge Oats
- 100g Soya Yogurt
- 50ml Cranberry Drink
- Fresh Strawberries to serve (optional)

Instructions

- 1 Place AYMES ActaSolve Smoothie in a bowl with the porridge oats
- 2 Spoon over the yogurt and add the cranberry drink
- 3 Stir to combine, cover and place in refrigerator overnight or for at least 8 hours
- 4 Serve in bowl with fresh berries

1 Portion | Calories 418 | Protein 16g | Carbohydrate 58g



Swiss Style
Breakfast Muesli

Peach Rice Pudding

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Ingredients

- 1 sachet AYMES ActaSolve Smoothie Peach
- 50g sliced Peaches (tinned) or fresh
- 1 x Coconut Collaborative 125g Rice Pudding pot
- 2 tsp Coconut Drink

Instructions

- 1 Chop 2/3rd of the peaches into bite sized pieces, reserving 2 for the top
- 2 Remove rice pudding from pot and add the peach slices
- 3 Add the AYMES ActaSolve Smoothie and the coconut drink, stir to combine
- 4 Spoon into bowl and serve topped with the peaches

If requiring the rice pudding hot, warm the pudding and peaches in the bowl, when heated stir in the AYMES ActaSolve Smoothie and the 2 tsp coconut drink, stir well to combine.

1 Portion | Calories 497 | Protein 13g | Carbohydrate 66g



Peach
Rice
Pudding

Pineapple and Coconut Dream



Ingredients

- 1 sachet AYMES ActaSolve Smoothie Pineapple
- 75ml Coconut Yogurt
- 1 tsp Almond Butter
- 1 tbsp Pineapple Juice
- ½ tsp Maple Syrup (optional)

Topping – chopped almonds or chopped shredded coconut

Instructions

- 1 Place the yogurt and almond butter into a bowl, stir to mix before adding the pineapple juice and maple syrup
- 2 Add the AYMES ActaSolve Smoothie, stir well to combine
- 3 Pour into a bowl or sundae glass and serve with topping if desired

1 Portion | Calories 569 | Protein 16g | Carbohydrate 47g

Pineapple Coconut Dream





What is AYMES ActaSolve Smoothie?

AYMES ActaSolve Smoothie 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 Mango, Peach, Strawberry & Cranberry and Pineapple flavours.

Where is AYMES ActaSolve Smoothie manufactured?

AYMES ActaSolve Smoothie 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 intolerance. AYMES ActaSolve Smoothie may contain traces of milk protein.

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 ActaSolve Smoothie on its own:

Each sachet of AYMES ActaSolve Smoothie should be reconstituted with 150ml of water.

AYMES ActaSolve Smoothie 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 ActaSolve Smoothie provides:

- Approximately 298 calories and 10.7g protein when mixed with 150ml water.



MIXING INSTRUCTIONS

ILLUSTRATED

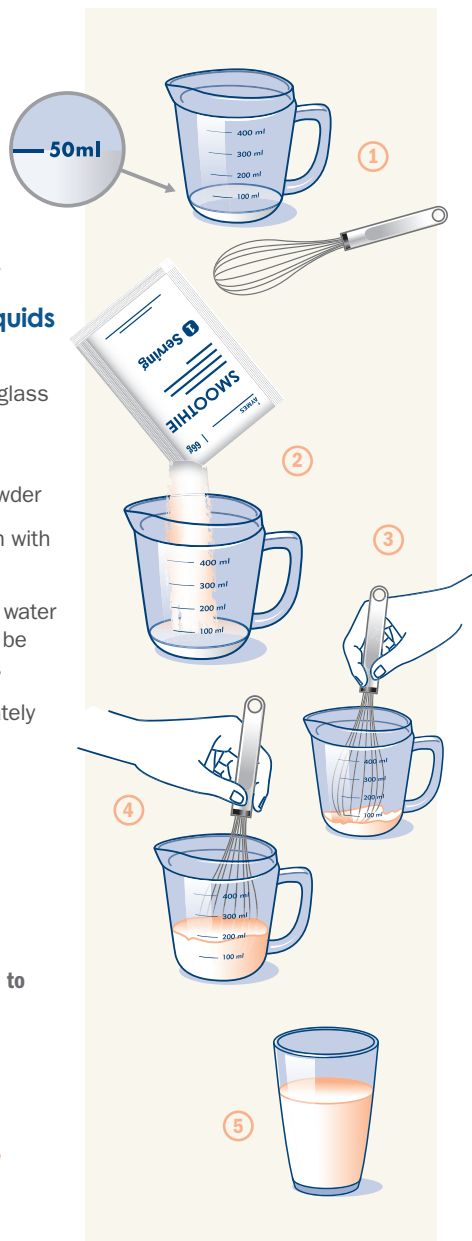
Mixing with a Whisk or Fork

Works for hot & cold liquids

1. Pour 50ml of water into glass or mug
2. Add one sachet **AYMES ActaSolve Smoothie** powder
3. Mix into a smooth cream with whisk or fork
4. Add remaining 100ml of water & whisk again. It should be well mixed after 30 secs
5. Decant to drink immediately

Or seal and refrigerate for up to 24 hours

for video demonstrations please visit www.aymes.com



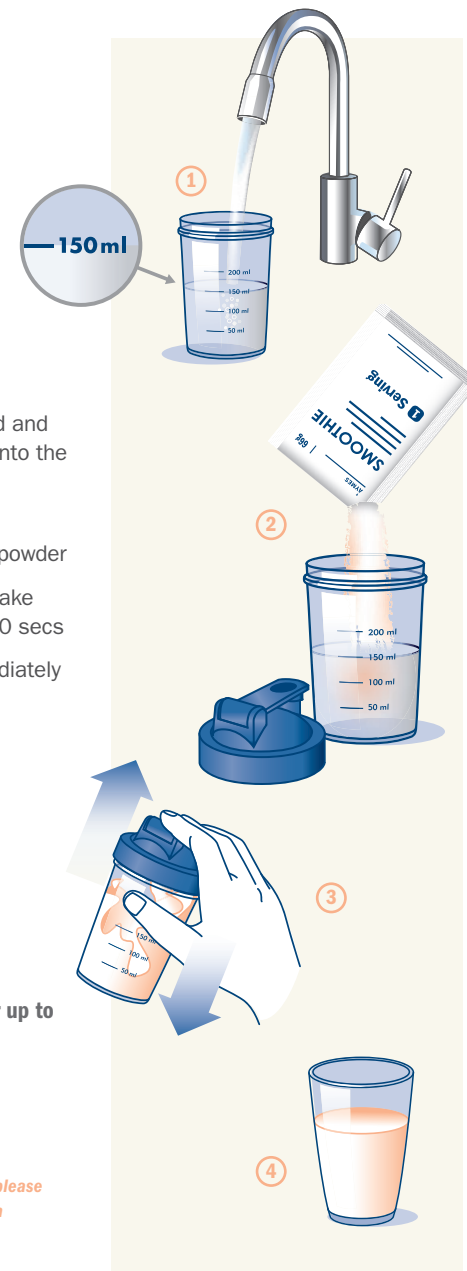
Mixing with a Shaker

Cold liquids only

1. Remove the shaker lid and pour 150ml of water into the shaker
2. Add sachet **AYMES ActaSolve Smoothie** powder
3. Fasten lid well and shake vigorously for about 30 secs
4. Decant to drink immediately

Or seal and refrigerate for up to 24 hours

for video demonstrations please visit www.aymes.com



Ingredients

MANGO FLAVOUR

Dried Glucose Syrup, **Soya** Protein Isolate (Containing Emulsifier **Soya** Lecithin,) Sugar, Palm Oil, Fructose, Maltodextrin, Natural Mango Flavouring (4.0%), Natural Flavouring (2%), Emulsifier: mono and diglycerides of fatty acids, Colour: Carotene, Dipotassium phosphate, Stabiliser: Potassium Phosphate, Calcium Chloride, Thickener: Cellulose Gum, Magnesium Sulphate, Vitamin & Mineral Premix (Dipotassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D₂, Biotin, Vitamin B₆, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B₁₂, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Potassium Chloride, Lemon Powder.

PEACH FLAVOUR

Dried Glucose Syrup, **Soya** Protein Isolate (Containing Emulsifier **Soya** Lecithin,) Sugar, Palm Oil, Maltodextrin, Fructose, Natural Flavouring (1%), Emulsifier: mono and diglycerides of fatty acids, Dipotassium phosphate, Colours: (Beetroot Red, Carotenes), Stabiliser: Potassium Phosphate, Thickener: Cellulose Gum, Calcium Chloride, Concentrated Peach Juice (0.4%), Magnesium Sulphate, Lemon Powder, Vitamin & Mineral Premix (Dipotassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D₂, Biotin, Vitamin B₆, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B₁₂, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Potassium Chloride.

STRAWBERRY & CRANBERRY FLAVOUR

Dried Glucose Syrup, **Soya** Protein Isolate (Containing Emulsifier **Soya** Lecithin,) Sugar, Palm Oil, Maltodextrin, Fructose, Natural Strawberry Flavouring (2.5%), Emulsifier: mono and diglycerides of fatty acids, Natural Flavouring (1%), Dipotassium Phosphate, Stabiliser: Potassium Phosphate, Colour: Beetroot Red,

Calcium Chloride, Thickener: Cellulose Gum, Concentrated Cranberry Juice (0.4%), Lemon Powder, Magnesium sulphate, Vitamin & Mineral Premix (Dipotassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D₂, Biotin, Vitamin B₆, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B₁₂, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Potassium Chloride, Magnesium Sulphate

PINEAPPLE FLAVOUR

Dried Glucose Syrup, **Soya** Protein Isolate (Containing Emulsifier **Soya** Lecithin,) Sugar, Palm Oil, Maltodextrin, Fructose, Natural Flavouring (2%), Emulsifier: mono and diglycerides of fatty acids, Pineapple Juice Powder, Dipotassium Phosphate, Stabiliser: Potassium Phosphate, Calcium Chloride, Thickener: Cellulose Gum, Colour: Curcumin, Magnesium Sulphate, Vitamin & Mineral Premix (Dipotassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D₂, Biotin, Vitamin B₆, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B₁₂, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Potassium Chloride, Lemon Powder.

All flavours of AYMES ActaSolve Smoothie are made from a gluten free recipe and are suitable for vegetarians and vegans.

May contain: Egg, Milk, Celery, Mustard and Sulphites.

Flavour		MANGO		PEACH	STRAWBERRY & CRANBERRY		PINEAPPLE		
Typical values		Per 100g powder	Per 66g serving	Per 100g powder	Per 66g serving	Per 100g powder	Per 66g serving	Per 100g powder	Per 66g serving
Energy	kJ	1897	1252	1889	1247	1887	1246	1892	1249
	kcal	451	298	449	296	448	296	450	297
Fat	g	14.8	9.8	14.6	9.7	14.6	9.6	14.6	9.7
of which: saturates	g	8.5	5.6	8.3	5.5	8.3	5.5	8.3	5.5
monounsaturates	g	4.8	3.2	4.6	3.1	4.7	3.1	4.7	3.1
polyunsaturates	g	1.4	0.92	1.5	0.99	1.5	0.99	1.5	0.99
Carbohydrate	g	62.6	41.3	62.5	41.3	62.5	41.2	62.8	41.5
of which: sugars	g	26.4	17.4	27.1	17.9	26.8	17.7	24.8	16.4
lactose	g	0	0	0	0	0	0	0	0
sucrose	g	15.0	9.9	15.0	9.9	15.0	9.9	15.4	10.2
maltose	g	4.2	2.8	4.2	2.8	4.2	2.8	4.3	2.8
fructose	g	5.5	3.6	6.0	3.9	5.0	3.3	3.1	2.0
glucose	g	1.1	0.73	1.2	0.79	1.2	0.79	1.2	0.79
polysaccharides	g	36.6	24.2	36.5	24.1	37.4	24.6	38.7	25.5
Fibre	g	1.0	0.6	1.0	0.6	0.80	0.5	0.70	0.5
Protein	g	16.2	10.7	16.2	10.7	16.2	10.7	16.2	10.7
Nitrogen	g	2.6	1.7	2.6	1.7	2.6	1.7	2.6	1.7
Salt Eq.	g	0.55	0.36	0.55	0.37	0.55	0.36	0.60	0.40
Vitamins									
Vitamin A (RE)	µg	531	350	530	350	531	350	530	350
Vitamin D	µg	8.8	5.8	8.8	5.8	8.8	5.8	8.8	5.8
Vitamin E (α-TE)	mg	8.8	5.8	8.8	5.8	8.8	5.8	8.8	5.8
Vitamin K	µg	53.0	35.0	53.0	35.0	53.0	35.0	53.0	35.0
Vitamin C	mg	53.2	35.1	53.2	35.1	53.2	35.1	53.2	35.1
Thiamin	mg	1.2	0.82	1.2	0.80	1.2	0.80	1.2	0.80
Riboflavin	mg	0.82	0.54	0.82	0.54	0.82	0.54	0.82	0.54
Vitamin B6	mg	1.7	1.1	1.7	1.1	1.7	1.1	1.7	1.1
Niacin (NE)	mg	12.1	7.9	12.1	7.9	12.1	7.9	12.1	7.9
Folic acid	µg	217	143	217	143	217	143	217	143
Vitamin B12	µg	0.80	0.53	0.80	0.53	0.80	0.53	0.80	0.53
Pantothenic acid	mg	4.0	2.7	4.0	2.7	4.0	2.7	4.0	2.7
Biotin	µg	27.3	18.0	27.3	18.0	27.3	18.0	27.3	18.0
Minerals									
Sodium	mg	220	150	220	150	220	150	240	160
	mmol	9.6	6.5	9.6	6.5	9.6	6.5	10.4	7.0
Chloride	mg	389	256	387	256	387	255	387	255
	mmol	11.1	7.3	10.9	7.3	10.9	7.2	10.9	7.2
Potassium	mg	615	406	617	407	617	407	627	414
	mmol	15.8	10.4	15.8	10.4	15.8	10.4	16.1	10.6
Calcium	mg	177	117	177	117	178	117	178	117
	mmol	4.4	2.9	4.4	2.9	4.4	2.9	4.4	2.9
Phosphorus	mg	346	228	346	228	346	228	346	229
	mmol	11.2	7.4	11.2	7.4	11.2	7.4	11.2	7.4
Magnesium	mg	53.0	35.0	53.0	35.0	53.0	35.0	54.0	36.0
	mmol	2.2	1.4	2.2	1.4	2.2	1.4	2.2	1.5
Iron	mg	9.1	6.0	9.1	6.0	9.1	6.0	9.1	6.0
Zinc	mg	3.6	2.4	3.6	2.4	3.6	2.4	3.6	2.4
Copper	µg	790	520	790	520	790	521	790	520
Iodine	µg	60.1	39.7	60.0	39.7	60.0	39.7	60.1	39.7
Selenium	µg	14.0	9.3	14.0	9.3	14.0	9.3	14.0	9.3
Manganese	mg	0.81	0.54	0.81	0.54	0.81	0.54	0.83	0.55
Chromium	µg	7.0	4.6	7.0	4.6	7.0	4.6	7.0	4.6
Molybdenum	µg	16.0	10.6	16.0	10.6	16.0	10.6	16.0	10.6

FLAVOURS AVAILABLE

AYMES ActaSolve Smoothie is available in 4 flavours: Mango, Peach, Strawberry & Cranberry and Pineapple.



PIP-CODE 397-2817



PIP-CODE 397-2833



PIP-CODE 397-2841



PIP-CODE 397-2825



PIP-CODE 408-4711



PIP-CODE 397-2825

The 250ml AYMES Shaker is provided free with the Sample Pack

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