knutrilite

RECIPE

Sugar-Free Nutrilite[™] Protein Pancakes in 5 Easy Steps.

Nutrilite™ All Plant Protein + Nutrilite™ Balance Within + Amway™ Extra Virgin Olive Oil + Nutrilite™ Electric Blender.

PANCAKE MIX:

INUTRILITE

DRY INGREDIENTS

100 g	Plain Flour
1/4 Teaspoon	Himalayan Salt
2 Tablespoon	Nutrilite™ All Plant Protein Powder
	[Item 110415]

INUTRILITE

WET INGREDIENTS

300 ml	Milk
2 Large	Eggs
1 Tablespoon	Amway™ Extra Virgin Olive Oil [Item 3963]

METHOD:

STEP 1

- Put all DRY INGREDIENTS in one bowl and mix.
- Put all WET INGREDIENTS in a separate bowl then pour into **Nutrilite™ Electric Blender** [Item 312396].
- Add dry ingredients in the blender and only then blend LIGHTLY to a smooth batter (10 seconds max).

STEP 2

 Set aside for 30 mins to rest if you have time or start cooking straight away.

STEP 3

 Set a medium size frying pan over a medium heat and carefully wipe it with some lightly oiled kitchen paper using Amway Olive Oil.

STEP 4

 When hot, pour ½ Cup mixture or as desired to cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

STEP 5

Sprinkle a sachet of **Nutrilite™ Balance Within** [Item 120571] and serve with lemon wedges, banana, a drizzle of honey or your favourite filling. Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months.

	Protein	Fat	Carbohydrates	Dietary fiber	Saturates	low in sugars	low in salt	77*
Content per 100 g of product**	4 g	2 g	7 g	0 g	1g	0.1 g	0.1 g	kcal
With Nutrilite [™] products	10 g							n.a.

* Calculated after adding the above NUTRILITE™ products.

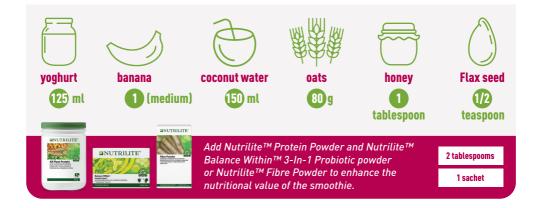


MUTRILITE

SMOOTHIE

Full of Strength

Nutritious breakfast for an eventful day



Recipe:

Put all the components into the blender cup and blend them until smooth.

Diet expert's comment:

This nutritious drink contains much iodine, magnesium and vitamins B₁, B₂, B₃ and B₆. The essential nutrients contained in it may enhance physical and mental performance.

	Protein	Fat	Carbohydrates	Dietary fiber	130*
Content per 100 g of product**	4.6 g	3.4 g	19.7 g	1.3 g	kcal
With NUTRILITE [™] products	7.6 g	3.2 g	18.7 g	1.7 g	NUAL

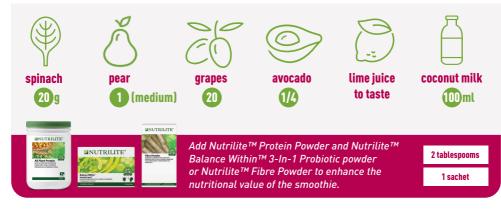
* Calculated after adding the above NUTRILITE™ products.



SMOOTHIE

Green Vitamin

Boost of beta-carotene, B vitamins and minerals



Recipe: Wash spinach and prepare the fruit. Add coconut milk and lime juice (to your taste). Blend everything until smooth. If you like, you can add spirulina powder at the tip of a teaspoon

Diet expert's comment:

The smoothie contains beta-carotene, B vitamins, vitamin C, iron, calcium, potassium, magnesium and iodine. It is rich in phytonutrients.

	Protein	Fat	Carbohydrates	Dietary fiber	70*
Content per 100 g of product**	1 g	2 g	9 g	1.5 g	
With NUTRILITE [™] products	5 g	2 g	8 g	2 g	NLa

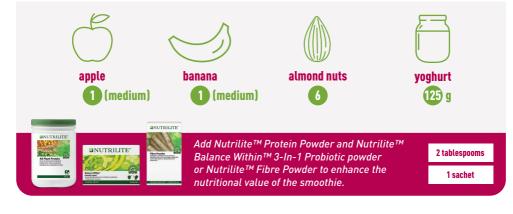
* Calculated after adding the above NUTRILITE™ products.





Cheerful Morning

Filling 60% of your daily requirement for iodine



Recipe: Put shelled almond nuts and other components into the blend cupand blend them until smooth.							
Diet expert's comment:	prophylac	amins and minerals contained in this drink may have a lactic effect for obesity and improve mental and physical nance, especially in regions with iodine deficiency.					
		Protein	Fat	Carbohydrates	Dietary fiber	83*	
Content per 100 g of product** With NUTRILITE [™] products		2.7 g	2.5 g	11 g	1.1 g	kcal	
			2.3 q	10.6 g	1.6 g	Rual	

* Calculated after adding the above NUTRILITE™ products.

