

Sugar-Free Nutralite™ Protein Pancakes in 5 Easy Steps.



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

PANCAKE MIX:
DRY INGREDIENTS

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

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 **Nutralite™ 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 1/2 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 **Nutralite™ 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
Content per 100 g of product**	4 g	2 g	7 g	0 g	1g	0.1 g	0.1 g
With Nutralite™ products	10 g	2 g	7 g	0 g	1g	0.1 g	0.1 g

* Calculated after adding the above NUTRILITE™ products.

** As estimated by Amway.



NUTRILITE™

SMOOTHIE

Full of Strength

Nutritious breakfast for an eventful day



yoghurt

125 ml



banana

1 (medium)



coconut water

150 ml



oats

80 g



honey

**1
tablespoon**



Flax seed

**1/2
teaspoon**



Add Nutrilite™ Protein Powder and Nutrilite™ Balance Within™ 3-In-1 Probiotic powder or Nutrilite™ Fibre Powder to enhance the nutritional value of the smoothie.

2 tablespoons

1 sachet

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
Content per 100 g of product**	4.6 g	3.4 g	19.7 g	1.3 g
With NUTRILITE™ products	7.6 g	3.2 g	18.7 g	1.7 g

**130*
kcal**

* Calculated after adding the above NUTRILITE™ products.

** As estimated by Amway.



NUTRILITE™

SMOOTHIE

Green Vitamin

Boost of beta-carotene, B vitamins and minerals



spinach

20 g



pear

1 (medium)



grapes

20



avocado

1/4



**lime juice
to taste**



coconut milk

100 ml



Add Nutrilite™ Protein Powder and Nutrilite™ Balance Within™ 3-In-1 Probiotic powder or Nutrilite™ Fibre Powder to enhance the nutritional value of the smoothie.

2 tablespoons

1 sachet

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
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

**70*
kcal**

* Calculated after adding the above NUTRILITE™ products.

** As estimated by Amway.



NUTRILITE™

SMOOTHIE



Cheerful Morning

Filling 60% of your daily requirement for iodine



apple

1 (medium)



banana

1 (medium)



almond nuts

6



yoghurt

125 g



Add Nutrilite™ Protein Powder and Nutrilite™ Balance Within™ 3-In-1 Probiotic powder or Nutrilite™ Fibre Powder to enhance the nutritional value of the smoothie.

2 tablespoons

1 sachet

Recipe:

Put shelled almond nuts and other components into the blender cup and blend them until smooth.

Diet expert's comment:

The vitamins and minerals contained in this drink may have a prophylactic effect for obesity and improve mental and physical performance, especially in regions with iodine deficiency.

	Protein	Fat	Carbohydrates	Dietary fiber
Content per 100 g of product**	2.7 g	2.5 g	11 g	1.1 g
With NUTRILITE™ products	6.7 g	2.3 g	10.6 g	1.6 g

83* kcal

* Calculated after adding the above NUTRILITE™ products.

** As estimated by Amway.

