PEPTAMEN®

DELICIOUS WAY TO **NOURISH YOUR RECOVERY** WITH PEPTAMEN®

Nestlé

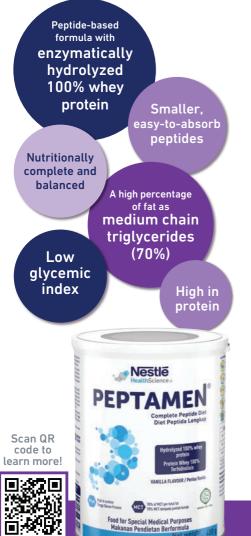
PEPTA



Nestlé Products Sdn. Bhd. (197901000966) Petaling Jaya, Selangor

OPTIMIZED NUTRIENT ABSORPTION

for Optimized Health Outcomes



kcal 466 256 Fat [35% TEI*] g 18 9.9 Comprising of - - Saturated g 12.6 6.9 MCT g 12.6 6.9 Monounsaturated g 1.4 0.77 α-linolenic acid g 0.32 0.18 linolenic acid g 0.32 0.18 linolenic acid g 0.1 0.61 Carbohydrate [45% TEI*] g 52.5 28.9 Comprising of - - - Sugar g 1.4 0.0 0 Protein [20% TEI*] g 23.5 12.9 Satt [Na[g]x 2.5] g 1.0 0.55 Mineral - - - Sodium mg 400 220 Potassium mg 114 62.7 Iron mg 114 62.7 Iron mg 1.15 0.63	Nutritional Information	Units	Per 100g	Per Serving 55g
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	Gluten	mg	0	

* Total Energy Intakes

STRAWBERRY BANANA SMOOTHIE

NUTRITIONAL INFO PER SERVING:



11_g _{Fat}

INGREDIENTS

6 scoops	PEPTAMEN®
½ cup	Sliced strawberries
½ small	Banana
210ml	Chilled water



PREPARATION METHODS

1. Place all ingredients in a blender and mix until smooth.

SERVING SUGGESTION

2. Serve immediately.

SUNRISE SMOOTHIE

A INGREDIENTS

Orange juice
Soft pear, peeled & sliced
Peach, sliced
Honeydew melon sliced
Ice cubes

BINGREDIENT 10 scoops PEPTAMEN®

PREPARATION METHODS

- 1. Blend A ingredients until ice cubes are crushed.
- 2. Mix in B ingredient and blend till **PEPTAMEN**[®] dissolves.
- 3. Pour into glasses and serve immediately.







NUTRITIONAL INFO PER SERVING:





MOCHA CREAM

INGREDIENTS

6 scoops	PEPTAMEN®
210ml	Warm water
1 tbsp	MILO [®] Powder
1 tsp	NESCAFÉ® Classic

PREPARATION METHODS

- 1. Mix all ingredients and stir until well dissolved.
- 2. Serve immediately.

DARK CHOCOLATE PUDDING WITH **CHOCOLATE GANACHE**

NUTRITIONAL INFO PER SERVING:



INGREDIENTS

5q

10a

30g

8 scoops **PEPTAMEN®** 200ml Water Agar strips 150ml Water Chocolate compound Dark chocolate



PREPARATION METHODS

- 1. Soak the agar strips with 150ml water in a pot.
- 2. Boil the agar until is completely dissolved. Remove the pot from the heat.
- 3. Mix 6 scoops of PEPTAMEN® with 200ml water and shake well.

SERVING SUGGESTION

- 4. Pour the **PEPTAMEN**[®] into the agar and stir well.
- 5. Stir in the chocolate compound.
- 6. Pour the mixture into a small container and chill overnight.

FOR TOPPING

- 1. Melt 30g of dark chocolate.
- 2. Add in 2 scoops of PEPTAMEN®.
- 3. Mix till well combined.

FROZEN PINEAPPLE SMOOTHIE

NUTRITIONAL INFO PER SERVING:



INGREDIENTS

4 scoops	PEPTAMEN®
100ml	Chilled water
90g	Low fat plain yoghurt
1 slice	Frozen pineapple
1 Stiee	riozen pineappie

15 MINS SERVES 1

PREPARATION METHODS

- 1. Cut the sliced pineapple into small chunks and freeze it in advance.
- 2. Blend the **PEPTAMEN**[®], water, yoghurt and frozen pineapple in a blender until smooth.
- 3. Consume immediately.

SERVING SUGGESTION

CARROT-APPLE BLISS

NUTRITIONAL INFO PER SERVING:





INGREDIENTS

4 scoops	PEPTAMEN®
2 medium	Carrot
1 medium	Green apple
120ml	Chilled water

PREPARATION METHODS

- 1. Peel and cut the carrots and green apple into small pieces.
- 2. Put the sliced carrots and green apples into a juicer.
- 3. Dissolve the **PEPTAMEN**[®] with chilled water.
- 4. Pour the carrot apple juice into the **PEPTAMEN®**. Mix well and serve immediately.





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PEPTAMEN®