

Vitajoule™

Serving hints

Vitajoule is a powdered energy supplement. It is quick, convenient and versatile.

Vitajoule can be added to virtually any food or drink, simply by sprinkling and stirring. Hot, cold, sweet or savoury foods and drinks can be used without compromising flavour.

The Vitajoule tub contains a scoop - 1 scoop provides 40 calories

Your dietitian will advise you how many extra calories/scoops you should have each day.

Handy Measures of Vitajoule in food

Yogurt

Simply sprinkle 1 scoop of Vitajoule into the pot of yoghurt and leave to dissolve for a few minutes.

Soup

Add 1-2 scoops depending upon the portion size and stir well.



Cereal/Porridge

Add 3 scoops of Vitajoule to hot or cold milk for use with cereal or porridge.

Rice pudding/Custard

Add 1 scoop of Vitajoule and warm if desired.

Mashed potato

Add 1 scoop of Vitajoule per portion and mix.

Baked Beans

Add 2 scoops of Vitajoule per portion and stir.



Handy measures of Vitajoule in drinks

Tea/coffee

Add 1 scoop per cup and stir.

Milk/Hot chocolate

Add 2 heaped scoops per cup and stir.



Fruit Squash

Add 7 scoops to ½ pint of water for squash and stir.

Cooking with Vitajoule

Vitajoule can be used in recipes which require:

Baking ✓

Boiling ✓

Freezing ✓



Innovation in Nutrition

Manufactured in the EU for VitaFlo International Ltd.

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