

CAMBROOKE™

GLYTACTIN

Ice Lollies

Get ready for the Summer with Glytactin

Eat Well, Live Well.

Aj

AJINOMOTO.

Feel balanced. Feel better.™

Refreshing Orange

Ingredients

- 1 packet Glytactin Build 10/10
- 1/2 cup Fresh Orange Juice



Directions

- In a shaker bottle, add 1 packet Glytactin Build 10/10 and the orange juice.
- Shake until combined and the Build has dissolved.
- Pour juice into an ice-lolly mould and place in the freezer for 3-4 hours.
- IMPORTANT: If any Glytactin is left over, it must be consumed in the same day to ensure you meet your protein requirements.

Nutritional Information

Kcals	107
PE (g)	10
Phe (mg)	10

Fab Lolly

Ingredients

- 1 Glytactin RTD Original 15
- 1 tbsp sugar sprinkles
- 1 tsp syrup (any)



Directions

- Pour the Glytactin RTD 15 Original into an ice-lolly mould.
- Freeze for 3-4 hours.
- Remove the ice-lolly from the mould and paint the syrup around the top of the lolly.
- In a bowl, add the sugar sprinkles. Roll the top of the lolly into the sprinkles until they are stuck all around.
- IMPORTANT: If any Glytactin is left over, it must be consumed in the same day to ensure you meet your protein requirements.

Nutritional Information

Kcals	287
PE (g)	15
Phe (mg)	27



Raspberry Vanilla

Ingredients

- 1 packet Glytactin BetterMilk Original 15
- 20g raspberries
- 120ml rice milk



Directions

- In a shaker bottle, add 1 packet Glytactin BetterMilk Original 15 and the rice milk. Shake until combined.
- Pour into an ice-lolly mould and add the raspberries.
- Freeze for 3-4 hours.
- **IMPORTANT:** If any Glytactin is left over, it must be consumed in the same day to ensure you meet your protein requirements.

Nutritional Information

KCAL	216
PE (g)	15
Phe (mg)	23

Chocolate Dream

Ingredients

- 1 Glytactin RTD Chocolate 15
- 1 tsp golden syrup



Directions

- In a blender, whizz up the Glytactin RTD 15 Chocolate and golden syrup.
- Dispense mixture into ice-lolly mould and freeze for 3-4 hours.
- **IMPORTANT:** If any Glytactin is left over, it must be consumed in the same day to ensure you meet your protein requirements.

Nutritional Information

KCAL	238
PE (g)	15
Phe (mg)	27



Chocolate Chip Ice Cream

Ingredients

- 1 packet Glytactin BetterMilk Original 15
- 120ml water
- 2 tbsp vanilla blancmange
- 1 tbsp mini chocolate chips

Directions

- Blend the Glytactin BetterMilk Original 15 with the water and blancmange.
- Mix vigorously with a wire whisk until mixture is smooth and creamy.
- Add chocolate chips and pour into miniature ice cream maker and follow manufacturer's instructions.
- For firmer ice cream, place in freezer for several hours.
- IMPORTANT: If any Glytactin is left over, it must be consumed in the same day to ensure you meet your protein requirements.

Nutritional Information

KCAL	280
PE (g)	15
Phe (mg)	23

