



Get ready for **SUMMER** with

GLYTACTIN™

Ice Lollies



Eat Well, Live Well.



CAMBROOKE™

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 on the same day to ensure you meet your protein requirements.

Nutritional Information

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

Fab Lolly

Ingredients

- 1 x 250ml carton Glytactin RTD 15 LITE Vanilla
- 1 tbsp sugar sprinkles
- 1 tsp syrup (any)

Directions

- Pour the Glytactin RTD LITE Vanilla 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.
- Add sugar sprinkles to a bowl. Roll the top of the frozen lolly into the sprinkles and enjoy!

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	207
PE (g)	15
Phe (mg)	15



Raspberry Vanilla

Ingredients

- 1 packet Glytactin BUILD 20/20 Vanilla
- 20g raspberries
- 120ml rice or coconut milk



Directions

- In a shaker bottle, add 1 packet Glytactin BUILD 20/20 Vanilla and 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	176
PE (g)	20
Phe (mg)	20

Coffee Mocha Dream

Ingredients

- 1 x 250ml carton Glytactin RTD 15 LITE Coffee Mocha
- 1 tsp golden syrup



Directions

- In a blender, whizz up the Glytactin RTD LITE Coffee Mocha 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	158
PE (g)	15
Phe (mg)	15

Chocolate Chip Ice Cream

Ingredients

- 1 packet Glytactin BUILD 20/20 Smooth or Vanilla
- 120ml water
- 20g vanilla blancmange
- 20g mini chocolate chips (85% dark chocolate)

Directions

- Blend the Glytactin BUILD 20/20 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	242
PE (g)	20
Phe (mg)	20



Ready-Made RTD Popsicle!

1. Freeze Glytactin carton overnight.
2. Cut open the top of the carton.
3. Push frozen RTD up from the bottom of the carton and enjoy.

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Aj
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