



# UCD Anamix® Junior RECIPES



A tasty collection of recipes – easy to prepare and absolutely delicious!



# Butterscotch Pudding Delight

(Makes 2 servings)

## Ingredients:

- 6.5 fl oz Water
- 10 scoops UCD Anamix Junior Vanilla
- 1 Pack JELL-O® Instant Butterscotch Pudding

## Instructions:

- Mix water with UCD Anamix Junior powder in a shaker.
- Empty pudding pack into a bowl, then add UCD Anamix Junior formula.
- Stir with a wired whisk or fork until smooth.
- If necessary, add more water to achieve desired consistency. Enjoy!

## Nutrition Information (per serving)

Calories	Protein	Carbohydrate	Fat
270	3 g	56 g	4.5 g

Please note: JELL-O Instant Pudding lists 0 g protein on the label. JELL-O is a registered trademark of Kraft Foods.

# Perfect Pistachio Pudding

(Makes 2 servings)

## Ingredients:

- 6.5 fl oz Water
- 10 scoops UCD Anamix Junior Unflavored
- 1 3.4 oz Pack JELL-O® Instant Pistachio Pudding

## Instructions:

- Mix water with UCD Anamix Junior powder in a shaker.
- Empty pudding pack into a bowl, then add UCD Anamix Junior formula.
- Stir with a wired whisk or fork until smooth.
- If necessary, add more water to achieve desired consistency. Enjoy!

## Nutrition Information (per serving)

Calories	Protein	Carbohydrate	Fat
290	3 g	56 g	5 g

Please note: Pistachio JELL-O Instant Pudding lists 0 g protein on the label. JELL-O is a registered trademark of Kraft Foods.





# Banana Blast

(Makes 2 servings)

## Ingredients:

- 6.5 fl oz Water
- 10 scoops UCD Anamix Junior Unflavored
- 1 3.4 oz Pack JELL-O® Instant Banana Cream Pudding
- ½ Banana

## Instructions:

- Mix water with UCD Anamix Junior powder in a shaker.
- Empty pudding pack into a bowl, then add UCD Anamix Junior formula.
- Stir with a wired whisk or fork until smooth.
- If necessary, add more water to achieve desired consistency.
- Cut banana into small pieces or mash with a fork; mix into the pudding. Enjoy!

## Nutrition Information (per serving)

Calories	Protein	Carbohydrate	Fat
300	3 g	63 g	4.5 g

*Please note: Banana Cream JELL-O Instant Pudding lists 0 g protein on the label. JELL-O is a registered trademark of Kraft Foods.*

# Chocolate Raspberry Creamy Custard

(Makes 2 servings)

## Ingredients:

- 6.5 fl oz Water
- 10 scoops UCD Anamix Junior Vanilla
- 1 3.9 oz Pack JELL-O® Instant Chocolate Pudding
- Fresh raspberries for decoration (A source of protein)

## Instructions:

- Mix water with UCD Anamix Junior powder in a shaker.
- Empty pudding pack into a bowl, then add UCD Anamix Junior formula.
- Stir with a wired whisk or fork until smooth.
- If necessary, add more water to achieve desired consistency.
- Divide into two portions; keep one in the fridge for the next day. Decorate the other half with raspberries. Enjoy!

## Nutrition Information (per serving, not including raspberries)

Calories	Protein	Carbohydrate	Fat
290	3 g	61 g	4.5 g

Please note: JELL-O Instant Pudding lists 0 g protein on the label. JELL-O is a registered trademark of Kraft Foods.





# Refreshing Tomato Juice Cocktail

(Makes 1 serving)

## Ingredients:

- 1 can (5.5 fl oz) V8® Low Sodium Vegetable Juice
- 10 scoops UCD Anamix Junior Unflavored
- 2-3 Ice cubes

## Instructions:

- Pour vegetable juice into a shaker.
- Add UCD Anamix Junior powder to it and shake.
- Add ice cubes. Chill in the fridge or freezer (shortly) for best taste.

## Nutrition Information (per serving)

Calories	Protein	Carbohydrate	Fat
230	3 g	30 g	9 g

V8 is a registered trademark of The Campbell Soup Company.

# Chocolate Caramel Shake

(Makes 1 serving)

## Ingredients:

- 6 fl oz Water
- 10 scoops UCD Anamix Junior Vanilla
- 1 tsp Hershey's® Chocolate Syrup (more to taste)
- 1 tsp Hershey's® Caramel Syrup (more to taste)

## Instructions:

- Mix water with UCD Anamix Junior powder in a shaker.
- Add syrup to the formula. Shake again and taste. Add more syrup if needed. For more variety, try strawberry flavored syrup or just plain chocolate syrup.

## Nutrition Information (per serving)

Calories	Protein	Carbohydrate	Fat
230	6 g	31 g	9 g

*Hershey is a registered trademark of The Hershey Company.*



## *More UCD Anamix Junior Recipe Ideas:*

- Use Flavor Straws – they can be purchased online or in grocery stores.
- Blend fresh fruits such as strawberries, bananas and raspberries and add to the formula with ice to make a smoothie!

### TO PLACE AN ORDER:

 **US: (800) 365-7354**    **Canada: (877) 636-2283**

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