



AYMES® Shake Recipe Guide

t+44 (0) 845 6805 496 f+44 (0) 845 6805 496

e - info@aymes.com w - www.aymes.com

International House, 124 Cromwell Road, Kensington, London, SW7 4ET

'AYMES' is a trading name of
AYMES International Limited
VAT Number 129864868
Company No: 06603123





AYMES®

Contents

Meals & Snacks

Custard.....	3
Mousse.....	4
Porridge.....	5
Breakfast Cereal.....	6
Cup A Soup.....	7

Cold Drinks

Banana Longboat.....	8
Crème Caramel Shake.....	9
Banoffee Milkshake.....	10
Carbonated Drinks.....	11
Fruit Juice Drinks.....	12

Hot Drinks

AYMES Latte.....	13
Mocha.....	14
Double Hot Chocolate.....	15
Coconut Hot Chocolate.....	16

AYMES® Custard

Serves: 1

Nutrition (per serving)*

Energy: 434kcal

Carbohydrate: 60.9g

Protein: 14.8g



Ingredients:

- 1 sachet of Vanilla or Neutral AYMES® Shake
- 1 pot (150g) or half a tin of ready made custard
- 50ml of full cream milk

Instructions:

- Mix the AYMES® Shake powder and the milk together to form a paste.
- Gently heat the custard until hot (do not boil).
- Add the paste to the custard.
- Stir well until smooth.
- Serve.

*Nutritional information will vary slightly dependant on the different brands of ingredients used.

AYMES®

AYMES® Mousse

Serves: 1

Nutrition (per serving)*

Energy: 371kcal

Carbohydrate: 50.8g

Protein: 14.8g



Ingredients:

- 1 sachet of AYMES® Shake (Vanilla, Banana, Strawberry or Chocolate flavour)
- 1 pot of thick and creamy yoghurt
- 1 handful of fresh strawberries.

Instructions:

- Mix the AYMES® Shake powder into the yoghurt and whisk.
- Cut a small handful of strawberries into halves and place in a bowl.
- Pour the yoghurt mixture over the strawberries and leave to stand for 15 minutes (to ensure the mixture isn't granulated.)
- Serve cold.

Serving suggestion: For an extra treat, serve with a spoonful of whipped cream.

*Nutritional information will vary slightly dependant on the different brands of ingredients used.

AYMES®

AYMES® Porridge

Serves: 1

Nutrition (per serving)*

Energy: 560 kcal

Carbohydrate: 68.5g

Protein: 24.3g



Ingredients:

- 1 sachet of Neutral flavour AYMES® Shake
- 1 serving (approx 27g) of porridge oats e.g. 1 sachet of Oats So Simple
- 200ml full cream milk

Instructions:

- Mix the AYMES® Shake powder, milk and porridge oats.
- Microwave for approx. 2 1/2 minutes or gently heat in a saucepan until thick. DO NOT BOIL.
- Serve warm.

Serving Suggestion: For a fresher taste, top with a few raspberries or slices of banana.

*Nutritional information will vary slightly dependant on the different brands of ingredients used.

AYMES®

Breakfast Cereal

Serves: 1

Nutrition (per serving)*

Energy: 515kcal

Carbohydrate: 70.3g

Protein: 19.7g



Ingredients:

- 1 sachet of Neutral flavour AYMES® Shake.
- 200ml of full cream milk.
- Portion of breakfast cereal, such as Cheerios, Weetabix or Cornflakes.
- Sugar as desired.

Instructions:

- Whisk the AYMES® Shake powder with the milk.
- Use the milk mixture to pour over the breakfast cereal as you usually would.
- Sweeten to taste and serve.

*Nutritional information will vary slightly dependant on the different brands of ingredients used. The figures here are based on using 2 Weetabix with no extra sugar added.

AYMES®

Cup A Soup

Serves: 1

Nutrition (per serving)*

Energy: 483kcal

Carbohydrate: 56.2g

Protein: 17.0g



Ingredients:

- 1 sachet of Neutral flavour AYMES® Shake
- 1 sachet of Cup A Soup
- 200ml full cream milk

Instructions:

- Empty the AYMES® Shake and the Cup A Soup sachets into a jug.
- Gently heat the milk and then add to the powders, whilst whisking to get a smooth consistency.
- Pour into serving dish or mug and serve warm.

*Nutritional information will vary slightly dependant on the different brands of ingredients used.

Banana Longboat

Serves: 1

Nutrition (per serving)*

Energy: 365kcal

Carbohydrate: 61.0g

Protein: 12.2g



Ingredients:

- 1 sachet of Banana flavour AYMES Shake
- 50ml of pineapple juice
- 50ml of coconut juice
- 100ml of full cream milk.

Instructions:

- Whisk together all of the ingredients.
- Serve chilled with ice.

*Nutritional information will vary slightly dependant on the different brands of ingredients used.

Crème Caramel Shake

Serves: 1

Nutrition (per serving)*

Energy: 422kcal

Carbohydrate: 55.0g

Protein: 15.2g



Ingredients:

- 1 sachet of Vanilla AYMES® Shake
- 3 teaspoons of maple syrup
- 200ml full cream milk

Instructions:

- Mix the AYMES® Shake powder with the maple syrup and a little of the milk.
- Gradually whisk in the rest of the milk.
- Serve cold

*Nutritional information will vary slightly dependant on the different brands of ingredients used.



AYMES[®]

Banoffee Milkshake

Serves: 1

Nutrition (per serving)*

Energy: 423kcal

Carbohydrate: 55.3g

Protein: 15.2g



Ingredients:

- 1 sachet of Banana flavour AYMES[®] Shake
- 200ml of full cream milk
- 3 teaspoons of maple syrup

Instructions:

- Whisk the AYMES[®] Shake with the maple syrup and a little of the milk.
- Gradually whisk in the rest of the milk.
- Serve cold.

*Nutritional information will vary slightly dependant on the different brands of ingredients used.

AYMES®

Carbonated Drinks

Serves: 1

Nutrition (per serving)*

Energy: 310kcal

Carbohydrate: 49.4g

Protein: 8.8g



Ingredients:

- 1 sachet of AYMES® Shake (any flavour)
- 200ml of full sugar carbonated drink

Instructions:

- Measure 200ml of the carbonated drink into a large jug.
- Whisk in the AYMES® Shake. DO NOT USE SHAKER.
- Serve immediately.

Suggestions:

- Banana Shake with ginger ale, cream soda, lilt, orangeade or Lucozade.
- Chocolate Shake with lemonade and 2 tablespoons of peppermint cordial.
- Strawberry Shake with lemonade, white grape Schloer or cream soda.
- Vanilla Shake with cream soda, cola, ginger beer or appleade.

*Nutritional information will vary slightly dependant on the different brands, flavours and ingredients used. These figures are based on Vanilla Shake mixed with Cream Soda.

Fruit Juice Drinks

Serves: 1

Nutrition (per serving)*

Energy: 338kcal

Carbohydrate: 56.2g

Protein: 9.2g



Ingredients:

- 1 sachet of AYMES® Shake (any flavour)
- 200ml of fruit juice, smoothie or J20 type fruit-based drink

Instructions:

- Measure 200ml of the juice drink into a large jug.
- Whisk in the AYMES® Shake.
- Serve chilled.

Suggestions:

- Banana Shake with pineapple, orange juice, or half orange juice and half pineapple juice.
- Chocolate Shake with half orange and half white grape juice, or with orange and passion fruit J20.
- Strawberry Shake with white grape juice, half orange juice and half pineapple juice, or strawberry and banana smoothie..
- Vanilla Shake with apple juice, half orange juice and half pineapple juice, or tropical fruit smoothie.

*Nutritional information will vary slightly dependant on the different brands, flavours and ingredients used. These figures are based on Vanilla Shake mixed with apple juice.

AYMES®

AYMES Latte

Serves: 1

Nutrition (per serving)*

Energy: 350kcal

Carbohydrate: 42.3g

Protein: 13.6g



Ingredients:

- 1 sachet of Neutral Flavour or Vanilla Flavour AYMES® Shake
- 150ml of hot full cream milk
- 1 teaspoon of coffee powder

Instructions:

- Add the AYMES® Shake powder and the coffee powder to a mug or jug.
- Add a little of the milk and whisk.
- Gradually add the remaining milk whilst whisking.
- Serve warm.

*Nutritional information will vary slightly dependant on the different brands of ingredients used.

Mocha

Serves: 1

Nutrition (per serving)*

Energy: 346kcal

Carbohydrate: 40.2g

Protein: 14.0g



Ingredients:

- 1 sachet of Chocolate Flavour AYMES® Shake
- 150ml of hot full cream milk
- 1 teaspoon of coffee powder

Instructions:

- Mix the AYMES® Shake and the coffee powder with a little of the milk.
- Gradually add the milk whilst whisking.
- Serve warm.

*Nutritional information will vary slightly dependant on the different brands of ingredients used

AYMES®

Double Hot Chocolate

Serves: 1

Nutrition (per serving)*

Energy: 417kcal

Carbohydrate: 53.1g

Protein: 15.4g



Ingredients:

- 1 sachet of Chocolate Flavour AYMES® Shake
- 150ml of hot full cream milk
- 3 teaspoons of hot chocolate powder

Instructions:

- Mix the AYMES® Shake and the hot chocolate powder with a little of the milk.
- Gradually add the remaining milk whilst whisking.
- Serve warm.

*Nutritional information will vary slightly dependant on the different brands of ingredients used.

Coconut Hot Chocolate

Serves: 1

Nutrition (per serving)*

Energy: 337kcal

Carbohydrate: 38.3g

Protein: 12.4g



Ingredients:

- 1 sachet of Chocolate Flavour AYMES® Shake
- 100ml of hot full cream milk
- 50ml of coconut milk

Instructions:

- Gently heat the coconut milk with the full cream milk but do not boil.
- Mix the AYMES® Shake with a little of the heated milk.
- Gradually add the remaining milk whilst stirring.
- Serve warm.

*Nutritional information will vary slightly dependant on the different brands of ingredients used.



AYMES[®]