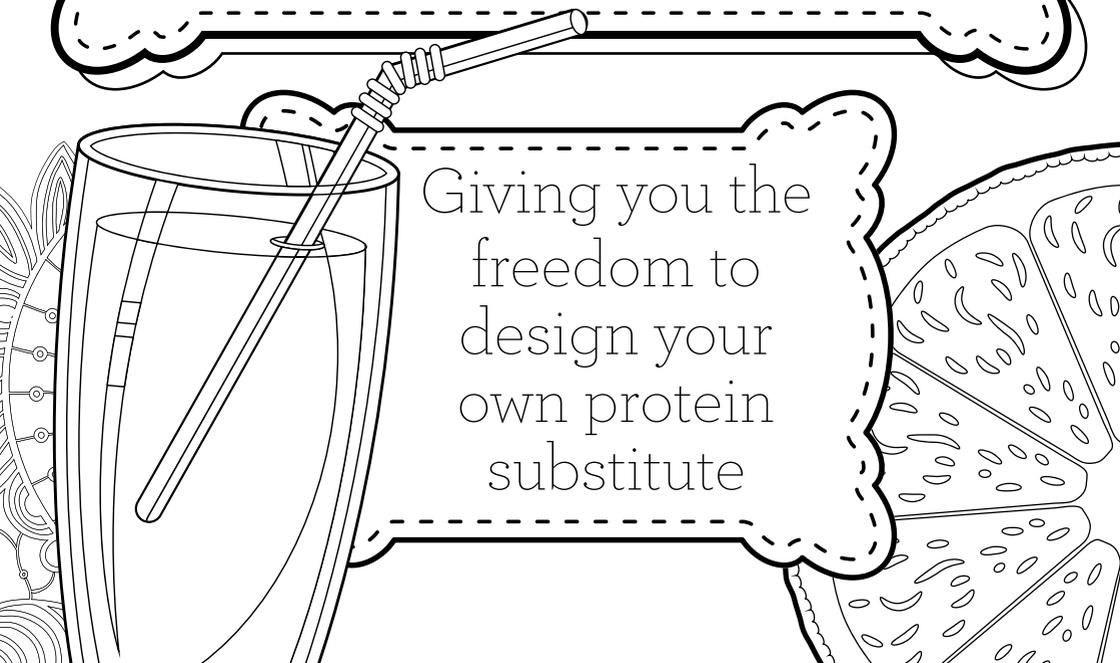




my express



Giving you the
freedom to
design your
own protein
substitute

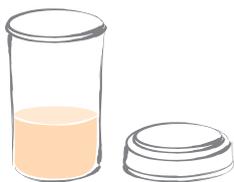
express gives you complete control over your protein substitute.

You can make it how **YOU** like - as a paste, a mini drink or a flexi drink.



Paste:

a few spoonfuls and it's gone – ideal if you have moved on from gel and prefer a spoonable consistency. Add 10-20ml of water to an express sachet.



Mini Drink:

quick to drink – great when you want to take it quickly in one go. Add 80-100ml of water to an express sachet.

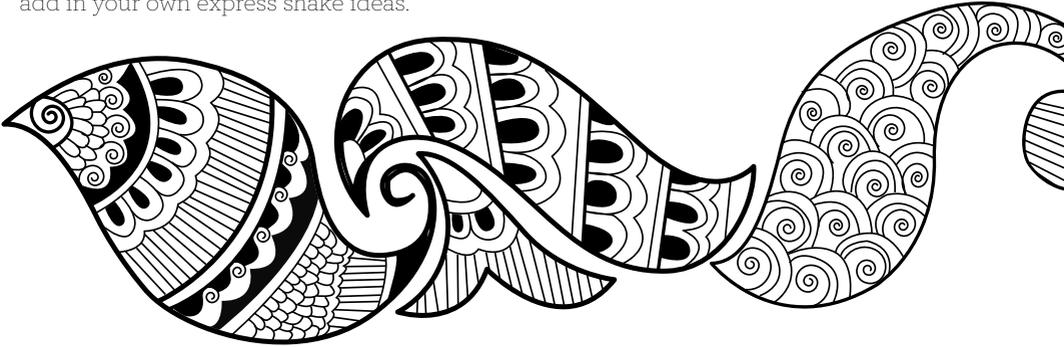


Flexi Drink:

make it exactly how you like it – you have complete freedom over how your protein substitute tastes. Add as much water as desired to an express sachet.

Mix it up with my express shakes

my express shakes are a great way to put you back in control of your protein substitute. You can design your perfect drink choosing your own flavours to make it taste how you prefer. We've included some great tasting, easy ideas for you to try. Plus, there's a space to add in your own express shake ideas.



my express recipes are easy to make, simply shake it up!

1. Empty the express sachet into a shaker
(add in a **flavour pac** if required)
2. Add in any other powder ingredients
3. Now add in the liquid ingredients
4. Shake it up and drink!

If you are using unflavoured express simply add in a **flavour pac** to create the flavoured version that is used in the recipes.

flavour pac - available in
5 great flavours:

- Blackcurrant
- Raspberry
- Tropical
- Lemon
- Orange

my express shakes and mocktail recipes are tried and tested so you know they will taste great. They are designed to give you inspiration; you can make your own my express shakes by adding any permitted ingredients you prefer to make your perfect protein substitute.



my express shakes

Apple Fresh

INGREDIENTS

1 sachet of **tropical** express
150ml Copella Apple Juice

164 Calories
175ml Total volume



Banana Shake

INGREDIENTS

1 sachet of **unflavoured** express
13g (approx. 3 tsp) Banana Nesquik
150ml ProZero

252 Calories
180ml Total volume



Sunrise Express

INGREDIENTS

1 sachet of **tropical** express
200ml Capri Sun Fruit
Crush Tropical

169 Calories
220ml Total volume



Club Cola

INGREDIENTS

1 sachet of **unflavoured** express
150ml Coca-Cola (or permitted Cola
brand of your choice)

164 Calories
170ml Total volume



Remember

If you're using fizzy drinks, wait a few seconds before removing the lid!

Cranberry Fizz

INGREDIENTS

1 sachet of **orange** express
100ml Ocean Spray Cranberry Drink
80ml Sprite

164 Calories
200ml Total volume



Fruit Fizz

INGREDIENTS

1 sachet of **orange** express
100ml Ocean Spray Cranberry Drink
80ml Sparkling water

141 Calories
200ml Total volume



Orange Passion

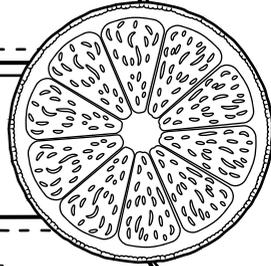
INGREDIENTS

- 1 sachet of **orange** express
- 120ml J²O Orange and Passion Fruit
- 80ml sparkling water

134 Calories
210ml Total volume



LESS THAN
150
CALORIES



Tropical Smoothie

INGREDIENTS

- 1 sachet of **tropical** express
- 100ml Strawberry & Banana Smoothie (*Tesco's own brand*)
- 50ml Koko dairy-free milk alternative

158 Calories
170ml Total volume



Remember

You can add in an orange or tropical **flavour pac** to the unflavoured express to create the required flavour.

LESS THAN
100
CALORIES

Citrus Fizz

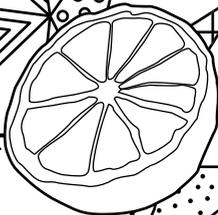
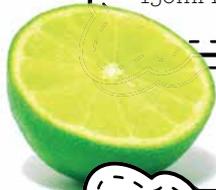
INGREDIENTS

1 sachet of **orange** express

150ml Lemon & Lime Sparkling Water (*Tesco's own brand*)

98 Calories

160ml Total volume



Tropical Berry

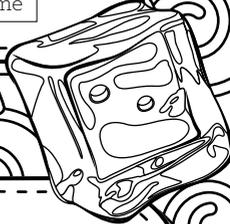
INGREDIENTS

1 sachet of **tropical** express

150ml Ribena

157 Calories

170ml Total volume



LESS THAN
150
CALORIES

Sunshine Smoothie

INGREDIENTS

1 sachet of **tropical** express

80ml water

50ml Strawberry and Banana Smoothie
(*Tesco's own brand*)

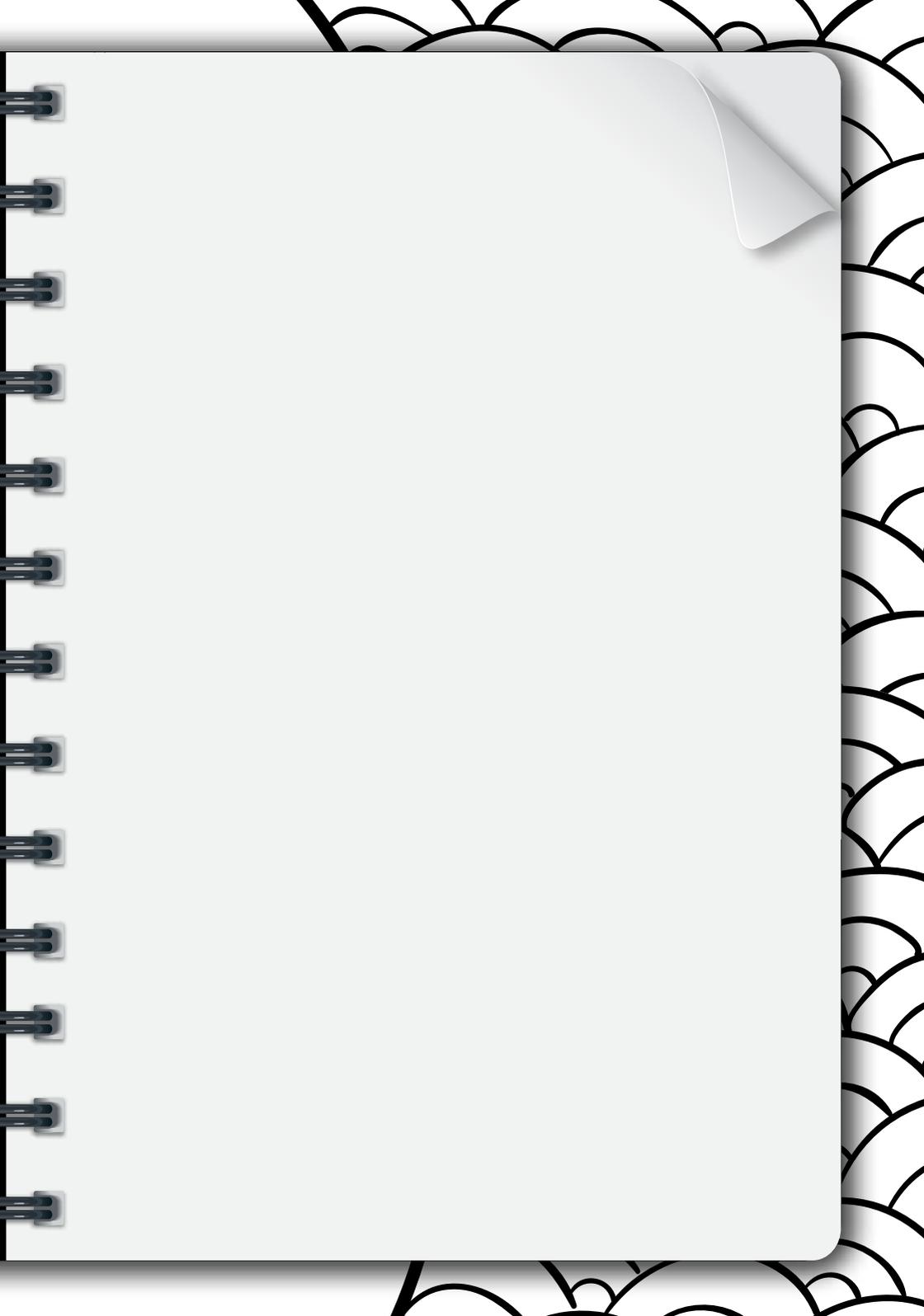
120 Calories

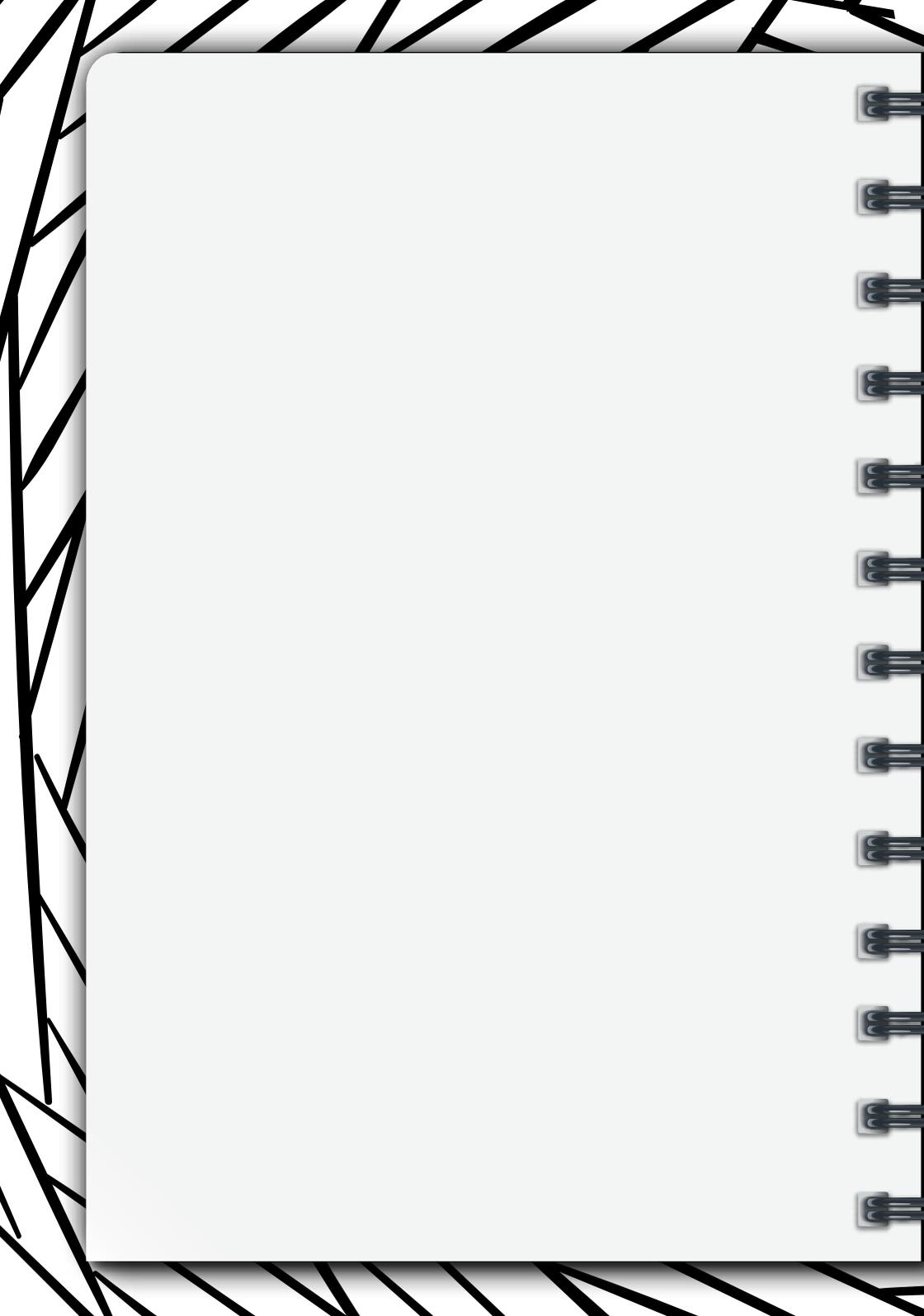
160ml Total volume

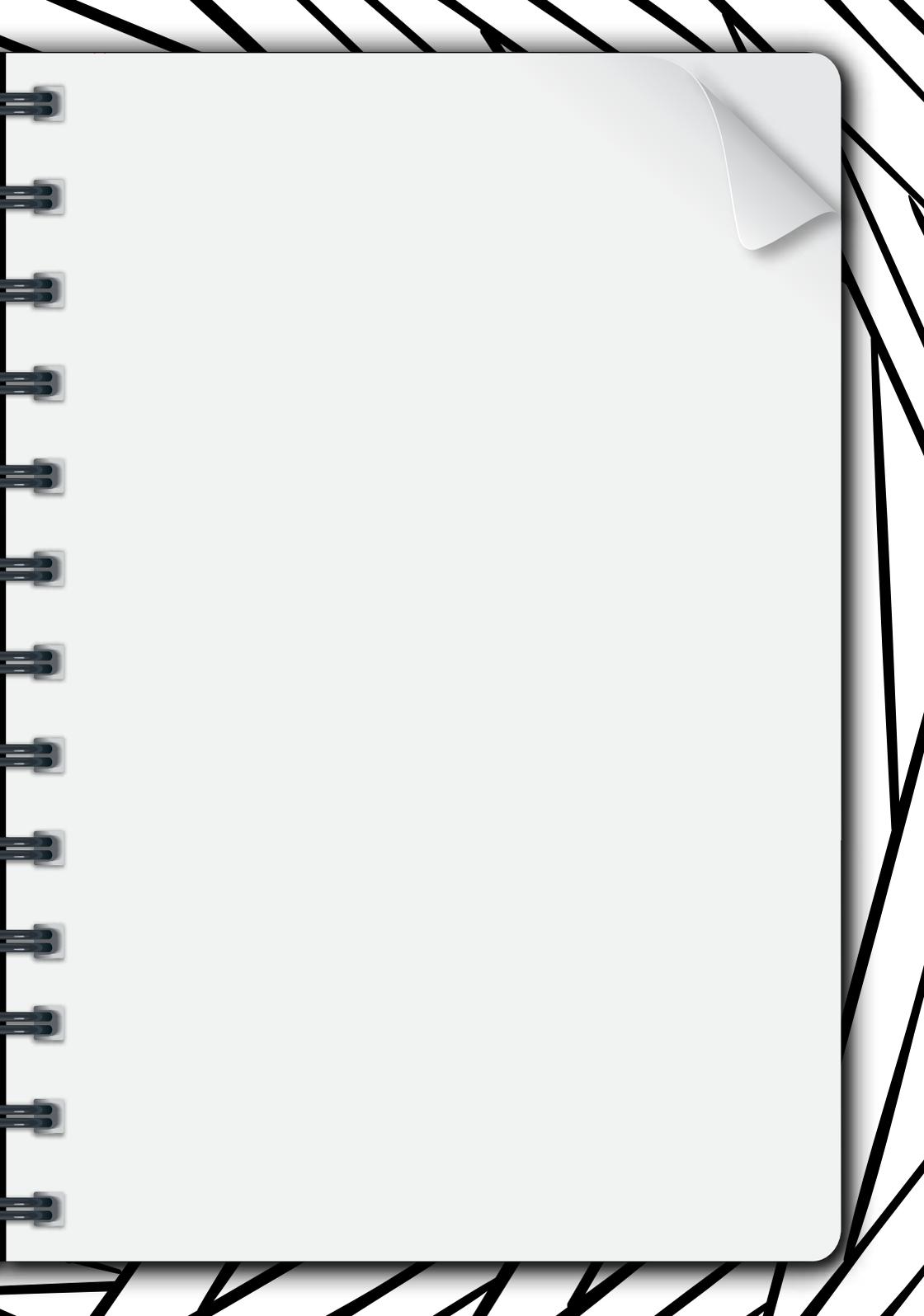


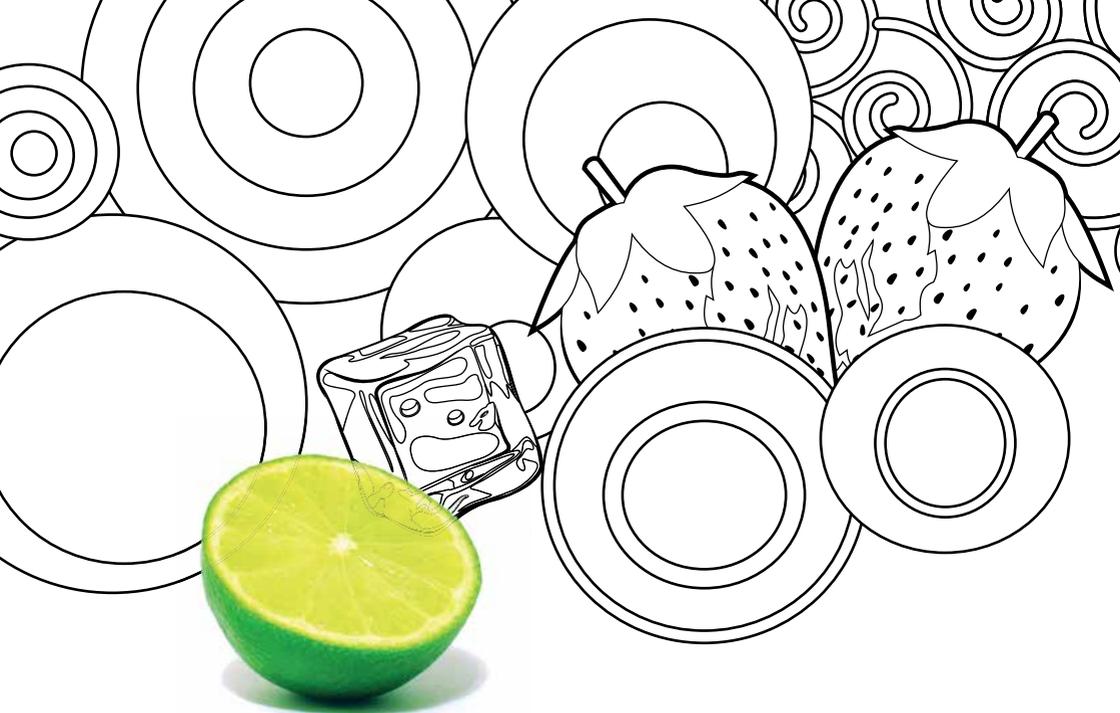
Now
it's your
turn...

...my express recipes









express is a food for special medical purposes.
For use in the dietary management of inborn errors of protein metabolism.
Suitable from 3 years of age.
Use under medical supervision.
Not for use as a sole source of nutrition.
For enteral use only.



Innovation in Nutrition

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