

Title: Recipe

Recipe: Pineapple Chilled drink

Short Description: Quench your craving for a refreshing smoothie style chiller with this recipe that shakes up some pineapples, dates, **NESTLÉ FRUITA VITALS Pineapple nectar**, **NESTLÉ FRUITA VITALS Orange**, **NESTLÉ MILKPAK UHT Milk** and **NESTLÉ MILKPAK Cream** for you to enjoy.

Video Link: No

Ingredients

- **NESTLÉ FRUITA VITALS Pineapple nectar:** 250 ml
- Pineapple chunks: 6-7
- Dates: 2-3
- **NESTLÉ FRUITA VITALS Orange juice:** 250 ml
- **NESTLÉ MILKPAK UHT Milk:** 200 ml
- Lemon juice: 1 tsp.
- Cherries: 4-5
- **NESTLÉ MILKPAK Cream:** 1.5 tbsp.
- Coconut milk powder: 2 tbsp.
- Sugar: 1 tbsp.

Kcal: 110 **Proteins:** 2.1 **Carbs:** 16.7 **Fats:** 3.8

COOKING TIME: 5 Minutes

Baking time: NA

Difficulty Level:

Instructions:

Step 1: Blend all ingredients well and serve it chilled

Serve: 6-7

Title: Recipes

Recipe Name: Banana and Pineapple Shake

Short Description:

A quick, tropical, fruity shake made with bananas, pineapple and [NESTLÉ MILKPAK UHT Milk](#).

Video Link: No

Ingredients

[NESTLÉ MILKPAK UHT Milk](#) - 1 cup (250ml)

Ice Cubes - 4

Pineapple - ½ cup, cut into chunks

Banana - 1 large

Nutritional facts for 100 gm serving

Total energy (kcal) : 297

Carbs (g) : 58

Fats (g): 10

Proteins (g): 10

Preparation time: 3 minutes

Instructions:

Step 1: Place ice cubes, pineapple, banana and [NESTLÉ MILKPAK UHT Milk](#) into the jug of a blender. Blend on high speed until smooth.

Step 2: Pour into a large glass and drink through a straw.

Serves: 1

Title: Recipes

Recipe: Peach Mango Freeze

Short Description: Summer fruits are a favorite way to keep it cool! Add some crushed ice and a dash of NESTLÉ MILKPAK Cream for this creamy, icy thirst quencher!

Video Link: No

INGREDIENTS

- NESTLÉ MILKPAK Cream-100 ml
- Honey - 2 tbsp
- Ice - as needed, crushed
- Lemon - 4 tbsp, juiced
- Mango - 1 whole
- Peach - 1 whole
- Water - 1 cup

• CALORIES/SERVING
• <i>123 Kcal.</i>
• CARBOHYDRATES
• <i>10.6 g</i>
• PROTEIN
• <i>0.84g</i>
• FATS
• <i>9 g</i>
• SPECIAL INGREDIENT
• NESTLÉ MILKPAK Cream

Difficulty Level: Easy

COOKING TIME: 20 minutes

BAKING TIME: NA

Instructions:

- **Step 1:** Cut and peel the mango and peach.
- **Step 2:** In a blender add all of the ingredients and blend it well.
- **Step 3:** Serve immediately in glasses over crushed ice.
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This recipe serves 1.

Title: Recipes

Recipe: Banana & Kiwi Smoothie

Short Description: A taste from down south! Here's a banana smoothie with a Kiwi crunch made in good ol' NESTLÉ MILKPAK Yogurt and NESTLÉ MILKPAK UHT Milk.

INGREDIENTS

- NESTLÉ MILKPAK Yogurt-½ cup
- NESTLÉ MILKPAK UHT Milk-½ cup
- Banana - 1 whole
- Honey - 2 tsp
- Kiwi fruit - ¾ cup
- Strawberries - 2 tbsp, syrup

• CALORIES/SERVING
• <i>169 Kcal</i>
• CARBOHYDRATES
• <i>32 g</i>
• PROTEIN
• <i>4.4 g</i>
• FATS
• <i>0.8 g</i>
• SPECIAL INGREDIENT
• NESTLÉ MILKPAK UHT Milk
• NESTLÉ MILKPAK Yogurt

Difficulty Level: Easy

COOKING TIME: 5 minutes

BAKING TIME: NA

Instructions:

Step 1: Place banana, kiwi, Nestlé MILKPAK UHT MILK, Nestlé MILKPAK Yogurt and honey in a blender.

Step 2: Blend until smooth.

This recipe serves 3. **Title: Recipes**

Recipe: Peach Smoothie

Short Description: Smoothie is just lassi with an international name, no? Toss NESTLÉ MILKPAK Yogurt, NESTLÉ MILKPAK UHT Milk, Honey and peaches in a blender and have a peachy drink!

Video Link: No

INGREDIENTS

- NESTLÉ MILKPAK Yogurt- $\frac{3}{4}$ cup
- NESTLÉ MILKPAK UHT Milk-1 cup
- Honey - 2 tsp
- Peach - 450gm, slices, canned

• CALORIES/SERVING

• *132 Kcal.*

• CARBOHYDRATES

• *44.4 g*

• PROTEIN

• *4.8 g*

• FATS

• *0.6 g*

• SPECIAL INGREDIENT

• NESTLÉ MILKPAK Yogurt

• NESTLÉ MILKPAK UHT Milk

Difficulty Level: Easy

COOKING TIME: 5 minutes

BAKING TIME: NA

Instructions:

Blend all of the ingredients together and serve cold.

This recipe serves 3.

Title: Recipes

Recipe: Pina Colada

Short Description: Cool up your summer days with this quick recipe of Pina Colada, just shake up some coconut, ice, NESTLÉ MILKPAK Cream and NESTLÉ FRUITA VITALS pineapple juice and devour each sip.

Video Link: <https://vimeo.com/133419588>

INGREDIENTS

- NESTLÉ MILKPAK Cream-4 tbsp
- NESTLÉ FRUITA VITALS-Pineapple Juice 200 ml
- Coconut - 4 tbsp, powder
- Ice - crushed, as required
- Sugar - 1 tsp

CALORIES/SERVING

230 KCal

CARBOHYDRATES

29.6 g

PROTEIN

0.5 g

FATS

2.5 g

SPECIAL INGREDIENT

NESTLÉ MILKPAK Cream

NESTLÉ FRUITA VITALS

COOKING TIME: 2 minutes

Baking Time: NA

Difficulty Level: Easy

INSTRUCTIONS

Step 1: Blend all things together in a blender until you get a smooth consistency and serve chilled.

This dish serves 1.

Title: Recipes

Recipe: Lean Mango Juice

Short Description: This recipe brings together your love for mangoes and refreshing drinks during summertime! Mix up some NESTLÉ MILKPAK Cream, NESTLÉ FRUITA VITALS mango Chaunsa nectar, coconut and ice to enjoy this mango concoction.

Video Link: No

INGREDIENTS

- **NESTLÉ MILKPAK Cream**-1 tbsp
- **NESTLÉ FRUITA VITALS**-200 ml, Mango Chaunsa Nectar
- Caster sugar - 1 tsp
- Coconut - 1 tsp, powder
- Ice - as required

CALORIES/SERVING

182 KCal

CARBOHYDRATES

33 g

PROTEIN

0.5 g

FATS

6 g

SPECIAL INGREDIENT

NESTLÉ FRUITA VITALS

NESTLÉ MILKPAK Cream

COOKING TIME: 10 minutes

Baking Time: NA

Difficulty Level: Easy

INSTRUCTIONS

Step 1: Blend all the ingredients together in a blender for 1 minute and serve chilled.

This dish serves 1.

Title: Recipes

Recipe: Peach Drink

Short Description: This soothing and relishing drink combines the sweet, tangy flavor of peaches with the richness of **NESTLÉ MILKPAK Cream** and **NESTLÉ MILKPAK UHT Milk**. This perfect thirst quencher is a must for the summer.

INGREDIENTS

- **NESTLÉ MILKPAK Cream**-½ pack
- **NESTLÉ MILKPAK UHT Milk**-1 cup
- Caster sugar- 4-5 tbsp.
- Peach - 3, medium

Video Link: No

CALORIES/SERVING

102 Kcal.

CARBOHYDRATES

2.5 g

PROTEIN

3.2 g

FATS

4.7 g

SPECIAL INGREDIENT

NESTLÉ MILKPAK UHT Milk

NESTLÉ MILKPAK Cream

Difficulty Level: Easy

COOKING TIME: 5 minutes

BAKING TIME: NA

Instructions:

Step 1: Peel, halve and stone the peaches. Save one half for decoration.

Step 2: Cut remaining peaches into chunks.

Step 3: Blend peach chunks and sugar in a blender at medium speed until smooth.

Step 4: In a small bowl, whip **NESTLÉ MILKPAK Cream** with **NESTLÉ MILKPAK UHT Milk**.

Step 5: Fold whipped **NESTLÉ MILKPAK Cream** into the peach puree.

To Serve

Spoon mixture into glasses decorated with remaining peach half and mint leaves.

Note: Any seasonal or canned fruit can be used instead of peach.

This dish serves 3.

Title: Recipes

Recipe: Peach Melba Latte

Short Description: Want something refreshing yet soothing? This ardent blend of peach flavored **NESTLÉ FRUITA VITALS**, Vanilla ice cream and lemon juice is just the thing you need to sip!

INGREDIENTS

- **NESTLÉ FRUITA VITALS** -200 ml, Peach flavor
- Ice - 1 cup
- Ice cream - 2 scoops, Vanilla flavor
- Lemon juice - ½ tsp.

Video Link: No

CALORIES/SERVING

171 Kcal.

CARBOHYDRATES

18 g

PROTEIN

2.9 g

FATS

5.6 g

SPECIAL INGREDIENT

NESTLÉ FRUITA VITALS

Difficulty Level: Easy

COOKING TIME: 3 minutes

BAKING TIME: NA

Instructions:

Step 1: Blend all ingredients in a blender. Serve chilled.

This dish serves 2.

Title: Recipes

Recipe: Pineapple Mint Drink

Short Description: Need to revitalize and stimulate yourself in summer? This unique combination of pineapple flavored **NESTLÉ FRUITA VITALS** with mint and carbonated water will be an instant thirst quencher!

INGREDIENTS

- **NESTLÉ FRUITA VITALS**-200 ml, Pineapple flavor
- Carbonated white drink - 50 ml
- Mint - 3-4 leaves

Video Link: No

CALORIES/SERVING

112.6 KCal

CARBOHYDRATES

14 g

PROTEIN

0.8 g

FATS

0.3 g

SPECIAL INGREDIENT

NESTLÉ FRUITA VITALS

Difficulty Level: Easy

COOKING TIME: 3 minutes

BAKING TIME: NA

Instructions:

Step 1: Blend all the ingredients in a blender for 30 seconds. Serve chilled.

This dish serves 1.

Title: Recipes

Recipe: Strawberry and Peach Smoothie

Short Description: What's more wholesome than this enriching smoothie that brings together the enticing flavors of peaches, strawberries and bananas blended with **NESTLÉ MILKPAK Yogurt** and **NESTLÉ MILKPAK UHT Milk**? A summer buster indeed!

INGREDIENTS

- **NESTLÉ MILKPAK Yogurt**-3 tbsp
- **NESTLÉ MILKPAK UHT Milk**-1 cup
- Banana - ½
- Ice - ½ cup
- Peach - 1, whole
- Strawberries - 10-12, whole

Video Link: No

CALORIES/SERVING

135 Kcal.

CARBOHYDRATES

14 g

PROTEIN

0.8 g

FATS

0.3 g

SPECIAL INGREDIENT

NESTLÉ MILKPAK Yogurt

NESTLÉ MILKPAK UHT Milk

Difficulty Level: Easy

COOKING TIME: 3 minutes

BAKING TIME: NA

Instructions:

Step 1: Peel and chop the peach.

Step 2: Remove leaves from the strawberries.

Step 3: Put all ingredients in a blender and blend for 1 minute.

Step 4: Serve.

This dish serves 1

Title: Recipes

Recipe: Strawberry Lassi

Short Description: Let's give our traditional Lassi an exotic makeover. Embellished with **NESTLÉ MILKPAK Yogurt** and strawberries, this thirst quenching drink tastes even more luscious!

INGREDIENTS

- **NESTLÉ MILKPAK Yogurt**-½ cup
- Ice - ½ cup, crushed
- Strawberries - ½ cup
- Sugar - 2 tbsp.
- Water- 200 ml

Video Link: No

CALORIES/SERVING

112.6 KCal

CARBOHYDRATES

14 g

PROTEIN

0.8 g

FATS

0.3 g

SPECIAL INGREDIENT

NESTLÉ MILKPAK Yogurt

Difficulty Level: Easy

COOKING TIME: 3 minutes

BAKING TIME: NA

Instructions:

Step 1: Blend all ingredients in a blender.

Step 2: Serve in a tall glass.

This dish serves 1.

Title: Recipes

Recipe: Mocha Shake

Short Description: This shake has it all, the richness of **NESTLÉ MILKPAK UHT Milk**, subtle flavor of **NESCAFÉ Coffee**, exquisite chocolaty taste of **KIT KAT** and yumminess of Vanilla ice cream!

INGREDIENTS

- **NESTLÉ MILKPAK UHT Milk**-1½ cup, chilled
- **NESCAFÉ Coffee**-1 tbsp.
- **KIT KAT**-2 bars, crushed
- Ice - crushed, as required
- Ice cream - 2 scoops, Vanilla flavor
- Water - 2 tbsp., hot

Video Link: No

- 145 Kcal.
- CARBOHYDRATES
- 11 g
- PROTEIN
- 2.2 g
- FATS
- 5.2 g
- SPECIAL INGREDIENT
- NESTLÉ MILKPAK UHT Milk
- KIT KAT
- NESCAFÉ Coffee

Difficulty Level: Easy

COOKING TIME: 5 minutes

BAKING TIME: NA

Instructions:

Step 1: Dissolve **NESCAFÉ Coffee** in hot water. Set to cool.

Step 2: Blend all ingredients together except ice.

Step 3: Pour into chilled tall glasses over ice.

Serving Tips

- Serve chilled.
- Add a cherry on top.

This dish serves 2.

Title: Recipes

Recipe: Orange Velvet

Short Description: This unique combination of **NESTLÉ MILKPAK Yogurt**, orange flavored **NESTLÉ FRUITA VITALS** and Vanilla ice cream invites you to a delectable journey of enchanting flavors.

INGREDIENTS

- NESTLÉ MILKPAK Yogurt-2 tbsp.
- NESTLÉ FRUITA VITALS-200 ml, Orange flavor
- Ice - ½ cup, crushed
- Ice cream - 1 scoop, Vanilla flavor
- Icing sugar - 2 tbsp.

Video Link: No

CALORIES/SERVING

115 Kcal.

CARBOHYDRATES

9 g

PROTEIN

1.5 g

FATS

1.3 g

SPECIAL INGREDIENT

NESTLÉ FRUITA VITALS

NESTLÉ MILKPAK Yogurt

Difficulty Level: Easy

COOKING TIME: 2 minutes

BAKING TIME: NA

Instructions:

Step 1: Blend all ingredients together till well blended and smooth.

Step 2: Serve immediately.

This dish serves 2.

Title: Recipes

Recipe: Iced Deluxe Coffee

Short Description: Feeling too tired today? Give yourself a break and blend **NESTLÉ MILKPAK UHT Milk**, **NESCAFÉ Coffee**, ice cream and sugar with loads of ice. A sip of this iced drink will refresh your senses and make you feel cool!

INGREDIENTS

NESTLÉ MILKPAK UHT Milk-200 ml, chilled

NESCAFÉ Coffee- 1 tbsp.

Ice - ¼ cup, crushed

Ice cream - 1 scoop, Vanilla flavor

Sugar - 2 tsp.

Water - 1 tbsp., hot

Video Link: <https://vimeo.com/133742372>

CALORIES/SERVING

220 Kcal.

CARBOHYDRATES

26 g

PROTEIN

9.26 g

FATS

8.1 g

SPECIAL INGREDIENT

NESCAFÉ Coffee

NESTLÉ MILKPAK UHT Milk

Difficulty Level: Easy

COOKING TIME: 2 minutes

BAKING TIME: NA

Instructions:

Step1: Dissolve **NESCAFÉ Coffee** in hot water and put in a blender.

Step2: Add sugar, **NESTLÉ MILKPAK UHT Milk**, ice-cream and ice to blender.

Step3: Blend for 30-40 seconds.

Step4: Pour in glass and garnish.

This recipe serves 1. Title: Recipes

Recipe: Chocolate Shake

Short Description: **NESTLÉ MILKPAK Cream**, **NESTLÉ MILKPAK UHT Milk**, chocolate and ice cream all combined together makes this divine chocolaty drink a complete meal in itself, this one is a must try!

INGREDIENTS

- NESTLÉ MILKPAK Cream**-3 tbsp.
- NESTLÉ MILKPAK UHT Milk**-1 cup
- Chocolate - 2 tbsp., syrup
- Ice - 5 to 6 cubes
- Chocolate - 2 scoops, sugar free, chocolate flavored

Video Link: No

CALORIES/SERVING

73 Kcal.

CARBOHYDRATES

5.7 g

PROTEIN

2.2 g

FATS

4.7 g

SPECIAL INGREDIENT

NESTLÉ MILKPAK UHT Milk

NESTLÉ MILKPAK Cream

Difficulty Level: Easy

COOKING TIME: 5 minutes

BAKING TIME: NA

Instructions:

Step1: In a blender, add **NESTLÉ MILKPAK UHT Milk**, **NESTLÉ MILKPAK Cream**, chocolate syrup and blend it well.

Step2: Then add sugar free chocolate ice cream and blend slightly.

Step3: Garnish glass with chocolate syrup and place one scoop of sugar free chocolate ice cream in it. Then pour the shake on.

This dish serves 2.