

A close-up photograph of a woman with dark hair, her eyes closed in a state of enjoyment, as she eats a spoonful of pink yogurt. The background is softly blurred, showing green foliage and a glass of yogurt. In the top left corner, there is a dark blue rounded square containing the brand name 'Peptamen' in white.

Peptamen®

**Delicious ways  
to nourish your recovery.**

# Sunrise Smoothie

Energy  
340Kcal

Carbohydrate  
57g

Protein  
10g

Fat  
8g

Per 250ml  
serving

Preparation time : 15 minutes  
Serves : 2 persons



## A

½ cup /100ml orange juice  
1 medium soft pear, peeled & sliced  
1 medium peach, sliced  
½ cup /1 slice honeydew melon, sliced  
½ cup ice cubes

## B

10 scoops PEPTAMEN® Complete Peptide Diet

1. Blend **A** ingredients until ice cubes are crushed.
2. Mix in **B** ingredient and blend till PEPTAMEN® Complete Peptide Diet dissolves.
3. Pour into glasses and serve immediately.

# Mocha Cream

Energy  
328Kcal

Carbohydrate  
43g

Protein  
12g

Fat  
12g

Per 250ml  
serving

Preparation time : 10 minutes

Serves : 1 person



6 scoops PEPTAMEN® Complete Peptide Diet  
210ml warm water  
1 tablespoon MILO® Nutritious Chocolate Malt  
1 teaspoon NESCAFÉ® Instant Coffee

1. Mix all ingredients and stir until well dissolved.
2. Serve immediately.

# Citrus Dragon Delight

Energy  
389Kcal

Carbohydrate  
67g

Protein  
10g

Fat  
9g

Per 250ml  
serving

Preparation time : 15 minutes  
Serves : 2 persons



- A**
- |               |                                      |
|---------------|--------------------------------------|
| ½ medium      | dragon fruit, peeled & sliced        |
| ½ cup /100ml  | orange juice (optional) or ice water |
| 2 tablespoons | honey                                |
| 1 cup         | ice cubes                            |
| 4 tablespoons | NESTUM® All Family Cereal            |

- B**
- 10 scoops PEPTAMEN® Complete Peptide Diet
1. Blend **A** ingredients until ice cubes are crushed.
  2. Mix in **B** ingredient and blend till PEPTAMEN® Complete Peptide Diet dissolves.
  3. Pour into glasses and serve immediately.

# Blueberry Velvet

Energy  
253Kcal

Carbohydrate  
33g

Protein  
10g

Fat  
9g

Per 250ml  
serving

Preparation time : 10 minutes

Serves : 2 persons



## A

½ cup / 250g frozen blueberry  
2 tablespoons honey  
10 scoops PEPTAMEN® Complete Peptide Diet  
½ cup/100ml ice water  
1 cup ice cubes

1. Blend A ingredients until ice cubes are crushed.
2. Pour into glasses and serve immediately.