



## RECIPE CARD

# Salted Caramel Fava Bean Protein Shake

| Ingredient Mix                     | Quantity |
|------------------------------------|----------|
| Fava Bean Protein Isolate 80%      | 96.1%    |
| Xanthan Gum                        | 1.6%     |
| Salt                               | 1%       |
| Elong caramel-type flavour 1413582 | 0.77%    |
| Elong natural-type flavour 1412640 | 0.29%    |
| Sweetener                          | 0.24%    |

| Nutritional Information Typical Values |                |                   |
|--|----------------|-------------------|
| Nutrient                               | per 100g       | per serving (30g) |
| Energy                                 | 1628kJ/385kcal | 488kJ/115kcal     |
| Fat                                    | 5.1g           | 1.5g              |
| of which saturates                     | 0g             | 0g                |
| Carbohydrates                          | 7.2g           | 2.1g              |
| of which sugars                        | 0g             | 0g                |
| Fibre                                  | 1g             | 0.5g              |
| Protein                                | 77g            | 23g               |
| Salt                                   | 0.97g          | 0.29g             |

## Method

1. Dry blend all ingredients until homogeneous.
2. Serve in a protein shaker with a 30g scoop in 300ml of water.



HFSS Rating 2

We simply shape what nature provides into sustainable protein ingredients, backed with science and market know-how.