

### Hints and Tips

#### Mixing GLUTASOLVE® Glutamine Powder with Foods and Beverages

**GLUTASOLVE® mixes easily into most foods and beverages with some limitations.**

- Once mixed, it is typical for the Glutasolve® powder to settle over time so make sure to stir all foods and beverages briskly before consuming.
- A very fine, sandy mouth feel is typical in products to which Glutasolve® has been added.
- Hot or warm foods mixed with Glutasolve® should be consumed immediately after preparation to achieve the full nutritional benefits of the Glutasolve® powder.
- Cold foods and beverages mixed with Glutasolve® should be consumed within 24 hours.

**Add one 0.79 oz packet of GLUTASOLVE® to any of the following foods and beverages.**

- ½ cup applesauce
- ¾ cup yogurt, any variety
- 1 serving instant hot cereal (such as oatmeal or farina)
- ½ cup prepared mashed potatoes or sweet potatoes
- ½ cup prepared instant grits or corn meal mush
- 1 cup cream-type soup (such as Tomato, Cream of Chicken, Broccoli, Mushroom, New England Clam Chowder, or Creamy Chicken and Wild Rice)
- ½ cup hot pasta sauce
- ¼ cup hot Alfredo sauce
- ½ cup hot refried beans
- 1 cup tomato or vegetable juice
- 1 cup hot cocoa
- 1 cup coffee or tea
- 1 cup fruit juice or iced tea

### GLUTASOLVE® CHEDDAR MASHED POTATOES

#### **Ingredients**

½ cup water  
1 Tbsp milk  
2 tsp. butter or margarine  
½ cup instant mashed potatoes  
1 - .79 oz packet Glutasolve® Powder  
2 Tbsp shredded cheddar cheese  
Salt and pepper, as needed

#### **Preparation**

1. Heat water to boiling.
2. Add milk, butter and mashed potatoes; stir well.
3. Stir in Glutasolve® and cheese, cover and let set for 2 minutes or until potatoes are firm.
4. Season as desired and serve immediately.

Makes 1 – ½ cup serving

#### **NUTRITION INFORMATION**

*Serving Size: ½ cup*

**Calories: 300 g, Total Fat: 13 g, Saturated Fat: 8 g, Cholesterol: 35 mg, Potassium: 370 mg, Sodium: 180 mg, Total Carb: 26 g, Dietary Fiber: 1 g, Sugars: 1g, Protein: 6 g**

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### GLUTASOLVE® MELTED PEANUT BUTTER CUP

#### **Ingredients**

1 - .71 oz packet Nestlé Rich Milk Chocolate hot cocoa mix  
1 - .79 oz packet Glutasolve® Powder  
2 Tbsp peanut butter

#### **Preparation**

1. Prepare hot cocoa mix according to package directions.
2. Add Glutasolve® to prepared hot cocoa and stir well.
3. Add peanut butter and stir briskly with a fork until dissolved. Serve immediately.

Makes 1 – 8 fl oz serving

#### **NUTRITION INFORMATION**

*Serving Size: 8 fl oz*

**Calories: 360 g, Total Fat: 19 g, Saturated Fat: 5 g, Cholesterol: 0 mg, Potassium: 410 mg, Sodium: 320 mg, Total Carb: 29 g, Dietary Fiber: 3 g, Sugars: 15 g, Protein: 9 g**

### GLUTASOLVE® MOCHA TREAT

#### **Ingredients**

- 1 - .71 oz packet Nestlé Rich Milk Chocolate hot cocoa mix
- 1 - .79 oz packet Glutasolve® Powder
- 1 tsp Nescafé® Taster's Choice® instant coffee granules

#### **Preparation**

1. Prepare hot cocoa mix according to package directions.
2. Add Glutasolve® to prepared hot cocoa and stir well.
3. Add instant coffee and stir briskly with a fork until dissolved. Serve immediately.

Makes 1 – 8 fl oz serving

#### **NUTRITION INFORMATION**

Serving Size: 8 fl oz

**Calories:** 170 g, **Total Fat:** 3 g, **Saturated Fat:** 2 g, **Cholesterol:** 0 mg, **Potassium:** 240 mg, **Sodium:** 170 mg, **Total Carb:** 22 g, **Dietary Fiber:** 1 g, **Sugars:** 12 g, **Protein:** 1 g

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### GLUTASOLVE® PUMPKIN MOUSSE

#### **Ingredients**

- ½ cup canned pumpkin
- 2 tsp sugar
- ½ tsp cinnamon or pumpkin pie spice
- 1 - .79 oz packet Glutasolve® Powder
- ¼ cup whipped topping

#### **Preparation**

1. Combine all ingredients in a mixing bowl; stir well.
2. Cover and chill for at least 30 minutes before serving.

**NOTE:** It is recommended that all servings of this recipe be consumed within 24 hours after preparation to achieve the full nutritional benefits of the Glutasolve® powder.

Makes 1 serving

#### **NUTRITION INFORMATION**

Serving Size: approximately ¾ cup

**Calories:** 200 g, **Total Fat:** 4 g, **Saturated Fat:** 3 g, **Cholesterol:** 0 mg, **Potassium:** 260 mg, **Sodium:** 5 mg, **Total Carb:** 28 g, **Dietary Fiber:** 4 g, **Sugars:** 12 g, **Protein:** 1 g

### GLUTASOLVE® QUICK AND EASY CHEESY GRITS

#### **Ingredients**

½ cup water or milk  
1 – 1 oz (28 g) packet instant grits  
1 Tbsp butter  
1 - .79 oz packet Glutasolve® Powder  
¼ cup shredded cheddar cheese  
Salt and pepper, as needed

#### **Preparation**

1. Heat water or milk to boiling.
2. Add butter and instant grits; stir well.
3. Stir in Glutasolve® and cheese, cover and let set for 2 minutes or until desired consistency is achieved.
4. Season as desired and serve immediately.

Makes 1 serving

#### **NUTRITION INFORMATION**

*Serving Size: ½ cup*

**Calories: 410 g, Total Fat: 21 g, Saturated Fat: 13 g, Cholesterol: 60 mg, Potassium: 75 mg, Sodium: 550 mg, Total Carb: 29 g, Dietary Fiber: 1 g, Sugars: 1 g, Protein: 9 g**

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### GLUTASOLVE® SPICED CHAI & APPLE SHAKE

#### **Ingredients**

1 individual packet Spice Chai Tea Latte Mix  
1 - .79 oz packet Glutasolve® Powder  
¼ - ½ cup apple pie filling

#### **Preparation**

1. Prepare Chai tea latte mix according to package directions.
2. Add Glutasolve® to prepared Chai latte and stir well.
3. Pour Chai mixture into a blender; add apple pie filling and blend on medium speed for 5 seconds or until well blended. Serve immediately.

#### **Recipe Variation**

For a spiced apple a la mode, add ¼ cup vanilla ice cream and blend until smooth.

Makes 1 serving

#### **NUTRITION INFORMATION**

*Serving Size: approximately ½ cup*

**Calories: 310 g, Total Fat: 3 g, Saturated Fat: 2 g, Cholesterol: 3 mg, Potassium: 40 mg, Sodium: 150 mg, Total Carb: 57 g, Dietary Fiber: 1 g, Sugars: 30 g, Protein: 2 g**

### GLUTASOLVE® TASTY PEANUT BUTTER BITES

#### **Ingredients**

2 Tbsp peanut butter  
1 Tbsp milk  
1/8 tsp vanilla extract  
1 - .79 oz packet Glutasolve® Powder  
2 Tbsp quick rolled oats  
2 Tbsp granola or high protein cereal  
1 Tbsp semi-sweet chocolate chips  
2 tsp sugar

#### **Preparation**

1. Stir together peanut butter, milk, vanilla extract and Glutasolve® in a mixing bowl.
2. Add oats, granola or cereal, chocolate chips and sugar; stir well.
3. Portion mixture into 4 pieces and roll each piece into a bite sized ball.
4. Place in an airtight container and refrigerate until ready to eat.

**NOTE:** It is recommended that all servings of this recipe be consumed within 24 hours after preparation to achieve the full nutritional benefits of the Glutasolve® powder.

Makes 4 bite sized balls (2 balls per serving)

#### **NUTRITION INFORMATION**

*Serving Size: 2 bite sized balls*

**Calories:** 230 g, **Total Fat:** 11 g, **Saturated Fat:** 3 g, **Cholesterol:** 1 mg, **Potassium:** 170 mg, **Sodium:** 90 mg,  
**Total Carb:** 23 g, **Dietary Fiber:** 2 g, **Sugars:** 11 g, **Protein:** 6 g

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### GLUTASOLVE® TRIPLE BERRY SHAKE

#### **Ingredients**

¼ cup frozen blueberries  
¼ cup frozen strawberries  
¼ cup frozen raspberries or blackberries  
1 - .79 oz packet Glutasolve® Powder  
½ - ¾ cup fruit juice\*  
2 Tbsp vanilla yogurt

*\*Suggested juices: Blueberry, Pomegranate, Cranberry, or any fruit juice blend*

#### **Preparation**

Place all ingredients in a blender and mix until smooth. Serve immediately.

**NOTE:** *It is recommended that all servings of this recipe be consumed within 24 hours after preparation to achieve the full nutritional benefits of the Glutasolve® powder.*

Makes 1 – 12 fl oz serving

#### **NUTRITION INFORMATION\***

*Serving Size: 12 fl oz*

**Calories:** 290 g, **Total Fat:** 1 g, **Saturated Fat:** 0 g, **Cholesterol:** 2 mg, **Potassium:** 380 mg, **Sodium:** 45 mg,  
**Total Carb:** 53 g, **Dietary Fiber:** 4 g, **Sugars:** 35 g, **Protein:** 2 g

*\*Calculations based on using a tropical fruit juice blend. Nutrition information will vary based on type of juice used.*