

IMPACT Advanced Recovery® Drink Recipes and Flavoring Tips

Quick Flavoring Tips:

Pour 1 carton of chilled **IMPACT Advanced Recovery®** into a glass and add one of the following:

- A few drops of water flavor enhancer of your choice
- 1 Tbsp of sugar-free flavoring syrup (i.e. hazelnut, raspberry, caramel, Irish cream, etc.) or sugar-free liquid coffee creamer
- 1-2 Tbsp instant coffee powder, dissolved in a small amount of hot water before adding to **IMPACT Advanced Recovery®**
- 1 Tbsp regular flavoring syrup or liquid coffee creamer*



Beverage recipes may be made into frozen ice pops. Simply prepare recipe as directed and pour into an ice cube tray or ice pop molds; cover and freeze until solid.

* The addition of fruit or sugar containing ingredients will increase carbohydrate content. Please discuss with your healthcare provider.



USE UNDER MEDICAL SUPERVISION

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*Avocado Honey Banana Smoothie**

Makes 1 serving (approximately 15 fl oz)

Ingredients:

One 8.45 fl oz IMPACT Advanced Recovery® Drink, chilled
1/4 cup ripe avocado chunks
1/2 medium banana

2 tsp honey

Preparation:

Place all ingredients in a blender and mix until smooth.



*Lemon Blueberry Cream Smoothie**

Makes 1 serving (approximately 15 fl oz)

Ingredients:

One 8.45 fl oz IMPACT Advanced Recovery® Drink, chilled
1/2 cup blueberries, fresh or frozen (thawed and drained)
1/4 cup light, nonfat blueberry yogurt

1 Tbsp lemon juice

Preparation:

Place all ingredients in a blender and mix until smooth.



*Ginger Pear Smoothie**

Makes 1 serving (approximately 15 fl oz)

Ingredients:

One 8.45 fl oz IMPACT Advanced Recovery® Drink, chilled
1/3 cup canned diced pears, drained
1/2 medium banana

1 tsp minced fresh ginger root or 1/8 tsp ground ginger

Preparation:

Place all ingredients in a blender and mix until smooth.



*Peanut Butter Banana Shake**

Makes 1 serving (approximately 15 fl oz)

Ingredients:

One 8.45 fl oz IMPACT Advanced Recovery® Drink, chilled
2 tsp creamy peanut butter
1/2 medium banana, sliced

Preparation:

Place all ingredients in a blender and mix until smooth

