

High Protein
Nutrition

Proliva



RECIPES to build a fitter you

*Make delicious shakes and smoothies with Proliva Active Kids.
Each power-packed recipe gives your child a healthy, high-energy serving
of protein, vitamins and Ayurvedic fortifiers.*

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Banana Porridge Shake

Ingredients

2 tablespoons whole oats • ¼ cup raw cashews soaked overnight • ¾ cup low-fat milk • 1 medium banana, diced • Pinch of cinnamon • 1 date or dried fig • 1 scoop (15g) Proliva Active Kids (Mango or Rich Chocolate)

For garnish: Dry fruits and nuts

Instructions

Blend all ingredients until smooth. Garnish as desired and serve chilled.



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Tropical Berry Shake

Ingredients

1 banana • 2 cups frozen mixed berries • ½ cup milk mixed with 1 scoop (15g) Proliva Active Kids Mango Flavour • ½ cup pomegranate juice

Instructions

Blend all ingredients until smooth and well-combined.



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Classic
Fruit
Smoothie

Ingredients

½ cup seasonal fruit • ½ cup milk • ½ cup yogurt • 1 scoop (15g)
Proliva Active Kids Mango • ½ tablespoon chopped almonds
• Sugar to taste

Instructions

Blend all ingredients until smooth and well-combined.



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Mango
Lassi

Ingredients

½ cup fresh mango • 1 cup yoghurt • ¼ teaspoon cardamom
• 2 teaspoons rose water • 1 scoop (15g) Proliva Active Kids
Mango • Sugar to taste

Instructions

Blend all ingredients until smooth and well-combined.



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Peanut
Butter
Chocolate
Milkshake

Ingredients

1 teaspoon peanut butter • 1 cup milk • 1 scoop (15g) Proliva Active Kids Rich Chocolate • Cocoa powder for extra sweetness and flavour

Instructions

Blend all ingredients until smooth. Dust with cocoa powder and serve.



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Overnight
Dried Fruit
Oatmeal

Ingredients

1 cup milk • $\frac{3}{4}$ cup oatmeal • 2 tablespoons raisins • 2 tablespoons sliced dried figs • $\frac{1}{4}$ cup sliced almonds and walnuts • 1 scoop (15g) Proliva Active Kids Mango or Rich Chocolate For garnish: Mixed nuts • Honey

Instructions

Mix oats, nuts, raisins and figs. Mix Proliva Active Kids in milk and then pour it in. Cover and refrigerate overnight. The next morning, garnish with nuts and honey and serve.





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