



Ingredients

1 sachet Calshake Vanilla
240 ml full-fat milk (3.5% fat)
2 table-
spoons cocoa powder (20 g)

Nutritional information per serving:

Energy 667 kcal
Protein 16.3 g
Fat 34.0 g
Carbohydrate 73.0 g
Fibre 5.3 g



Preparation

Put milk, Calshake Vanilla powder and cocoa powder into a shaker and shake well.

TIP:

Substitute
200 ml of milk
with 1 EasyBottle
Fresubin
Energy.