

## **Summer coolers from Complan / Crookes Healthcare Limited.**

### **Contributors**

Crookes Healthcare Limited.

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A vibrant, stylized illustration of a beach scene. In the upper left, a bright yellow sun with rays is partially obscured by a purple biplane flying across the sky. Below the plane, a colorful beach umbrella with segments of red, brown, yellow, and purple is open. The background shows blue waves of the ocean. In the foreground, on a yellow sandy beach, there are two glasses of drinks: a tall glass of pink liquid with a red lollipop on a wooden stick, and a shorter glass of yellow liquid with a purple and white striped straw. To the right of the glasses is a white bowl filled with sliced strawberries, green grapes, and banana slices. A few more strawberries, grapes, and banana slices are scattered on the sand in front of the bowl.

SUMMER  
COOLERS

FROM

Complan

# SUMMER COOLERS

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### BANANA TOFFEE

- 1 sachet Banana Complan
  - 200mls water
  - 2 tps maple syrup
- liquidised, mixed or shaken



### VANILLA FRUIT SALAD

- 1 sachet Vanilla Complan
  - 200mls water
  - half small banana
  - half dessert apple
  - 5 seedless grapes
  - 2 oranges (all finely chopped) (or 2 tbsps tinned fruit salad)
- liquidised, mixed or shaken



### PEACH MELBA

- 1 serving Original Complan
- 200mls cold water
- half peach yogurt
- 2 tps raspberry jam



### CHOC RUM'N'RAISIN

- 1 sachet Chocolate Complan
  - 200mls water
  - 1 scoop Rum'n'Raisin ice cream
- liquidised, mixed or shaken



### BANANA TROPICANA

- 1 sachet Banana Complan
  - 200mls water
  - 1 pot tropical fruit yogurt
- liquidised, mixed or shaken

### VANILLA WALNUT & MAPLE SYRUP

- 1 sachet Vanilla Complan
  - 1 tsp maple syrup
  - 2 tps chopped walnuts
  - 200mls water
- liquidised with a little of the water top up with the remainder



### STRAWBERRY FIZZ

- 1 sachet Strawberry Complan
  - 100mls water
- mixed, shaken or liquidised  
Top up with lemonade



### STRAWBERRY REFRESHER

- 1 sachet Strawberry Complan
  - 200mls water
  - 1 scoop yogurt / ice cream
- liquidised, mixed or shaken



### CHOC'N'MINT

- 1 sachet Chocolate Complan
  - 200mls water
  - 1 scoop choc'n'mint ice cream
- liquidised, mixed or shaken



### KNICKERBOCKER GLORY

- 1 serving Original Complan
- 200mls cold water
- 3 tbsps stewed pureed apple
- half banana yogurt
- half apricot yogurt
- 2 tps strawberry dessert sauce
- 1 dsp vanilla ice cream optional

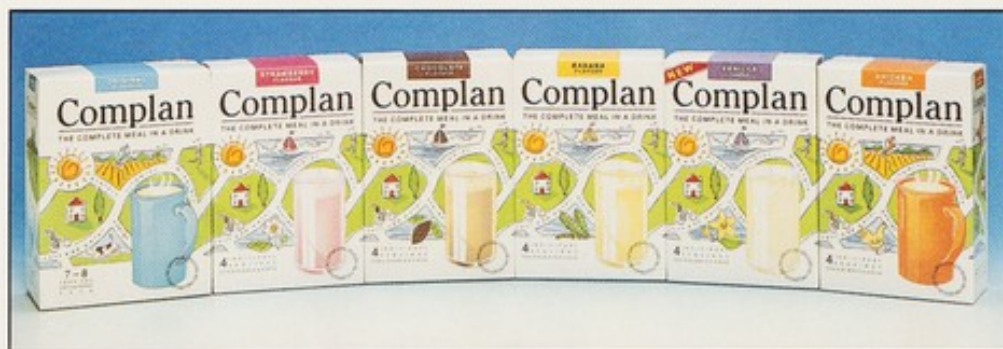


# Complan

THE COMPLETE MEAL IN A DRINK



Each serving of Complan provides around 250 Calories and at least a third of the recommended daily amount of essential vitamins and minerals, including vitamin A, B<sub>1</sub>, B<sub>2</sub>, C, niacin, calcium and iron.



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