



Innovation in Nutrition
A Nestlé Health Science Company



 **trio**™

Recipe Guide

Medical food intended for use under medical supervision.

Vitaflor and UCD trio are trademarks of Société des Produits Nestlé S.A., Vevey, Switzerland.

Choose Your Flavor!

UCD trio™ is unflavored and can easily be mixed to meet individual taste preferences.

FLAVOR WITH:

- Chocolate syrup
- Liquid Water Enhancers
- Flavored coffee syrups
- Vitaflo FlavourPac™
- Fruit Punch

BLEND WITH:

- Fresh or frozen berries
- Watermelon
- Fresh or frozen mango
- Banana slices
- Spinach or other leafy greens

STIR WITH:

- Fruit flavored apple sauce
- Pudding
- Cinnamon apple sauce
- Fruit sorbet



Quick & Easy!

Lemon Meringue Pie

33g (2 level scoops) UCD trio

1 serving Lemon Meringue Pie pudding (Snack Pack®)

1 S squirt MiO® Lemonade

Add UCD trio to lemon meringue pie pudding and mix well.

Stir in MiO® lemonade until combined. Serve chilled.

Nutritional Information:

Natural Protein: 0g

Protein Equivalent from UCD trio: 5g

Calories: 254

Peach Applesauce

33g powder (2 scoops) UCD trio

1 serving Mott's® Medleys Peach Applesauce (approx. ½ cup)

Stir ingredients together until combined. Served immediately.

Nutritional Information:

Natural Protein: 0g

Protein Equivalent from UCD trio: 5g

Calories: 190

Chocolate Shake

33g powder (2 scoops) UCD trio

2 ½ tablespoons Chocolate Syrup

150ml (approx. 5fl oz.) water

Add UCD trio and chocolate syrup to water.

Mix well and serve chilled.

Nutritional Information (without the coffee):

Natural Protein: 1g

Protein Equivalent from UCD trio: 5g

Calories: 266

**Consider adding ½ teaspoon
instant coffee for a
Chocolate Mocha Shake.**

Featured Recipes

Created by Debra Geary Hook, MPH, RD, Metabolic & Pediatric Dietitian, Nutrition Solutions

Banana Date Smoothie

- | | |
|---|--------------------------------|
| ¾ cup Rice Dream® | 1 large banana slightly frozen |
| ½ cup So Delicious® Cultured Coconut Milk (yogurt like product) | ¼ teaspoon vanilla extract |
| ½ cup ice cubes | ¼ teaspoon almond extract |
| 8 Mejuol dates, pitted | 2 scoops UCD Trio |

Add all ingredients to a blender. Blend until smooth. Makes 2 (8-10 ounces) servings.

Nutritional Information (per serving):

Natural Protein: 2.9g Protein Equivalent from UCD trio: 2.5g Calories: 478

Carrot Smoothie

- | | |
|--------------------------------|-----------------------|
| 5 ounces of carrot juice | ½ cup frozen mango |
| ¼ cup raw kale, chopped | 1 teaspoon chia seeds |
| ¾ cup ice cubes | ½ cup Rice Dream® |
| 1 large banana slightly frozen | 2 scoops of UCD Trio |

Add all ingredients to a blender and blend until smooth. Try adding grated ginger for extra zing! Makes 2 (8 ounce) servings.

Nutritional Information (per serving):

Natural Protein: 2.5g Protein Equivalent from UCD trio: 2.5g Calories: 210

Wild Berry Booster

- | | |
|---------------------------|---|
| ¾ cup of ice cubes | 4 ounces pomegranate juice |
| ¼ cup frozen blueberries | ½ cup So Delicious® Cultured Coconut Milk (yogurt like product) |
| ¼ cup frozen blackberries | 1 squirt of Cherry Blackberry MiO® |
| ¼ cup frozen raspberries | 2 scoops of UCD Trio |
| ½ large banana | |

Add all ingredients to a blender. Blend until smooth. Makes 2 (8 ounce) servings.

Nutritional Information (per serving):

Natural Protein: 1.0g Protein Equivalent from UCD trio: 2.5g Calories: 199