

Chai Latte

(Nutrition Supplement)

Are you having a hard time eating enough food? Using a nutrition supplement drink may help provide you with extra calories and protein to help you meet your nutrient needs.



Ingredients:

½ bottle (½ cup)	Vanilla nutrition supplement drink	125 mL
½ cup	Water, boiling	125 mL
1	Chai tea bag	1

Directions:

1. Heat the nutrition supplement drink in a small pot on the stove or in a mug in the microwave until warm.
2. In another mug, add boiling water to the Chai tea bag and let steep 3–4 minutes.
3. Add the heated nutrition supplement to the tea.
4. Serve hot. Throw out any remaining tea after 2 hours.

Makes 1 serving (250 mL/ 1 cup/ 266 g)

Nutrition Facts

Amount per serving (250 mL/ 1 cup/ 266 g)

Amount	% Daily Value
Calories 130	
Fat 3 g	9 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 5 mg	
Sodium 105 mg	8 %
Carbohydrate 41 g	14 %
Fibre 0 g	0 %
Sugars 10 g	
Protein 5 g	
Vitamin A	23 %
Vitamin C	25 %
Calcium	14 %
Iron	23 %

Nutrition information may vary depending on the type of nutrition supplement drink used.

Nutrition Services – Higher Calorie and Protein Recipe Series

