

Avemar Recipes

This is a collection of recipes that we have been accumulating over the past few years. With the help of our patients and the professional expertise of our dietitian we have collected various ideas providing you thoughtful and delicious shaker recipes for Avemar. We encourage you to contribute to our growing community and submit your own recipes as well.

How should Avemar be prepared?

Pour contents of one Avemar sachet (17 g) into a glass. Add 100-200 ml water (still mineral water) at will, mix thoroughly and drink the entire solution. It should be consumed within 30 minutes of preparation. The unused solution should be discarded. Avemar can be prepared by using any soft drink, tea, kefir, yoghurt, cocoa or milk. Experience has shown that by using cool or cold liquid the solution is more pleasant to consume. It is important to note, that the liquid to be used for preparation of Avemar should not be warm or hot! Using any liquid containing vitamin C (ascorbic acid or food additive E 300) is not recommended for the preparation.

What is the recommended daily dose and when should it be taken?

For adults with body weight of less than 90 kg one dose is recommended per day that shall be prepared according to the instructions as described above. Avemar should be consumed approximately 1 hour before meal. Adults with body weight of 90 kg or above should consume 2 single (17 g) dosages per day (one in the morning and one in the evening).



Avemar with fruit tea

Ingredients:

2 dl cold fruit tea, 1 sachet of Avemar granulate, sugar (brown)/ honey/ fructose, shaker

Instructions:

Add 1 sachet of Avemar granulate into the shaker. Pour over the cold tea. Add sugar or sweetener according to taste. Shake it well until the solution is homogeneous. Pour it into a glass and enjoy.



Avemar with herbal tea

Ingredients:

2 dl (home brewed) cold herbal tea, 1 sachet of Avemar granulate, sugar (brown)/ honey/ fructose, shaker

Instructions:

Add 1 sachet of Avemar granulate into the shaker. Pour over the cold infusion (for exp: peppermint). Add sugar or sweetener according to taste. Shake it well until the solution is homogeneous. Pour it into a glass and enjoy.



Avemar with ice-tea

Ingredients:

2 dl (home brewed) ice-tea, 1 sachet of Avemar granulate, sugar (brown)/ honey/ fructose, shaker

Instructions:

Add 1 sachet of Avemar granulate into the shaker. Pour over the ice-tea. Add sugar or sweetener according to taste. Shake it well until the solution is homogeneous. Pour it into a glass and enjoy.



Avemar with juice

Ingredients:

1 dl (home made) juice without Vitamin-C content, 1dl (still mineral) water, 1 sachet of Avemar granulate, sugar (brown)/ honey/ fructose, shaker

Instructions:

Add 1 sachet of Avemar granulate into the shaker. Pour over the juice and the (mineral) water. Add sugar or sweetener according to taste. Shake it well until the solution is homogeneous. Pour it into a glass and enjoy.



Avemar with yoghurt

Ingredients:

1 dl yoghurt (low fat/ Greek style/ fruit), 1dl (still mineral) water, 1 sachet of Avemar granulate, sugar (brown)/ honey/ fructose, shaker

Instructions:

Add 1 sachet of Avemar granulate into the shaker. Pour over the the (mineral) water and shake it well until the solution is homogeneous. Add yoghurt and shake it well again. Pour it into a glass and enjoy.



Avemar with cocoa

Ingredients:

2 dl (home made) cold cocoa,
1 sachet of Avemar granulate,
shaker

Instructions:

Pour the cocoa into the shaker. Add 1 sachet of Avemar granulate and shake it well until the solution is homogeneous. Pour it into a glass and enjoy.



Avemar with Cafe latte

Ingredients:

2 dl (home made) Cafe latte (decaffeinated),
1 sachet of Avemar granulate,
shaker

Instructions:

Pour the coffee into the shaker. Add 1 sachet of Avemar granulate and shake it well until the solution is homogeneous. Pour it into a glass and enjoy.



Avemar with caramel

Ingredients:

2 dl (home made) cold caramel,
1 sachet of Avemar granulate,
shaker

Instructions:

Pour the caramel into the shaker. Add 1 sachet of Avemar granulate and shake it well until the solution is homogeneous. Pour it into a glass and enjoy.