

Gain Weight with Super Food

Super Milk

Whisk 1 cup milk powder
with 2 litres blue milk



Use in drinks, cereals, and
desserts

Super Drinks



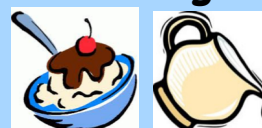
Super Milk
Sugar/honey/cream

Buttery Baking



Buttered Baked goods for
morning and afternoon
tea

Perfect Puddings



Eat a "milk-based"
dessert every day. Make
with Super Milk

Decadent Dinners



Add butter, cheese, egg,
creamy sauces, grated
cheese to meals.

Sensational Sandwiches



Fill sandwiches with soft
meat, fish, chicken, egg,
cheese, hummus or cream
cheese