



Recovery Protein Icy Pole



2 SERVINGS



24 HRS



97 KCAL

Ingredients

1 serve Formulite Recovery Protein
250ml water

Method

1. Make up Formulite Recovery Protein as per instructions.
2. Portion into an icy pole mould and freeze until solid.

Nutrition

Energy (kJ)	Energy (Cal)	Protein	Carbs	Fats	Fibre
276 kJ	66 Cal	15.4g	1.4g	0.09g	0.0g

Where can I buy icy pole moulds?

You'll be able to find icy pole moulds at many stores like Kmart, Target, Woolworths, Coles or online through Amazon. Get creative with the shapes of the moulds!