

# Unflavoured *glycOsade*

## Mixing Ideas

This booklet aims to provide you with ideas on different ways you can take **unflavoured Glycosade** including drink ideas and ideas for mixing it into different suitable foods.

**Which ideas will you try?**



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# What is Glycosade®?

Glycosade is a food for special medical purposes used for the dietary management of liver glycogen storage diseases. It is a long acting starch which may help to increase the time between meals and snacks.

Glycosade must only be started after assessment by your Metabolic Team in the hospital which often includes a doctor, dietitian and nurse.

Glycosade must only be used under medical supervision.



## Glycosade taken as a drink:

### Preparation

2



Add the drink option of your choice to a shaker. Your dietitian or doctor will advise you on which drink options are suitable. Typically, a sachet of Glycosade can be added to 100ml of cold water or other suitable fluids.

1



Measure the required amount of Glycosade into the shaker. For individuals requiring less than a sachet of Glycosade, adjust the quantity of fluid accordingly.

3



Close the lid tightly and shake for 10 seconds until the powder is dissolved.

4

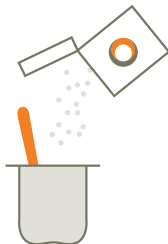


Glycosade is now ready to use. The product should be freshly prepared and consumed immediately.

## Glycosade taken with food:

### Preparation

1



Add the required amount of Glycosade to 150 - 200ml of your preferred suitable food such as low sugar dairy-free yogurt. For individuals requiring less than a sachet of Glycosade, adjust the quantity accordingly.

2



Stir well until smooth with a fork or a small whisk.

3



Consume straight away.

**Do not cook, heat or warm up Glycosade**



# Glycosade flavour creations!

The Glycosade recipes and mixing suggestions in this booklet have been tried using the ingredients mentioned. However the ingredients can be changed to other suitable ingredients if preferred. Your dietitian or doctor will let you know which foods and drinks are suitable to use.

For allergen information refer to product labels.





### **Shake well with:**

- Chilled unsweetened almond or soya milk drink
- Sugar free flavoured water or cordial



### **Stir into:**

- Unsweetened dairy-free yogurts and custards



### **Flavour with:**

- Cold herbal tea
- Sugar free syrups
- Flavoured liquid stevia drops
- Food flavourings and extracts
- Unsweetened reduced-fat powdered peanut butter

# Glycosade Unflavoured

## Mixing Ideas

### Strawberry Yogurt

1. Mix 1 sachet of Glycosade with 250ml unsweetened soya yogurt.
2. Add in 1-2 tsp sugar free strawberry squash and shake well.

### Fruity Yogurt

1. Add 250ml sugar free soya yogurt to a bowl and mix in 1 sachet of Glycosade.
2. Add in a few drops of a sugar free fruit extract or sugar free natural flavouring of your choice.
3. Optional – add in 3 drops Stevia liquid sweetener and mix well.

**Top tip:** add water or unsweetened dairy-free drinks to reach your desired consistency.



### Caramel Crème Shake

1. Mix 1 sachet of Glycosade with 100ml of unsweetened soya or almond milk.
2. Add in 1-2 tsp sugar free caramel syrup and shake well.

### Peanut Butter Cup

1. Mix 1 sachet of Glycosade with 100ml of unsweetened soya or almond milk.
2. Add 1 tbsp of reduced-fat powdered peanut butter and shake well.
3. Optional – add a few drops of Stevia liquid sweetener.

### Coco-Choc Pudding

1. Mix 1 sachet of Glycosade with 100ml water.
2. Add 70ml unsweetened coconut yogurt.
3. Add 2 tsp sugar free chocolate flavoured syrup and shake well.

### Nutty Delight

1. Mix 1 sachet of Glycosade with 100ml unsweetened coconut milk drink.
2. Add a few drops of almond extract.
3. Optional – add in 3 drops Stevia liquid sweetener and shake well.

### Berry Shake

1. Mix 1 sachet of Glycosade with 100ml water.
2. Add 20ml of sugar free mixed berry squash and shake well.

**Top tip:** try using unsweetened soya or almond milk instead of water to make a berry milkshake.

### Rosy Blush

1. Mix 1 sachet of Glycosade with 100ml unsweetened coconut milk drink.
2. Add 4 drops of rose water.
3. Optional – add in 3 drops Stevia liquid sweetener and shake well.

### Lemon Drizzle

1. Mix 1 sachet of Glycosade with 100ml water.
2. Add a few drops of lemon extract and shake well.

**If a smaller or larger amount of Glycosade is required, please adjust the amount of fluid and flavouring.**





# Smoothie Mixology

Try mixing up your own ideas!



**Choose 1 ingredient from each of the 5 sections and add a suitable sweetener if preferred.**

## **1. Smoothie Base**



**Choose one:**

- 24g unflavoured whey protein powder mixed with water
- 100ml low-fat plain dairy-free yogurt
- 125ml unsweetened almond milk
- 125ml unsweetened soy milk
- 250ml pea protein milk

## **2. Added Greens**



**Choose one:**

- 15g spinach
- 15g kale
- 15g mixed greens
- 15g rocket
- 15g swiss chard
- 15g broccoli



### 3. Fat Options & Bonus Protein



**Choose one:**

- 1 tbsp linseeds (flax seed)
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- ¼ of ripe avocado
- 1 tbsp pumpkin seeds
- 1 tsp coconut oil
- 1 tbsp almond butter

### 4. Optional Berries



**Choose one:**

- 25g cranberries (not dried)
- 2 (24g) strawberries
- 10 (13g) blueberries
- 4 (7g) raspberries
- 3 (15g) blackberries

## 5. Fancy Add-Ons



### Choose one:

- ½ tbsp cocoa powder
- ½ tbsp reduced-fat powdered peanut butter
- ¼ tsp almond extract
- ¼ tsp vanilla extract
- ½ tsp ground cinnamon
- ½ tsp nutmeg
- 1tsp instant coffee
- ½ tsp ground turmeric
- ¼ tsp ground cumin
- 1 tbsp oats
- 1 tbsp lemon juice
- 1 tbsp lime juice

## Optional – Make it Sweeter



- 1g stevia
- 1g erythritol





For more delicious recipe ideas,  
visit [www.GSDandMe.com](http://www.GSDandMe.com)  
or scan the QR code

This website aims to provide:

- **Helpful and trusted information** with regards to liver GSD and its management.
- **Delicious GSD friendly recipes**, including easy to follow videos.
- **Useful information** about all aspects of living with GSD.

**Please see the Lemon flavour Glycosade booklet for more mixing ideas using this flavour of Glycosade.**

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