

Sweet & Sour Rice Recipe suggestion

Serves 1 (428kcal, 21g protein per serving)



Ingredients*

- 1 sachet of ProSource TF Plant
- 1 portion of sweet & sour rice (Uncle Bens Rice Time provides easy option)

Method

Step 1

Heat / cook sweet & sour rice, following the instructions stated by your chosen product or recipe

Step 2

Once heated, thoroughly stir in one sachet of ProSource TF Plant

Step 3

Pour into your favourite bowl and enjoy!



Serving suggestion

* Allergens may be present, please check individual product and ingredients labels.
If concerned about allergens please contact your healthcare professional.