



UNJURY® UNJURY Unflavored: The Right Ways to Use

Unflavored UNJURY can be added to beverages and many foods. Here are some of the favorite ways to use.

First, do not mix UNJURY Unflavored in plain water. In water, you know it's there. But you will be surprised how completely it disappears in fruit flavored Crystal Light, Orange Juice, Jell-O recipes and more.

That is partly because UNJURY Unflavored is so clean and so thoroughly ultra-filtered. And unlike some similar products, UNJURY Unflavored has no added sweeteners or flavors.

If you are lactose intolerant, please be assured that UNJURY Unflavored has 0 grams of lactose. Many customers who are lactose intolerant do well with UNJURY Unflavored.

Favorites (these will vary by medical situation):

Beverages (mix in 8 oz., or 16 oz. if desired):

- Orange Juice/ Orange Crystal Light
- Fruit Flavored Crystal Light... Fruit Punch, Raspberry...
- V-8 Juice
- Smoothie Recipes (see our website www.UNJURY.com or call 1-800-517-5111 for details)
- Milk for Cereal
- Coffee (not hotter than 130 F)*

Food:

- Jell-O Recipes (see our website www.UNJURY.com or call 1-800-517-5111 for details)
- Yogurt - Start with a third of a scoop and mix to desired consistency
- Applesauce - Start with a third of a scoop and mix to desired consistency
- Oatmeal (e-mail Nutrition@UNJURY.com for recipe or call 1-800-517-5111 for details)
- Cream of Wheat (e-mail Nutrition@UNJURY.com for recipe or call 1-800-517-5111 for details)
- Pudding Recipe (see our website www.UNJURY.com or call 1-800-517-5111 for details)
- Soup (*note temperature information below)
- Tomato Sauce- Start with 1 scoop and mix into 1 cup of tomato sauce
- Mayonnaise -Stir 1 scoop into 1 cup mayo¹ (use to make chicken salad, tuna salad, egg salad, as sandwich spread, anywhere you use mayonnaise)
- Salad Dressing- Start with 1 scoop and mix into 1 cup of salad dressing
- Pudding popsicle recipes (e-mail Nutrition@UNJURY.com for recipe or call 1-800-517-5111 for details)

Be sure to visit UNJURY on Facebook at www.facebook.com/UNJURY to view more recipes and usage ideas!

*For all UNJURY flavors, do not use in liquids hotter than 130° F. Proteins, when heated, change texture. For example, you have seen an egg white go from a clear gel, to firm white, when cooked. For UNJURY, in a hot liquid, the proteins tend to clump. A food thermometer is a good way to get the temperature nicely warm...just right.

¹ Fat free, Reduced Fat or Regular versions may be substituted for mayo. Store extra mayo spread in refrigerator and use in place of mayo for up to two days.