

Recipe ideas

To aid compliance with Forti juice


Introduction

There may be times when it is difficult for you to eat the right amount of food for your body's needs. For this reason, you have been advised to take a prescription supplement to help boost your nutritional intake. Supplements are special nutritional drinks that have been designed for people who are having difficulties maintaining their weight or eating enough food. Improving the amount of nourishment you get can help you cope better with your illness or recover more quickly.

Supplements are versatile and can be enjoyed on their own. They are best served chilled, but can also be used in other ways. It is advisable to use a variety of flavours; this will prevent boredom and help you take the amount you need. In the hot months a refreshing tip is to use ice cube trays to freeze the fruit flavours. Supplements can also be added to your favourite recipes.

This booklet contains a selection of delicious recipes that can be easily prepared in your home.

How easy are the recipes

Extremely easy				
Very easy				
Easy				
Slightly challenging				

Drinks

Summer Smoothie ☺ ☺

Pureéd summer fruits are blended with vanilla ice cream and Strawberry Fortijuice to make a really special milk shake.

Ingredients (for 1 serving)

50g/2oz each of fresh raspberries & strawberries
75g/3oz (medium scoop) Cornish vanilla ice cream
1 (200ml) Strawberry Fortijuice

Method

1. Place fruit in blender or food processor and blend until smooth.
2. Add ice cream and blend for a further 20 seconds.
3. Add Fortijuice and blend until combined. Serve immediately, decorated with fruit.



463kcal and 11.6g protein per serving

Fortijuice Fizz ☺ ☺ ☺ ☺

You'll never tire of the delicious taste - with seven fruit flavours to choose from.

Ingredients (for 1 serving)

1 (200ml) Fortijuice (any flavour)
100ml/3½ fl oz sparkling water or lemonade

Method

1. Chill a bottle of Fortijuice in the fridge.
2. Pour into jug and mix with sparkling water or lemonade.



300kcal and 8g protein per serving

Forest Fruit Punch



Forest Fruit Fortijuice combined with sparkling lemonade, fresh strawberries, cucumber and mint

Ingredients (for 1 serving)

- 1 (200ml) Forest Fruit Fortijuice
- 100ml/3½ fl oz sparkling lemonade
- 1 lemon, grated rind and juice
- 50g/2oz each of strawberries and sliced cucumber
- 1 sprig mint and ice cubes



340kcal and 8.8g protein per serving

Method

1. Combine Fortijuice and lemonade with prepared fruits and place in a tall glass with fresh mint and ice. Serve immediately.

Tropical Shake



Ingredients (for 1 serving)

- 100g/4oz (1 medium) peeled banana, roughly chopped
- 100ml/4fl oz coconut milk or full cream milk
- 1 (200ml) Tropical Fortijuice



555kcal and 11.6g protein per serving

Method

1. Place all ingredients into a blender and combine for one minute.
2. Serve immediately whilst frothy.

For an iced crush version, freeze the banana and milk for one hour before blending.

Citrus Frappe ☺ ☺

A cross between a drink and a sorbet. The mixture is semi frozen and served in a glass with a spoon.

Ingredients (for 2 portions)

2 ruby grapefruits, juice of

1 (200ml) Lemon Forti juice

75g/3oz caster sugar



333kcal and 4.4g protein per serving

Method

1. Place all the ingredients together in a food processor and blend together.
2. Place processor bowl and blade in the freezer with the frappe for two hours or until just frozen
3. Process briefly to give the consistency of crushed ice. Serve immediately.

Forest Fruit Kir ☺ ☺ ☺ ☺

Ingredients (for 1 serving)

1 (200ml) Forest Fruit Forti juice

100ml/3½ fl oz sparkling white wine



376kcal and 8g protein per serving

Method

1. Chill a bottle of Forti juice in the fridge.
2. Mix with 100ml sparkling white wine.
3. Serve in a tall glass.

Please check with your healthcare professional before using recipes containing alcohol.

Breakfast

Special Porridge



Creamy rich porridge made with Apple Forti juice and topped with apple pureé.

Ingredients (for 2 servings)

110g/4oz porridge oats

200ml/7fl oz full cream milk

1 (200ml) Apple Forti juice

4 x 15ml tbsp single cream or Greek yoghurt

4 x 15ml tbsp stewed apple or apple pureé

Raisins to decorate



494kcal and 15g protein per serving

Method

1. Place the porridge oats and milk in a medium size pan and stir constantly over a gentle heat until just simmering. Simmer, stirring constantly for one minute.
2. Blend in the Forti juice a little at a time to make a smooth porridge. Bring to simmering point and remove from heat.
3. Place porridge in a bowl, stir in the cream or yoghurt, and top with stewed apple and raisins.

Breakfast Fruit Compote ☺☺☺

A medley soaked in Orange Fortijuce, combined with fresh orange juice.

Ingredients (for 2 servings)

150g/5oz mixed dried fruits

1 (200ml) Orange Fortijuce

1 orange, grated rind and juice

125ml natural yoghurt



410kcal and 9.5g protein per serving

Method

1. Placed dried fruits, juice and rind of orange, in a medium size bowl and pour over Fortijuce. Cover and leave overnight to allow fruits to absorb the Fortijuce.
2. Serve fruits, topped with yoghurt.

Breakfast Juice ☺☺☺☺

Ingredients (for 1 serving)

1 (200ml) Orange Fortijuce

1 ruby grapefruit, juice of

1 orange, juice of



353kcal and 8.7g protein per serving

Method

1. Combine Fortijuce and fruit juices and serve in a tall glass, decorated with a twist of orange

Desserts

Apple & Pear Rice Pudding Layer 😊

A creamy fruit and custard layer topped with rice pudding and finished with a crunchy light biscuit topping.



429kcal and 8.5g protein per serving

Ingredients (for 4 servings)

75g/3oz (1 packet) instant custard

1 (200ml) Apple Fortijuice

75g/3oz sponge fingers

227g/8oz (1 small can) pear halves in syrup, drained and diced

425g/15oz (1 can) creamed rice pudding

75g/3oz ginger nut biscuits, crushed

Method

1. Place instant custard into a measuring jug and top up to just below the 300ml/11fl oz mark with vigorously boiling water. Stir to make a thick smooth paste.
2. Blend in the Fortijuice and stir until smooth.
3. Pour custard over the sponge fingers arranged in four serving dishes and top with diced pear.
4. Cover with an even layer of rice pudding and sprinkle over ginger nut topping
5. Chill until required.

Used different canned fruits depending upon what you have available.

Forest Fruit Jelly ☺ ☺ ☺ ☺

Simple, nutritious and tasty. Use frozen forest fruit mix for this dessert - there's no need to defrost the fruit first.

Ingredients (for 4 servings)

135g/4¾ oz (1 packet) jelly

110ml/4fl oz boiling water

1 (200ml) Forest Fruit Fortijuice

150g/5oz frozen forest fruit mix



194kcal and 4.2g protein per serving

Method

1. Place jelly and boiling water into a measuring jug. Microwave for one minute or until the jelly has full dissolved.
2. Stir in the Fortijuice and fruit, and divide between four serving bowls.
3. Chill until set.

Fortijuice Sorbet ☺ ☺ ☺

This sorbet can be made with any of the seven delicious Fortijuice flavours.

300kcal and 8g protein per serving

Ingredients (for 1 serving)

1 (200ml) Fortijuice (any flavour)

Method

1. Decant Fortijuice into suitable container and place in the freezer for eight hours
2. Remove from freezer and leave at room temperature to soften slightly.

Apple & Raisin Muffins



340kcal and 8.8g protein per serving

10 single serving muffins.

Ingredients (for 10 muffins)

300g/11oz plain flour

1 x 5ml tbsp baking powder

50g/2oz caster sugar

1 (200ml) Apple Fortijuce

110g/4oz soft margarine, melted

227g/8oz (1 small can) crushed apples, drained thoroughly to give 125g/4½ oz

75g/3oz raisins

1 medium egg

Method

1. Preheat oven to 200C/180F/Gas Mark 6.
2. Sieve flour and baking powder together twice and place into a large bowl containing remaining ingredients.
3. Stir together with a wooden spoon for about half a minute to give a lump batter.
4. Spoon mixture into 10 muffin cases resting in a muffin tray.
5. Bake until risen and golden.
6. Transfer to a cooling rack and leave to cool.

Also good warmed in the microwave and served with custard for a quick dessert.

Blackcurrant Whip Jelly 😊 😊

A layered dessert with a jelly blackcurrant base and a creamy whipped topping.

Ingredients (for 4 servings)

135g/4¾ oz (1 packet) blackcurrant jelly
110ml/4fl oz boiling water
2 (x 200ml) Blackcurrant Fortijuice
300g/1oz (1 medium can) blackcurrants, drained
75g/3oz (1 packet) raspberry instant whip mix
75ml/3fl oz Greek yoghurt or full cream milk



374kcal and 7.7g protein per serving

Method

1. Place jelly and boiling water into a measuring jug and microwave for one minute or until the jelly has full dissolved.
2. Stir in one bottle of Fortijuice and blackcurrants, and pour into a serving bowl.
3. Place instant whip mix into a bowl with the remaining bottle of Fortijuice and the yoghurt or milk, whisk until thick.
4. Pour over the set jelly layer. Chill for five minutes and serve.

To enjoy this pudding at it's best eat within one hour or making.

Nutricia Ltd
White Horse Business Park
Trowbridge, Wilts BA14 0XQ
For further information please call 01225 751098
www.nutricia.co.uk

SCC2076-08/09

