

# Fortisip/Fortijuice

**Fortisip** is a high energy milkshake style nutritional supplement.

**Fortijuice** is a high energy juice tasting nutritional supplement.

Fortisip and Fortijuice are foods for special medical purposes. Always consult your doctor or dietitian regarding the amount you require daily.



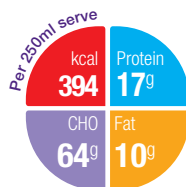
## BREAKFAST IDEAS

### PORRIDGE

¼ cup vanilla Fortisip  
½ cup rolled oats  
2 cups nearly boiling water

- In a saucepan, mix rolled oats to a paste with Fortisip. Gradually stir in the nearly boiled water.
- Heat over a low heat. Simmer for 3-5 minutes but **DO NOT BOIL**, stir regularly.

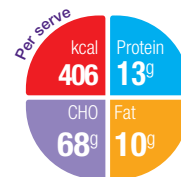
**Handy hint:** Top with fruit, yoghurt, brown sugar or maple syrup and cream.



### WEETBIX

125-150ml vanilla Fortisip  
2 Weetbix biscuits  
Sugar to sweeten

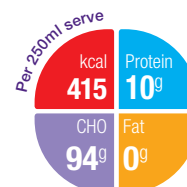
- Warm the Fortisip in a saucepan – **DO NOT BOIL**.
- Pour over Weetbix, add sugar to taste and serve.



### BREAKFAST JUICE

200ml orange Fortijuice  
1 ruby grapefruit – juice of  
1 orange – juice of

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



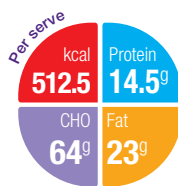
## SNACK/LIGHT MEAL IDEAS

### PANCAKES (SERVES 4)

200ml vanilla Fortisip  
100g plain flour  
2 large eggs  
80ml water  
Pinch of salt  
Butter/oil

- Mix the flour and a pinch of salt in a bowl, add eggs, Fortisip and water and mix well together.
- Heat butter/oil in frying pan.
- Pour in batter, tilting pan until it covers the bottom.
- Cook until pancakes moves freely.
- Turn over – cook the other side.
- Serve with sweet or savoury topping.

**Handy hint:** Try the following delicious combinations: Chicken/mushroom or broccoli/cheese or Cinnamon/apple or banana/chocolate



### MUFFINS (SERVES 12)

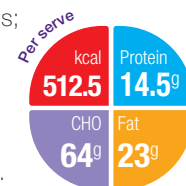
1 cup vanilla Fortisip  
2 cups flour  
4 teaspoons baking powder  
½ cup sugar  
1 egg, beaten

½ teaspoon salt  
100g butter  
1 cup tinned fruit or ¼ cup sultanas/dried fruit

- Sift together flour, baking powder and salt into a bowl, add sugar.
- In a small saucepan, melt the butter.
- Remove from the heat add Fortisip, egg then fruit.
- Combine the liquid and the dry ingredients- do not over mix.
- Grease muffin tins and fill.
- Bake at 200°C for 12-15 minutes.
- Make 12 standard muffins.

**Handy hint:** Try the following delicious variations; Chocolate muffins - swap the vanilla Fortisip for chocolate Fortisip and add 2 teaspoons of chocolate powder.

Banana muffins - swap the vanilla Fortisip for banana Fortisip and add a chopped banana.

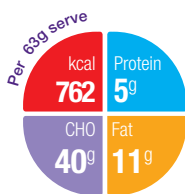


## SNACK/LIGHT MEAL IDEAS

### SPONGE CAKES (SERVES 8)

200ml Fortijuce (apple, strawberry or orange)  
100g soft butter  
100g sugar  
200g self raising flour  
2 medium sized eggs  
Paper cake cases

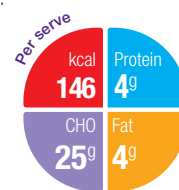
- Preheat oven to 180°C.
- Cream butter and sugar together.
- Add beaten eggs and a little flour, gradually add the Fortijuce with the rest of the flour.
- Put in paper cake cases and bake for 15-20 minutes or until firm to touch.



### CHOCOLATE PIKELETS (SERVES 12)

1 cup chocolate Fortisip  
1 egg  
¼ cup sugar  
1 cup flour  
1 teaspoon baking powder  
¼ teaspoon salt  
25g butter

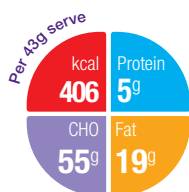
- Sift flour and baking powder.
- Beat egg and sugar until thick and creamy.
- Add chocolate Fortisip and sifted ingredients.
- Mix until smooth.
- Melt butter and cook in spoonfuls in fry pan.



### BANANA LEMON CAKE (SERVES 8)

120ml Fortisip  
250g self-raising flour  
½ teaspoon baking soda  
1 pinch salt  
150g sugar  
180g butter  
3 medium bananas  
1 teaspoon lemon juice  
3 drops lemon essence

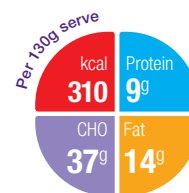
- In a bowl cream together the butter and the sugar until light and fluffy. Beat thoroughly and then stir in the lemon essence.
- In a separate bowl mash the bananas with a fork and add to the butter and sugar mixture. Mix well until blended.
- Sift the flour, soda and salt together. In another bowl mix together Fortisip and lemon juice to sour the milk. Then stir both mixtures into the previously creamed mixture and stir well until combined.
- Grease and line the sandwich tins and then divide the mixture evenly between the three tins.
- Bake for 25-30 minutes or until light brown.
- Cool on wire racks.



### CHEESE SCONES (SERVES 6)

200ml Fortisip  
250g plain flour  
1 teaspoon of bicarbonate of soda  
Salt  
60g of butter or margarine  
60g hard (e.g. cheddar) cheese - grated  
15g dried mustard

- Preheat oven to 220°C. Sift flour, bicarbonate of soda, salt, mustard and Fortisip into a bowl.
- Rub in the butter until mixture resembles coarse crumbs. Stir in the cheese.
- Make a well in the middle of the mixture and add the milk. Mix into a soft dough.
- Roll out to about ½ inch thickness (2.5cm), cut out using a scone cutter.
- Place onto a greased baking tray, brush the top with milk.
- Bake for 15-20 minutes until golden brown.



## MAIN MEAL

### FORTISIP SOUP

Use tinned condensed soups or home made soups.

For tinned condensed soups – substitute 1 can of water with ½ can vanilla Fortisip and ½ can milk. Continue with instructions as stated on the tin – **DO NOT BOIL**.

With homemade soup add ½ cup vanilla Fortisip to end product and ½ cup milk to replace some of the liquid.

### WHITE SAUCE

½ cup vanilla Fortisip  
2 tablespoons butter  
2 tablespoons flour  
½ cup milk  
Salt and pepper

- Melt butter in a small saucepan.
- Add flour, salt and pepper.
- Gradually add the liquid (milk and Fortisip) stirring all the time.
- Stir over a medium heat until sauce thickens.

**Handy hint:** Try the following variations;

Cheese sauce – add ½ cup grated cheese after cooking sauce

Onion sauce – add 1 chopped fried onion to white sauce

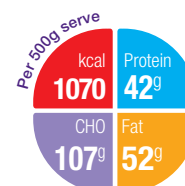
Parsley sauce – add 2-4 tablespoons chopped parsley to white sauce

### SPAGHETTI BOLOGNESE (SERVES 2)

200ml vanilla Fortisip  
50ml olive oil or vegetable oil  
200g beef mince  
1 onion  
1 garlic clove (or 1 teaspoon garlic puree)  
2 teaspoon tomato puree  
1 teaspoon chopped mixed herbs  
200g of chopped plum tomatoes  
200g spaghetti (uncooked weight)  
Grated Parmesan cheese

- Heat the oil in a saucepan and fry the onion and garlic until softened.
- Add the beef and fry until lightly browned.
- Stir in the tomato puree, mixed herbs and chopped tomatoes.
- Cook for 1 hour on a very low heat, stirring occasionally.
- Remove from heat and stir in the Fortisip.
- Return to heat, and reheat to serving temperature – **DO NOT BOIL**.
- Cook the pasta according to the packet instructions.
- Serve immediately with the Bolognese sauce and freshly grated Parmesan cheese.

**Handy hint:** This recipe can be made with ready-to-use pasta sauce. Simply make the Bolognese sauce as per instructions on the jar. Once cooked, stir in the Fortisip and heat to serving temperature.



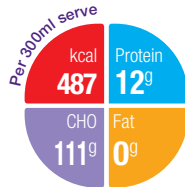
## DESSERT IDEAS

### FORTIJUICE JELLY

1 ¼ cups of Fortijuice  
1 packet of jelly crystals  
Fruit (optional)  
200ml boiling water

- Place jelly crystals in bowl.
- Add 200ml boiling water and stir well.
- When dissolved, mix in 300ml Fortijuice.
- Add fruit and chill.

**Handy hint:** Choose a Fortijuice flavour to match your jelly.

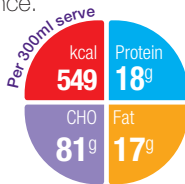


### FORTISIP CUSTARD

300ml vanilla Fortisip  
1 tablespoon of custard powder  
1 tablespoon sugar

- Mix together custard powder, sugar and ¼ cup Fortisip.
- Stir in remaining ¾ cup and heat gently  
– **DO NOT BOIL.** Stirring constantly; simmer for 2-3 minutes.
- Before serving, stir in 1 teaspoon vanilla essence.

**Handy hint:** Chocolate custard can be made by using chocolate Fortisip and mixing in 2 tablespoons of cocoa.

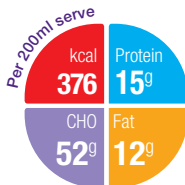


### GROUND RICE/SEMOLINA

200ml Fortisip  
2 tablespoons ground rice or semolina

- Mix the semolina or ground rice with 100ml Fortisip in a bowl.
- Heat the remaining 100ml Fortisip – **DO NOT BOIL.**  
Pour the heated Fortisip into the cold mixture.
- Return all mixture back to the pan and heat.
- Stir continuously and simmer for approximately 3 minutes until thickened.

**Handy hint:** Serve hot or cold and garnish with jam or fruit.

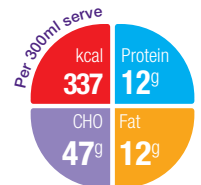


### FRUIT FLUFFY

200ml chilled Fortisip  
1 packet jelly  
200ml boiling water

- Make up the jelly and chill until nearly set.
- Combine nearly set jelly and chilled Fortisip.
- Whip for approximately 5 minutes until mixture is light and fluffy.
- Pour into individual serving dishes or 1 large dish.
- Chill until set. Garnish and serve.

**Handy hint:** Use lime jelly and vanilla Fortisip or passionfruit jelly and tropical fruit Fortisip.

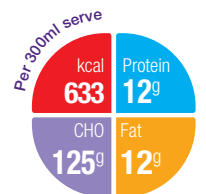


### JELLY WHIP

200ml Fortisip  
1 packet jelly  
1 packet instant pudding  
200ml boiling water

- Make up jelly using 200ml boiling water. Allow to cool.
- Make up instant pudding with the Fortisip.
- Once jelly mixture is cool, blend in instant pudding mixture.
- Mix thoroughly.
- Allow to set either in individual dishes or in 1 large dish.

**Handy hint:** Different flavour combinations can be used; Chocolate Orange whip – orange jelly, chocolate instant pudding and vanilla Fortisip. Strawberry whip – strawberry jelly, strawberry instant pudding and strawberry Fortisip.



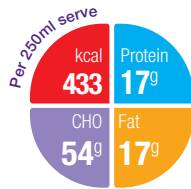
## DESSERT IDEAS

### EASY MOUSSE

200ml Fortisip  
50ml milk  
Hansells mousse (1 sachet)

- Mix the contents of 1 sachet of mousse mixture as directed, Substitute 250ml milk for 200ml Fortisip and 50ml milk.
- Pour into individual dishes or 1 large dish.
- Refrigerate, garnish and serve.

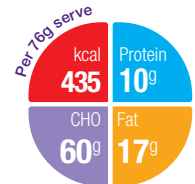
**Handy hint:** Try Hansell Chocó Mint mousse and chocolate Fortisip.



### EASY CHEESE CAKE (SERVES 8)

20 digestive or malt biscuits  
100g butter (melted)  
1 teaspoon ground cinnamon or nutmeg  
Easy mousse mixture

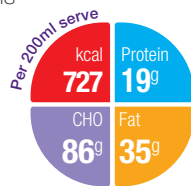
- Crush digestive biscuits, mix together with melted butter and add ground cinnamon or nutmeg.
- Push mixture into a 20cm cake tin/dish – chill.
- Make easy mousse mixture and pour on to crumb base.
- Refrigerate until chilled.



### CHOCOLATE PUDDING OR SAUCE

200ml chocolate Fortisip  
7g cornflour  
75g milk chocolate chopped into small pieces

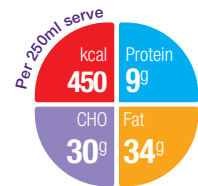
- Cream cornflour with a little Fortisip in a large jug until smooth and add remaining Fortisip, stirring well.
- Microwave on high for 2 minutes then stir.
- Return to microwave on low for further 20-30 seconds if further thickening is required, making sure mixture does not boil.
- Alternatively, pour into a saucepan and heat gently, stirring continuously until the mixture is thick and smooth.
- Add chocolate and stir well until blended.
- Leave to cool and chill in individual portions or serve warm as a sauce for ice cream or sponge pudding.



### STRAWBERRY PANNA COTTA (SERVES 2)

200ml strawberry Fortisip  
200ml double cream  
10g strawberry milkshake powder  
½ packet jelly crystals – strawberry

- Gently heat together Fortisip, double cream and milkshake powder in a saucepan until hot, but **DO NOT BOIL**.
- Take pan off heat and stir in the jelly crystals until fully dissolved.
- Pour into individual serving dishes or 1 large dish and allow to cool before transferring to the refrigerator to set.



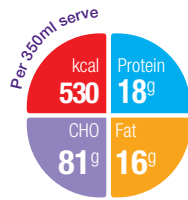
# DRINKS

## FRUIT SMOOTHIE

200ml Fortisip (chilled)  
125g yoghurt (1 pottle)  
½ cup stewed/tinned/fresh fruit  
2 tablespoons vanilla ice cream

- Blend all ingredients in food processor until smooth.
- Pour into glass and serve.

**Handy hint:** Use fruit, yoghurt and flavours of Fortisip which go together, ie fruit salad yoghurt, tropical fruit Fortisip and ½ cup peaches or fruit salad. Alternatively, use natural yoghurt and vanilla Fortisip with your choice of fruit.

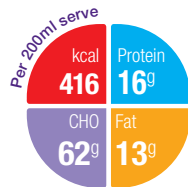


## CHOCOLATE MILKSHAKE

200ml chocolate Fortisip  
½ cup vanilla ice cream  
1 tablespoon milkshake syrup - chocolate

- Blend all ingredients until smooth, pour into glass and serve.

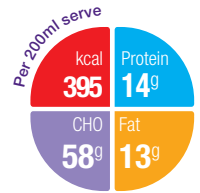
**Handy hint:** Try different flavour combinations; strawberry, banana or caramel.



## ICED COFFEE

200ml vanilla Fortisip, well chilled  
1 teaspoon instant coffee  
1 teaspoon boiling water  
1 scoop vanilla ice cream

- Dissolve coffee in the boiling water.
- Blend this with Fortisip and ice cream.
- Pour into glass, chill and serve.

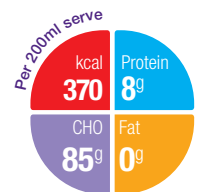


## LUSH (SERVES 2)

2 x 200ml Forti juice  
1 small can pineapple or ½ fresh pineapple

- Place all ingredients in blender until smooth.

**Handy hint:** Add lemonade or soda water to suit for a longer drink.



## COOKIES AND CREAM

200ml vanilla Fortisip  
1 Oreo

- Crush the Oreo and add it to a Fortisip.
- Shake the bottle well to mix through.

