

Recipe ideas

To aid compliance with oral nutritional supplements



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 tangy or fruit flavours. Supplements can also be added to your favourite recipes. This booklet contains a selection of delicious recipes which can be easily prepared in your home.

How easy are the recipes?

Extremely easy	   
Very easy	  
Easy	 
Slightly challenging	

Breakfast

Honey Porridge ☺☺☺

Ingredients (for 1 serving)

40g/1½ oz porridge oats (instant)

60ml whole milk

1 (200ml) bottle **Vanilla Fortisip Extra**, **Vanilla Fortisip Multi Fibre** or **Neutral Fortisip Bottle**

To serve

1-2 tbsp runny honey

1-2 tsp sugar

1 banana

Method

1. Place porridge oats and milk in a medium-sized saucepan. Heat gently for 1 minute, stirring constantly to make a thick paste.
2. Stir in supplement of choice a little at a time to make a smooth porridge. Bring to simmering point and remove from heat immediately.
3. Place porridge in a bowl, stir in honey and banana and top with a sprinkling of sugar.



Soups

Tomato Soup ☺☺☺

Ingredients (for 2 servings)

1 x 295g can of condensed tomato soup

100ml/3½ fl oz water

1 (200ml) bottle **Neutral Fortisip Bottle** or **Tomato Fortisip Multi Fibre**

Method

1. Pour condensed tomato soup into a saucepan, add hot water and stir well.
2. Heat soup gradually, stirring continually. Do not allow to boil.
3. When thoroughly heated, remove from the heat and stir in supplement of choice.
4. Return to the heat and warm gently to serving temperature – do not allow to boil.
5. Serving suggestion – top with a spoonful of cream and chopped chives or pepper.



Desserts

Easy Angel Delight ☺☺☺☺

Ingredients (for 2 servings)

1 packet strawberry Angel Delight powder
1 (200ml) bottle **Strawberry Fortisip Extra**
or **Strawberry Fortisip Multi Fibre**
or **Strawberry Fortisip Bottle** or **Strawberry Fortisip Yogurt Style**
100ml/3½ fl oz whole milk



Method

1. Pour supplement of choice and milk into a bowl. Add the packet of Angel Delight powder and mix well with a whisk or fork.
2. Place mixture into the fridge to set for 5 minutes. Serve – topped with whipped cream (optional).

TIP: Use any combination of Angel Delight and **Fortisip Bottle** or **Fortisip Multi Fibre** or **Fortisip Extra** or **Fortisip Yogurt Style** to give a varied range of quick and easy desserts; here are some suggestions.

Chocolate

Chocolate Fortisip Extra or Chocolate Fortisip Multi Fibre with Chocolate Angel Delight

Chocolate Orange

Orange Fortisip Bottle or Orange Fortisip Multi Fibre with Chocolate Angel Delight

Banana

Banana Fortisip Bottle or Banana Fortisip Multi Fibre with Banana Angel Delight

Tropical

Tropical Fortisip Bottle with Banana Angel Delight

Butterscotch

Caramel Fortisip Bottle or Vanilla Fortisip Multi Fibre with Butterscotch Angel Delight

Raspberry

Raspberry Fortisip Yogurt Style with Raspberry Angel Delight

Mixed Berry

Strawberry Fortisip Extra or Strawberry Fortisip Multi Fibre with Raspberry Angel Delight

Jelly ☺☺☺

Ingredients (for 4 servings)

- 1 packet of blackcurrant or raspberry flavoured jelly
- 2 (200ml) bottles **Forest Fruits Fortijuice** or **Forest Fruit Fortisip Extra** or **Raspberry Fortisip Yogurt Style**
- 100ml boiling water
- Handful of mixed berries (optional)



Method

1. Cut jelly into cubes and place into a bowl. Add boiling water and stir to dissolve jelly.
2. When cooled slightly, pour in supplement of choice. Mix thoroughly and leave in the fridge to set.

Fruit Scones ☺☺

Ingredients (for 8 scones)

- 1 (200ml) bottle **Vanilla Fortisip Extra** or **Vanilla Fortisip Multi Fibre** or **Vanilla Fortisip Bottle**
- 275g/9oz self-raising flour
- 50g butter at room temperature
- 50g mixed dried fruit
- 25g caster sugar
- 1 egg, beaten

Method

1. Sieve the flour into a bowl and sprinkle in the sugar. Rub the butter in lightly until the mixture looks crumbly.
2. Add dried fruit. Pour in the beaten egg and supplement of choice and mix to a dough. Allow to rest for 10-15 minutes.
3. Turn the dough out onto a lightly floured working surface. Roll it out to approx 2.5cm/1in thick and cut out scones using a cutter.
4. Place the scones on a lightly greased baking sheet and bake in a preheated oven at 200°C/425°F/ Gas mark 7 for approximately 10 minutes, or until they are well risen and golden brown.

These scones are delicious served warm with butter or cream and jam.

Chocolate Mousse 😊😊

Ingredients (for 6 servings)

750ml whipping cream

2 (200ml) bottles **Chocolate Fortisip Extra** or **Chocolate Fortisip Multi Fibre** or **Chocolate Fortisip Bottle**

20g chocolate milkshake powder

30g **Nutilis** (approx 10 scoops)

Method

1. Place the cream, supplement of choice, milkshake powder, and **Nutilis** into a bowl.
2. Whisk until stiff.
3. Pipe or spoon into small cups/bowls.

Fortisip Smoothie 😊😊

Ingredients (for 2 servings)

2 (200ml) bottles **Forest Fruit Fortisip Extra** or **Strawberry Fortisip Extra** or **Banana Fortisip Bottle**

200g frozen strawberries and bananas

100g vanilla ice cream



Method

Blend all ingredients. Pour into glass.

Vegetables

Potatoes 😊😊

Ingredients (for 2 servings)

300g cooked potatoes

10g butter

50ml **Neutral Fortisip Bottle**

Salt and pepper to taste



Method

Place cooked mash potatoes into a bowl. Add butter and salt and pepper. Mash until smooth.

Drinks

Fortisip Tea/Coffee ☺☺☺☺

Ingredients (average 5 cups per day)

Neutral Fortisip Bottle can be used to replace milk in many everyday meals and drinks. For example, simply by using **Neutral Fortisip Bottle** instead of milk in tea/coffee can add 300kcal and 12g protein (average 5 cups per day).

Irish Delight ☺☺☺☺

Ingredients (for 2 servings)

2 (200ml) bottles **Mocha Fortisip Extra**
or **Vanilla Fortisip Multi Fibre**
100ml Bailey's Irish Cream
Crushed ice

Method

Mix ingredients together. Pour into glass.



TIP: Leave out ice. Place in microwave for 40secs (do not boil). And now have Irish coffee.

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