

Nutritional Supplement Recipes

Milkshake-style supplements: e.g. Complian Shake, Fresubin 2kcal, Fortisip Compact

Neutral or milk flavoured supplements can be used instead of milk on breakfast cereals, in desserts such as custard or rice pudding, and in savoury dishes such as cheese sauce or creamy soups. Here are some other suggestions.

Fruit smoothie (serves 1):

- Fresh, frozen or tinned fruit – e.g. 1 banana, a handful of strawberries, half a tin of peaches (drained).
- 1 x chilled milkshake-style supplement of a similar flavour to the chosen fruit (or vanilla flavour).
- 1 scoop of vanilla ice-cream

Put all ingredients together into a blender or food processor. Blend until smooth. Serve in a tall glass.

Strawberry whip (serves 2):

- 1 carton strawberry flavour milkshake-style supplement, chilled
- 1 packet instant whip – strawberry flavour
- 1–2 scoops ice cream—strawberry or vanilla flavour

Whisk ingredients together in a bowl. Place in a fridge until set.

Hot chocolate (serves 1):

- 1 carton chocolate flavour milk-based supplement
- 1 tablespoon of drinking chocolate
- 2 – 3 tablespoons of whipped or “squirty” cream

Place drinking chocolate in a mug and blend with a small amount of supplement drink, set aside. Gently warm the rest of the drink but do not boil, whisk into the powder mix. Top with cream and serve immediately.

Something savoury (serves 1):

- 1 x neutral or milk flavoured supplement drink
- 1 x 295g tin of condensed chicken soup (or another flavour of your choice)

Place the soup in a saucepan. Into the empty tin add the neutral flavour supplement, and then add water to fill to the top (if necessary). Gradually stir this into the soup. Heat gently but do not boil.

Juice-style supplements: e.g. Fresubin Jucy, Ensure Plus juice:

Fruit jelly (serves 2):

- 1 x pack of jelly of your preferred flavour
- 1 x juice-style supplement of similar flavour (e.g. lemon drink with lime jelly).

Dissolve jelly in boiling water as per instructions on the packet; allow to cool for 5 – 10 minutes. Substitute 200ml of the remaining water required with the supplement drink. Chill until set. Serve with ice cream, custard, yoghurt and / or fruit.