

# Nutritional Recipes

For drinks, smoothies and snacks  
using supplements

## Strawberry Calshake or Build-Up

### Ingredients:

1 sachet Calshake or Build-Up (any flavour)  
½ pint milk  
1 scoop vanilla ice cream

### Method:

Mix the Calshake or Build-Up with the milk and ice cream and serve. You can also add fresh fruit but you will need a blender to liquidize the fruit.

## Strawberry Froth

### Ingredients:

1 carton strawberry milky supplement (Fortisip, Fresubin Energy, or Ensure Plus)  
1 scoop vanilla ice cream  
6 strawberries

### Method:

Blend the milky supplement, ice cream and strawberries together and serve.

## Juicy Fizz

### Ingredients:

1 carton of juice based supplement (Fortijuice, Ensure Plus Juice, or Provide Xtra). Any flavour will do.  
100ml sparkling water, tonic, soda or lemonade

### Method:

Mix all ingredients together and serve (ideally chilled).

## Hot Chocolate

### Ingredients:

1 carton chocolate flavour supplement, i.e. Fortisip, Fresubin Energy or Ensure Plus.  
2 teaspoons hot chocolate  
100ml milk

### Method:

Warm the chocolate supplement in a saucepan but do not boil. Mix the hot chocolate and milk together and add to the pan, then heat and serve. Very nice served with some cream on top.

## Porridge

### Ingredients:

1 handful porridge oats  
1 vanilla Build-Up or Calshake  
½ pint milk

### Method:

Make up the Build-Up/Calshake using instructions on the packet. Put Calshake/Build-Up in a small saucepan, add porridge oats and simmer for 10 minutes.

## Strawberry Milk Jelly

### Ingredients:

1 packet strawberry jelly  
1 sachet strawberry Calshake/Build-Up

### Method:

Dissolve jelly in ½ pint boiling water. Make up Calshake/Build-Up using instructions on the packet. Mix the jelly and Calshake/Build-Up together and place in fridge until set.

## Juicy Sorbet

### Ingredients:

1 carton any flavoured Fortijuice, Ensure Plus Juice or Provide Xtra.

### Method:

Place the carton of supplement in the freezer until frozen. Remove from the freezer and leave to soften slightly, take out of carton and chop up to serve with fruit if desired.

## Butterscotch Whip

### Ingredients:

1 packet butterscotch Angel Delight  
1 carton toffee milky supplement (Fortisip, Ensure Plus, or Fresubin Energy)

### Method:

Whisk Angel Delight and supplement together until smooth. Place it in the fridge and allow to set. Use any matching flavours.

## Polycal Ice

### Ingredients:

2 bottles neutral Polycal  
1 sachet preferred flavour pack flavouring

### Method:

Mix Polycal and sachet together in a jug then pour into an ice cube bag and freeze.

## Juicy Jelly

### Ingredients:

1 carton any flavoured juice supplement (Fortijuice, Ensure Plus Juice, or Provide Xtra)  
1 pack jelly (flavour to match above)

### Method:

Dissolve jelly in ½ pint boiling water, add carton of Juice supplement, pour in to small bowls and place in fridge to set.

## Homemade Vegetable Soup

### Ingredients:

1 onion (chopped)  
2 carrots (chopped)  
2 parsnips (chopped)  
2 sticks celery (chopped)  
1 head of broccoli (chopped)  
½ swede (chopped)  
2 vegetable stock cubes  
1 pint boiling water  
2 bay leaves  
1 bunch parsley (chopped)  
Salt & pepper

### Method:

Heat 2 tablespoons of olive oil in a large saucepan, add onion and celery and gently cook for 5 minutes. Add all other vegetables and cook for a further 5 minutes. Dissolve stock cube in the boiling water then add to the pan. Add the bay leaves and simmer for 30-40 minutes. Add the parsley and season with salt and pepper. Remove from the heat and liquidize. To make the soup even more nutritious you can add a carton of neutral Fortisip, Fresubin Energy or Ensure Plus.