

Recipe Ideas for Nutritional Supplements

Peach Shake

235mL tin of vanilla flavoured nutritional supplement

¼ tsp (1 mL) vanilla

¼ tsp (1 mL) cinnamon

½ cup (125 mL) canned peaches in heavy syrup

- Place ingredients in blender and blend until smooth

Boost Fruit Flavoured Beverage

1 package of flavoured gelatin crystals

1 cup (250 mL) boiling water

1 cup (250mL) Boost Fruit Beverage

- Combine boiling water and gelatin crystals. Stir until crystals are dissolved (approx. 2 minutes). Stir in Boost and chill until set. For variety, try using different flavours. You can also add fruit, marshmallows or grated vegetables.

Strawberry Almond Shake

235 mL tin of strawberry flavoured nutritional supplement

300 grams of almond flavoured tofu

⅓ cup (75 mL) of frozen strawberries

- Place ingredients in a blender and blend until smooth. For variety, add other fruits, such as a banana or blueberries.

Cream of Chicken Soup

1 tin of unflavoured nutritional supplement

1 package of instant chicken noodle soup mix

- Heat nutritional supplement without boiling, Stir in instant soup mix, and set aside until noodles are soft.

Butter Pecan Crème Brûlée

325 mL (1 ½ cups) Butter Pecan Ensure

2 eggs

30 mL (2 Tbsp) sugar

2 mL (½ tsp) vanilla extract

Sugar for topping

*This recipe can also be prepared with Ensure Regular or Ensure Plus Calories.
Nutrition information will vary with product used.

- Preheat oven to 150°C (300°F)
- In a medium-size bowl, whisk eggs and sugar until smooth
- Add Ensure and vanilla to egg mixture. Use a rubber spatula to gently fold together.
- Divide mixture into 4 ramekins or custard cups. Place ramekins into an ovenproof pan. Place pan in oven. Pour water into the pan until water is halfway up the sides of the ramekins.
- Bake for 40-50 minutes or until brûlée “wiggles” slightly. Remove ramekins from water.
- Refrigerate until completely cold.
- When ready to serve, sprinkle about 5 mL (1 tsp) of sugar on top of each ramekin. Place under broiler and watch carefully until the sugar caramelizes and turns light brown.
- **TIP:** Turn your crème brûlée into a fruit-custard by topping it with your favourite “coulis”.

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