

## Recipe Ideas for Nutritional Supplements

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### **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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