

NUTRICIA
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FORTISIP COMPACT PROTEIN RECIPE BOOK

This recipe book is intended for patients, and carers, who have been prescribed Fortisip Compact Protein by a healthcare professional.



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Introduction

In this recipe book you will find a selection of ideas for meals and drinks that you can create to add variety in taking your **Fortisip Compact Protein**.

Fortisip Compact Protein should be taken in addition to your normal diet, as prescribed by your healthcare professional. This range of recipes gives you some alternative ideas of how to incorporate your oral nutritional supplement (ONS) into your normal routine.

Some of these recipes are designed to be used with specific flavours of Fortisip Compact Protein (e.g. mocha). If you would like to try any of the other flavours, or have any questions about the use of Fortisip Compact Protein in these recipes, please speak to your healthcare professional.

In addition to being added to these recipes, Fortisip Compact Protein can be enjoyed on its own, preferably chilled. Fortisip Compact Protein can also be gently warmed, however, be careful not to boil it as you risk destroying some of the nutrients.

Fortisip Compact Protein can also be frozen by pouring into a freezer-safe container, ice cube tray, or ice lolly mould, and frozen. This will make a refreshing snack for hot weather or may help to relieve a sore mouth.

If you would like further hints and tips, or recipe ideas, to help you take your ONS, visit www.nutricia.ie and speak to your doctor, nurse or dietitian.

Fortisip Compact Protein is available in 8 different flavours: banana, berries, hot tropical ginger, mocha, neutral, peach-mango, strawberry, and vanilla.

NUTRICIA
Fortisip[®]
 Compact Protein



†The nutritional values of recipes shown are estimates only. Variations may occur depending on the brand and size of individual ingredients.

1
Serving*22.7 g
Protein†
(per serving)427 kcal
Calories†
(per serving)

Vanilla Porridge

Serving suggestion

Ingredients:

- 1 x 27g sachet instant porridge
- 1 bottle Fortisip Compact Protein, vanilla flavour
- 50-100ml semi skimmed milk or boiled water

Method:

1. Place the porridge into a small pan
2. Add the Fortisip Compact Protein
3. Add the milk or boiled water and stir over a gentle heat until porridge begins to thicken — do not boil
4. Add more boiled water as required to reach desired consistency



Tip: You could serve with honey, sliced banana, sultanas, or fruit of your choice.

*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.

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2
Servings*15.6 g
Protein†
(per serving)399 kcal
Calories†
(per serving)

Warm Pancakes with Honey

Serving suggestion

Ingredients:

- 75g self raising flour
- 1 egg
- 1 bottle Fortisip Compact Protein, vanilla flavour
- 15ml (1 tbsp) oil (of your choice for frying)
- 25ml honey or syrup

Method:

1. Place the flour into a mixing bowl, add the egg and bottle of Fortisip Compact Protein and mix well together
2. Leave to stand whilst heating the oil in a frying pan
3. Place 2 dessert spoons of mixture into the pan to make 1 pancake
4. Repeat to make 6 pancakes
5. Fry until the pancake begins to form bubbles on the top; turn the pancake over and cook the other side**
6. Serve 3 pancakes in a stack and pour over the honey or syrup



Tip: The pancakes will keep overnight in the refrigerator.

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**Cooking Fortisip Compact Protein may reduce the vitamin and minerals content of the product. If you have any concerns please speak to your healthcare professional.

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1
Serving*20.9^g
Protein†
(per serving)472^{kcal}
Calories†
(per serving)

Banana Ice Cream

Serving suggestion

Ingredients:

- 1 banana
- 15ml (1tbsp) condensed milk
- 1 bottle Fortisip Compact Protein, vanilla or banana flavour
- 7ml (1tsp) ice cream sauce or honey to serve (optional)

Method:

1. Mash the banana with a fork
2. Add the condensed milk and the bottle of Fortisip Compact Protein
3. Either blend with a blender or mix well together
4. Pour into a small plastic container
5. Place in the freezer and freeze for a minimum of 8 hours
6. Take from the freezer 15 minutes before serving



Tip: Double the recipe and store in a tub in the freezer; serve 2 scoops as a portion. You can then use the Banana Ice Cream to make an Ice Cream Sundae (see page 7 for recipe).

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1
Serving*24^g
Protein†
(per serving)834^{kcal}
Calories†
(per serving)

Ice Cream Sundae

Serving suggestion

Ingredients:

- 2 scoops banana ice cream (for recipe see page 8)
- 1 banana, sliced
- 42g (2 tbsps) ice cream chocolate sauce
- 10ml squirty cream
- 1 chocolate flake

Method:

1. Place half the banana in the base of a glass or bowl
2. Squeeze in half the chocolate sauce
3. Place the 2 scoops of ice cream in the glass or bowl
4. Place the rest of the banana on top of the ice cream
5. Squeeze over the remaining chocolate sauce
6. Top with squirty cream and place the flake on top

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1
Serving*29.7 g
Protein†
(per serving)552 kcal
Calories†
(per serving)

Bread & Butter Pudding

Serving suggestion

Ingredients:

- 1 slice of brown or white bread, buttered
- 1 egg
- 1 bottle Fortisip Compact Protein, vanilla flavour
- Icing sugar to dust
- Pouring custard to serve if desired (see page 9)

Method:

Preheat the oven to 180°C/350°F/Gas Mark 4

1. Cut the bread into 8 small triangles and arrange the bread in a buttered ovenproof ramekin or small dish
2. Crack the egg into a bowl and whisk in the Fortisip Compact Protein
3. Pour the egg and Fortisip Compact Protein mix slowly over the bread and leave for 15 minutes to soak in the liquid
4. Place in the oven and bake for 25 minutes, or until golden brown and set**
5. Serve warm



Tip: Sprinkle with icing sugar and serve with pouring custard (see page 11 for recipe).

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**Baking Fortisip Compact Protein may reduce the vitamin and minerals content of the product. If you have any concerns please speak to your healthcare professional.

†The nutritional excludes custard. Nutritional values of recipes shown are estimates only. Variations may occur depending on the brand and size of individual ingredients.

1
Serving*18.1 g
Protein†
(per serving)410 kcal
Calories†
(per serving)

Pouring Custard

Serving suggestion

Ingredients:

- ½ (38g) packet instant custard powder, or 2 tps custard powder and 2 tps sugar
- 1 bottle Fortisip Compact Protein, vanilla flavour
- 150ml boiled water

Method:

1. Place the custard powder (and sugar if used) into a jug
2. Pour in the Fortisip Compact Protein
3. Add the boiled water, stirring continuously until custard thickens
4. Add more water depending on thickness required



Tip: You could double the recipe and use half to pour over chopped bananas to make banana custard. You could also use Fortisip Compact Protein banana or strawberry flavours instead of vanilla.

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1
Serving*21.4g
Protein[†]
(per serving)461kcal
Calories[†]
(per serving)

Hot Mocha

Serving suggestion

Ingredients:

- 1 x 28g sachet of drinking chocolate, or
1 x 22g sachet of mocha drink, or
an alternative of your choice
- 1 bottle Fortisip Compact Protein,
mocha flavour
- 150ml boiled water
- 3 marshmallows (optional)

Method:

1. Place the contents of the sachet of drinking chocolate or mocha mix into a mug
2. Add the bottle of Fortisip Compact Protein
3. Stir in approximately 150ml boiled water
4. Leave to stand for about 30 seconds and re-stir
5. Top with marshmallows if desired



Tip: If you would like the temperature hotter place the Fortisip Compact Protein, boiled water and drinking chocolate or mocha mix into a saucepan and heat gently, being careful not to boil.

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1
Serving*21.1g
Protein[†]
(per serving)374kcal
Calories[†]
(per serving)

Peaches & Mango Smoothie

Serving suggestion

Ingredients:

- 1 fresh peach or 3 mango chunks
or 1 small (227g) can
peach slices
- 1 bottle Fortisip Compact Protein,
peach-mango flavour
- 2 ice cubes or 60ml cold milk

Method:

1. Cut your chosen fruit into chunks
2. Place in a blender and add the bottle of Fortisip Compact Protein
3. Add the ice cubes or milk
4. Blend until smooth
5. Pour into a glass and serve with a straw

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1
Serving*21.5g
Protein†
(per serving)444kcal
Calories†
(per serving)

Strawberry & Banana Smoothie

Serving
suggestion

Ingredients:

- 1 banana
- 3 fresh strawberries, washed and hulled
- 1 bottle Fortisip Compact Protein, strawberry flavour
- 2 ice cubes or 60ml cold milk

Method:

1. Cut the banana and strawberries into slices
2. Place in a blender and add the Fortisip Compact Protein
3. Add the ice cubes or milk and blend until smooth
4. Pour into a glass and serve with a straw

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Helping you to understand more about the oral nutritional supplement you have been prescribed by your healthcare professional.

www.nutricia.ie

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and find out more about the oral nutritional supplement you have been prescribed.



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