

RECIPE SHEET

If you find it **difficult to drink** the quantity of Cubitan prescribed for you, you may find it easier to **mix it with foods or other drinks**.

Here are some quick and simple recipes you can try*...

BREAKFAST



Serving suggestion only

Vanilla Honey Porridge

Ingredients (for 1 serving):

- 40g porridge oats
- 50ml warm milk
- 100ml (½ bottle) Cubitan Vanilla (or Strawberry / Chocolate depending on preference)
- Honey or sugar, and milk optional

Method:

1. Mix together the warm milk and porridge oats.
2. Stir in the Cubitan and cook over the hob or in the microwave (cooking times vary – follow guidelines on porridge packet).
3. Serve topped with honey/ sugar and milk to taste.

DRINKS



Serving suggestion only

Strawberry Milkshake

Ingredients (for 1 serving):

- 1 bottle (200ml) Cubitan Strawberry
- Approx 100g strawberries (fresh, frozen or tinned)
- 1 scoop of vanilla or strawberry ice cream

Method:

1. Place all ingredients into a blender and mix until smooth.
To make a chocolate or vanilla shake, omit the strawberries and use chocolate or vanilla flavour Cubitan and ice cream.



Serving suggestion only

Cappuccino

Ingredients (for 1 serving):

- Sachet instant cappuccino mix
- 100ml hot water
- 100ml (½ bottle) Cubitan Vanilla

Method:

1. Put ingredients into a saucepan or large mug, mix well and heat over the hob or in the microwave – do not boil.
2. Add sugar to taste and serve.



Serving suggestion only

Hot Chocolate

Ingredients (for 1 serving):

- 1 bottle (200ml) Cubitan chocolate flavour
- Marshmallows/ flaked chocolate (optional)
- Whipped cream (optional)

Method:

1. Heat Cubitan over the hob or in the microwave – do not boil.
2. Serve topped with marshmallows/ flaked chocolate and cream (optional).

DESSERTS



Custard

Ingredients (for 1 serving):

- 1 small pot of ready-made custard (approx. 125g)
- 100ml Cubitan (any flavour)

Method:

1. Empty the custard into a bowl and stir in the Cubitan. Serve hot or cold.

Tastes great on its own or poured over puddings like stewed fruit or jam sponge.



Easy Mousse Dessert

Ingredients (for 2 servings):

- 1 sachet of Angel Delight powder
- 50ml milk
- 1 bottle (200ml) Cubitan (any flavour)

Method:

1. Pour milk into a bowl.
2. Add the Angel Delight powder and mix to a paste with a whisk.
3. Add Cubitan and mix well.
4. Place in the fridge to set for 10 minutes.

You can use any combination of flavours you like – here are some suggestions!

- Strawberry Angel Delight and Cubitan Vanilla
- Chocolate Angel Delight and Cubitan Chocolate
- Banana Angel Delight and Cubitan Strawberry

Cubitan is available in Strawberry, Vanilla and Chocolate flavours. Please speak to your healthcare professional to find out more information.

For further information please scan or freephone 1800 923 404

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This recipe book is intended for patients, and carers of patients, who have been prescribed Cubitan by a healthcare professional.

Cubitan is a Food for Special Medical Purposes for the dietary management of chronic wounds and must be used under medical supervision. **January 2022**

