

# ROASTED RED PEPPER DIP

142 KCAL | 3.2G PROTEIN PER SERVING

 PREP: 15 MINUTES

## YOU WILL NEED

50mL Fortini Multi Fibre Unflavoured

100g full fat cream cheese

25g roasted peppers in a jar

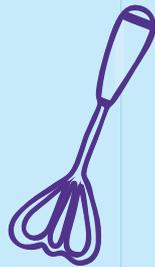
10g fresh parsley or basil

Pinch of garlic granules

Salt pepper to taste

To serve - bread sticks or pitta bread

To serve - carrot and cucumber sticks



## METHOD

01

Drain the peppers and chop (or cut with scissors) into small dice sized pieces and add to a small bowl.

02

Chop (or cut with scissors) the parsley or basil and add to peppers. Add a pinch of garlic granules and mix together. Season with salt and pepper to taste.

03

In another bowl, mix the cream cheese and Fortini Multi Fibre Unflavoured together until smooth.

04

Stir the pepper mixture in with the cream cheese mixture, (if you need a smooth texture use a stick blender or processor to blend together until smooth).

05

Chill the mixture until needed.

SERVES: 3



## CHEF'S TIPS

- 01 Change the flavour of this dip by using different vegetables
  1. e.g. roasted beetroots add a pinch of ground cumin, and fresh chopped mint
  2. e.g. roasted artichokes in a jar and add a pinch ground coriander and fresh coriander
  3. e.g. mushroom fried in butter and cooled add garlic and fresh parsley
- 02 Add pesto of your choice for a new flavour
- 03 This dip can be frozen for up to 3 months.
- 04 Great for lunch boxes, parties, summer BBQs, and picnics.

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

This recipe is intended for parents and carers of children who have been prescribed a product from the Fortini range by a healthcare professional.

The Fortini Range are Foods for Special Medical Purposes for the dietary management of disease related malnutrition and growth failure in children from one year onwards and must be used under medical supervision. Accurate at time of publication October 2023, SCC 4273, 23-071



Per portion  
(makes 12)  
208kcal  
6.4g Protein

# VEGGIE MUFFINS

## INGREDIENTS\*

### (MAKES 12 MUFFINS)

- ½ grated medium courgette
- 2 spring onions, finely chopped
- ½ medium grated carrot
- 25g sweetcorn
- 225g self-raising flour
- 100g parmesan, finely grated
- 1 tsp dried herbs
- 2 eggs, beaten
- 90ml sunflower oil
- 125ml Fortini Compact Multi Fibre Neutral

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

## INSTRUCTIONS

- 1 In a clean tea towel, place the grated carrot and courgette to wring out any excess water. Then place into a bowl and add the sweetcorn, sliced spring onion and dried herbs. Add the parmesan, ensuring there's leftovers for decoration. Season to taste with salt and pepper.
- 2 In a jug, whisk the eggs, oil, and Fortini Compact Multi Fibre.
- 3 In another bowl, add the flour, baking powder and egg mixture. Combine with a wooden spoon but don't over work. The texture should be lumpy to create a better muffin.
- 4 Add the vegetable/cheese mixture and stir to combine.
- 5 Line a muffin tray with 12 paper muffin liners and spoon the mixture between as even as you can (Tip: Use an ice cream scoop). Sprinkle over the remaining parmesan on top of each muffin.
- 6 Bake at 180°C for 20/25 minutes until golden brown\*\*. Once baked allow to cool on a wire rack.

\*\* Baking may reduce the vitamin and mineral content of this product. If you have any concerns please contact your healthcare professional. Always test the temperature of the food before serving.

This recipe is intended for parents or carers of children who have been prescribed Fortini Compact Multi Fibre by a healthcare professional.

Fortini Compact Multi Fibre is a Food for Special Medical Purposes for the dietary management of disease related malnutrition and growth failure in children from one year onwards, and must be used under medical supervision.

## RECIPE TIPS

- You can store the muffins in a tin or 4 days or freeze for 3 months.
- You can use other cheeses in this recipe, such as mature cheddar, feta, mozzarella etc.
- Instead of sweetcorn you can use peas, sundried tomatoes or mushrooms
- Parsnips and butternut squash can be used in this recipe if you don't like carrots or courgettes

# NO BAKE CHOCOLATE COOKIES

Makes  
**12**  
servings

337kcal,  
5.5g protein  
per serving



## Ingredients\*

- 100g butter (softened)
- 200g light brown sugar
- 100ml Fortini Compact Multi Fibre Chocolate-Caramel flavour
- 25g cocoa powder
- 150g milk chocolate
- 300g rolled oats
- 50g peanut butter

## Instructions

- In a pan add the butter, sugar, cocoa powder, peanut butter and chocolate. Melt over a medium/low heat and then boil for 2 minutes. Remove from the heat and stir in the Fortini Compact Multi Fibre Chocolate-Caramel.\*\*
- Add the rolled oats and stir the mixture together.
- Place spoonfuls of the cookie dough onto a lined baking tray and allow to cool. Alternatively, you can place in the fridge for 1 hour to speed this up.
- Keep in an airtight tin and store the remaining portions in the fridge for a maximum of 24 hours.



## Recipe Tips

- Great for lunch boxes.
- Easy to make and no bake.
- Use any flavour product in this recipe.
- Add 75g nuts or dried fruit to the recipe.

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

\*\* Do not boil Fortini Compact Multi Fibre as it may reduce the vitamin and mineral content of this product. If you have any concerns, please contact your healthcare professional.

**This recipe is intended for parents and carers of children who have been prescribed Fortini Compact Multi Fibre by a healthcare professional.**

Fortini Compact Multi Fibre is a Food for Special Medical Purposes for the dietary management of disease related malnutrition and growth failure in children from one year onwards and must be used under medical supervision.

Accurate at time of publication October 2022

SCC4127  
22-012



**NUTRICIA**  
**Fortini**  
Compact Multi Fibre

# MINI CHOCO CARAMEL CHEESECAKES

Serves 12 *Store the remaining portion in the fridge for 2-3 days or you can freeze for 3 months in an airtight container. Leave to thaw in the fridge overnight.*

## Ingredients\*

### For the base:

- 250g double chocolate digestive biscuits
- 100g butter, melted and cooled

### For the cheesecake:

- 400g full fat cream cheese
- 150g icing sugar, sifted
- 1 tsp vanilla extract
- 50ml double cream
- 1 x 125ml bottle of Fortini Compact Multi Fibre Chocolate-Caramel
- 200g good quality dark chocolate, melted and cooled

## Serving Suggestions

You can choose your topping e.g. chocolate stars, mini chocolate eggs or a fruit of your choice.

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

## Method

1. Line a muffin tin with 12 paper liners, set aside.
2. For the crust, crush biscuits to the texture of breadcrumbs. You can either do this in a food processor, or, place biscuits in a strong freezer bag and crush with a heavy rolling pin. Pour crushed biscuits into a medium sized bowl and add melted butter. Mix well.
3. Divide crust mixture into the paper muffin liners, about 2 tbsp per liner. Press mixture down with the back of a spoon. Chill in the fridge while you make the cheesecake mixture.
4. For the cheesecake, beat cream cheese with icing sugar and vanilla on low speed in a medium sized bowl until smooth. Increase speed and beat until starting to thicken.
5. Add the Fortini Compact Multi Fibre Chocolate-Caramel and double cream and beat on low until mixed in, then again, increase speed to high and whip until mixture has thickened. Between 30 – 45 seconds. Add the melted chocolate and beat in until colour is uniform. Scrape down the sides of the bowl halfway through beating.
6. Remove prepared biscuit bases from the fridge and divide cheesecake mixture evenly between the 12 paper liners.
7. Smooth the tops of the cheesecakes with a small spatula or the back of a knife, then chill in the fridge for at least 4 hours. Finally, decorate the cheesecakes with mini chocolate eggs. Leave cheesecakes at room temperature for about 10 minutes before serving. You can serve them in the paper liners, or peel them away and remove them completely.



Serving suggestion

Per Serving

447 kcal  
5.2g Protein

## Hints & Tips

It can be easier to fill a large piping bag with the cheesecake mixture and simply pipe the filling into each paper liner, but you can just as easily use a spoon to spoon the mixture instead.