

Vanilla mousse

Sweet

level 

 4

 5 min



Ingredients

200 ml	Fresubin 2 kcal DRINK Vanilla
1 packet	vanilla mousse powder (for 250 ml milk)
100 g	stewed fruits (e.g. apricots)

Nutritional information per serving:

Energy	176 kcal
Protein	6.5 g
Fat	5.0 g
Carbohydrate	25.0 g
Fibre	0.4 g

Alternative products:

Fresubin® Original DRINK
Fresubin® Energy/Fibre DRINK
Fresubin® Protein Energy DRINK
Fresubin® Energy Fibre DRINK



Preparation

Put one packet of vanilla mousse powder and 200 ml Fresubin 2 kcal DRINK Vanilla into a bowl and mix for 3 minutes with a hand mixer (highest level).

Cover and place in the fridge for at least one hour. Purée 100 g of stewed fruit (e.g. apricots) and pour over the mousse.

TIP:
Decorate with
fresh fruits
and mint.