FRESENIUS KABI

PRO SUPPORT

Recipes

A new taste for life

Fresubin®

“Who would have guessed I could make such delicious treats!”

Hannah loves trying new recipes with Fresubin PRO COMPACT Drink, they are fun and practical and helps ensure she gets the nutrition she needs.

04 Melon Saffron Drink

06 Elderberry Mousse with Vanilla Pears

08 Banana Chocolate Soft Serve Ice Cream

1 portion

15 min

Melon Saffron Drink

Ingredients

- *200ml of well chilled Fresubin PRO COMPACT Drink Vanilla*
- *1 pinch* of Saffron threads or ground saffron
- *1-2 wedges* of galia, cantaloupe or other melon (approx. 100g of fruit flesh)
- *1-2* ice cubes
- *½ teaspoon* cinnamon
- *1-2 teaspoons* honey or sugar to taste

1. Soak the saffron in *2 tablespoons* of hot water. Peel the melons and cut them into pieces.

2. Finely puree the fruit pieces, *Fresubin PRO COMPACT Drink Vanilla*, ice cubes, saffron water and cinnamon in a blender. Sweeten to taste with a little honey or sugar if necessary.

The drink can also be enjoyed warm. Delicious! Prepare the drink without ice cubes and gently heat it up to drinking temperature. Do not boil.

Nutritional Information Per Portion of Prepared Recipe

Protein	29g
Fat	18g
Carbohydrate	62g
Total	**543kcal (2,273kJ)***

Fresubin PRO COMPACT Drink Vanilla

*Nutritional information for recipes are estimates and may vary depending upon ingredients. Pictures shown are serving suggestions and for illustration purposes only.

Elderberry Mousse with Vanilla Pears

Ingredients

- *200ml of well chilled Fresubin PRO COMPACT Drink Vanilla*
- *1 small* pear
- *1 small* drop of vanilla extract
- *3-4 tablespoons* pure elderberry juice*
- *3-4 teaspoons* of food thickening powder/granules
- *1* meringue nest
- Optionally *1-2 teaspoons* honey or sugar

**Pure elderberry juice is 100 % squeezed juice with nothing added, other than elderberry nectar that also contains water and sweetening ingredients like sugar.*

1. Peel the pear, cut out the core and dice the flesh. Boil the pear with the vanilla extract and *2 tablespoons* of water. Cover and simmer over very low heat for *5-10 minutes* depending on the ripeness of the pear. Remove the saucepan from the heat and leave it to cool down. Sweeten to taste with honey or sugar.

2. Using a hand mixer or whisk, whip *Fresubin PRO COMPACT Drink Vanilla* with the elderberry juice and the thickening powder for *1 minute* until creamy. Stir in honey or sugar to taste. Let the mousse rest for *2-3 minutes*. Put the mousse in a bowl and serve it with the vanilla pears or crushed meringues.

The mousse is particularly quick to make when you use drained and chopped fruit from a can as the topping.

Nutritional Information Per Portion of Prepared Recipe

Protein	29g
Fat	19g
Carbohydrate	66g
Total 568kcal (2,378kJ)*	

Fresubin PRO COMPACT Drink Vanilla

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Banana Chocolate Soft Serve Ice Cream

Ingredients

- *200ml of Fresubin PRO COMPACT Drink Vanilla*
- *1 ripe* banana (approx. 150g)
- *1 teaspoon* cocoa powder
- *1-2 teaspoons* honey or sugar

1. Freeze the *Fresubin PRO COMPACT Drink Vanilla* in an ice cube tray the day before.

2. Peel the bananas and slice them. Put the *Fresubin PRO COMPACT Drink Vanilla* ice cubes, ¾ of the banana slices and the cocoa in a blender and blend well. You can add honey or sugar if you want. Put the ice cream in a bowl and place the remaining banana slices on top of it. Serve immediately.

3. For slightly firmer ice cream, put the ice cream in the freezer for *10-20 minutes* after you have blended it.

Nutritional Information Per Portion of Prepared Recipe

Protein	31g
Fat	19g
Carbohydrate	69g
Total	**594kcal (2,484kJ)***

Fresubin PRO COMPACT Drink Vanilla

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NEW

Fresubin®
PRO COMPACT Drink

Get creative!

by swapping Fresubin PRO COMPACT Drink to expand upon our recipes!

www.fresubin.com/uk/pro-support

Use the code for online PRO Support content.

www.fresubin.com/uk/fresubin-pro-compact-drink

Explore the online content of the Fresubin PRO COMPACT Drink For further information.

Food for special medical purposes, to be used under medical supervision. Allergens may be present, please check recipes and individual product ingredients labels. Nutritional information for recipes are estimates and may vary depending upon ingredients. If you have any concerns about the suitability of these recipes please contact your healthcare professional.

FRESENIUS KABI

Fresenius Kabi Limited, Cestrian Court, Eastgate Way, Manor Park,

Scientific.AffairsUK@fresenius-kabi.com
tel: 01928 533 516
Runcorn, Cheshire WA7 1NT
www.fresubin.com/uk

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