



**FRESENIUS
KABI**

caring for life



Recipes

Effective nutritional intake

A collection of recipes to help you get the best from your oral nutritional supplement drinks



Maximising your oral nutritional intake



At Fresenius Kabi, we produce a range of nutritional supplements for people who are unwell and cannot manage enough normal food to meet their nutritional requirements. Improving the nutrition you receive can help you better deal with your illness and can assist with your recovery.

Our Fresubin® range of nutritional supplements comes in many different flavours, so you will always have a wide variety to choose from. The supplements are best served chilled, but to help you get more nourishment from your everyday meals, the supplements can also be used in simple, delicious recipes.

Where the recipe states Fresubin supplements, the recipe can be made with any of the supplement drinks listed below:

- Fresubin 2 kcal Drink
- Fresubin 2 kcal Fibre Drink
- Fresubin Energy Drink
- Fresubin Energy Fibre Drink
- Fresubin Protein Energy Drink
- Fresubin 5 kcal Shot (to add an extra boost, 1 shot (30 mls) = an extra 150 kcal)
- Fresubin 3.2 kcal Drink

All calorie and protein contents are average estimations and may vary depending upon ingredients and Fresubin supplement used.

Breakfast



Porridge, serves 1

200 ml Fresubin 2 kcal Drink (vanilla or neutral)
50 g porridge oats
100 ml full cream milk

Mix porridge oats with Fresubin supplement and milk in a saucepan.
Gently heat until just before boiling and simmer for 5 minutes stirring occasionally.
Add sugar or honey if desired.

650 kcal, 30 g protein with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Weetabix™, with Fresubin serves 1

200 ml Fresubin 2 kcal Drink (vanilla or neutral)
2 Weetabix biscuits

Gently warm the Fresubin supplement in a saucepan.
Pour over the Weetabix and add sugar to taste.

534 kcal, 24 g protein with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Fresubin scrambled eggs, serves 1

100 ml Fresubin 2 kcal Drink (neutral)
2 eggs
Knob of butter
Salt and Pepper

Beat together the eggs and Fresubin supplement and season with salt and pepper.
Melt the butter/margarine in a saucepan.
Add the egg mixture and cook until creamy, stirring occasionally. For variety, add grated cheese.

426 kcal, 22 g protein with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Soups

Tomato and vegetable, serves 1

200 ml Fresubin 2 kcal Drink (neutral)
1/2 can condensed tomato soup
Salt and pepper
Herbs

Mix condensed soup with Fresubin supplement and warm gently in a saucepan.
Season with salt, pepper and herbs.
Add extra water if a thinner consistency is desired.

491 kcal, 23 g protein with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Variations: Try different flavours of condensed soup e.g. chicken, mushroom; or add chopped cooked vegetables e.g. leeks, onion, potato.

Packet soups

Make up packet soups with half a Fresubin 2 kcal Drink (neutral) and half water.
Nutritional composition varies according to variety of soup and supplement used.

Savouries

Fresubin mashed potato, serves 2

75 ml Fresubin 2 kcal Drink (neutral)	225 g potatoes
Knob of butter or margarine	Salt and pepper

Peel potatoes and boil for 15-20 minutes.
Drain off water and mash the potatoes.
Add Fresubin supplement and butter to the potatoes and mix together into a smooth consistency.
Season with salt and pepper.

222 kcal, 6 g protein per serving with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Tip: For a quicker version use instant mashed potato or for extra creamy potato, add 2 tbspc cream.

Savouries



Cheesy mashed potato, serves 2

2 tbsp grated cheese

Stir the cheese into Fresubin mashed potato (see opposite).

286 kcal, 10 g protein per serving with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Tip: Ideal for adding to the top of Shepherd's pie.

Chicken korma, serves 2

200 ml Fresubin 2 kcal Drink (neutral)
1 large onion, chopped
2 skinless, boneless chicken breasts*
200ml chicken stock

2 tbsp vegetable oil
2 tbsp Korma paste
2 tsp tomato purée
4 tbsp boiled white rice

Heat the oil in a saucepan and sauté the onions.

Add the chicken and fry for 4 minutes.

Add the korma paste. Stir around in the pan, allowing the paste to release its flavour into the chicken.

Add the tomato purée, stock and Fresubin supplement and bring to a very gentle simmer.

Cook for about 15 minutes until reduced to the consistency of thick cream.

Season with salt and pepper.

Serve with fluffy white rice.

760 kcal, 55 g protein per serving (excluding rice) with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Variations: Try different flavours by frying 3 garlic cloves, and a thumb sized piece of crushed ginger with the chicken or add 75 g ground almonds to the simmering sauce.

Creamy mushroom sauce for chicken, pork or beef, serves 2

100 ml Fresubin 2 kcal Drink (neutral)
250 g mushrooms
1 clove of garlic
A splash of white wine (if appropriate)

30 ml Fresubin 5 kcal Shot (neutral)
1 medium onion, chopped
Knob of butter or margarine
Salt and Pepper

Melt the butter and sauté the onions, garlic and mushrooms.

Add Fresubin 2 kcal neutral, Fresubin 5 kcal Shot and white wine.

Gently heat until slightly thicker and then season to taste.

Serve with chicken, pork or beef and mashed potato or rice.

286 kcal, 9 g protein per serving with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

* Cut into bite-size pieces

Desserts

Angel Delight®/Instant whip, serves 2

200 ml Fresubin 2 kcal Drink (chocolate*, toffee or vanilla)
100 ml whole milk
Packet of Angel Delight/Instant whip

Use Fresubin supplement and milk to make up packet mix.
Serve with fruit and cream if desired.

257 kcal, 12 g protein per serving with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink†.

Fresubin ice cream, serves 1

200 ml Fresubin 2 kcal Drink
50 ml double cream

Whip the double cream until thick.
Mix all ingredients in a freezer proof container and place in the freezer to set.

574 kcal, 22 g protein with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Variations:

Lemon meringue ice cream: Lemon flavour supplement and a handful of meringue pieces.

Mint choc chip ice cream: Chocolate flavour supplement, 50 g chocolate chips and a few drops of peppermint essence.

Toffee ice cream: Toffee flavour supplement and 50 g toffee pieces.

Pistachio ice cream: Vanilla flavour supplement and 50 g of chopped, shelled pistachios.

Mocha ice cream: Cappuccino flavour supplement and 50 g chocolate chips.

Fresubin custard sauce, serves 1

200 ml Fresubin 2 kcal Drink (neutral, toffee or vanilla)
1 tbsp custard powder
25 g sugar
50 ml full fat cream

Blend the custard powder and sugar with the cold milk to a smooth paste.
Heat the Fresubin supplement, but do not boil.
Pour onto the custard mixture, return to heat and stir continuously until it thickens.

560 kcal, 22 g protein with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

* Fresubin® 2 kcal Fibre Drink.

† Nutritional composition varies according to type of dessert and flavour.

Hot and cold drinks

Fresubin supplements can be heated by warming gently in a saucepan (but do not boil as this may cause the loss of some nutrients) or pouring into a mug and heating in the microwave for 1 minute on high power.

Fresubin coffee, serves 1

200 ml Fresubin 2 kcal Drink (vanilla or neutral)
1 tsp coffee powder
2 tbsp boiling water

Mix coffee powder and boiling water in a mug.
Add warmed Fresubin supplement.
Top with whipped cream if desired.

402 kcal, 20 g protein with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Fresubin hot chocolate, serves 1

200 ml Fresubin 2 kcal Drink (chocolate*, vanilla or neutral)
3 - 4 tsp hot chocolate powder
2 tbsp boiling water

Mix hot chocolate powder and boiling water in a mug.
Add warmed Fresubin supplement.

511 kcal, 22 g protein with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Variations: Add marshmallows, whipped cream and grated chocolate. To make a mocha drink, replace 1 tsp hot chocolate powder with 1 tsp instant coffee. Top with whipped cream or try banana Horlicks® (Horlicks made with Fresubin Energy Drink banana).

Double chocolate and banana milkshake, serves 1

200 ml Fresubin 2 kcal Drink (chocolate)
1 banana chopped
2 scoops chocolate ice cream

Place Fresubin 2 kcal Fibre Drink, banana and ice cream in a blender, whisk for 30 seconds or until smooth. Pour into a serving glass.

648 kcal, 24 g protein with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Berry mint shake, serves 1

200 ml Fresubin 2 kcal Drink (fruits of the forest)
100 g natural yoghurt
10 g sugar
Fresh mint leaves

Purée the natural yoghurt together with Fresubin supplement, the sugar and the fresh mint leaves. Chill for about 30 minutes in the fridge. Serve cold with crushed ice if you like.

512 kcal, 24 g protein with Fresubin 2 kcal Drink/Fresubin 2 kcal Fibre Drink.

Alcoholic drinks

Try the following combinations of Fresubin 2 kcal Drink with your favourite alcoholic drinks*

Fresubin 2 kcal Drink Apricot-Peach + Malibu®
Fresubin 2 kcal Drink Apricot-Peach + Peach Schnapps
Fresubin 2 kcal Drink Fruits of the Forest + Brandy
Fresubin 2 kcal Drink Toffee + Baileys®
Fresubin 2 kcal Drink Vanilla + Sherry
Fresubin 2 kcal Drink Vanilla (warmed) + Whiskey
Fresubin 2 kcal Drink Lemon + Vodka
Fresubin 2 kcal Drink Vanilla + Tia Maria®

* The consumption of alcohol may not always be appropriate, always refer to your healthcare professional.
Always drink responsibly.

Order codes

Flavour	Order code	PIP code	Flavour	Order code	PIP code
Fresubin 2 kcal Drink			Fresubin Protein Energy Vanilla	7405601	338-8584
Fresubin 2 kcal Apricot-Peach	7254601	344-2969	Fresubin Protein Energy Wild strawberry	7407601	338-7545
Fresubin 2 kcal Cappuccino	7255601	343-8256			
Fresubin 2 kcal Fruits of the Forest	7253601	343-8249	Fresubin Energy Drink		
Fresubin 2 kcal Neutral	7258601	365-5529	Fresubin Energy Banana	7280601	338-7479
Fresubin 2 kcal Toffee	7100601	344-2977	Fresubin Energy Blackcurrant	7276601	338-7503
Fresubin 2 kcal Vanilla	7251601	343-8231	Fresubin Energy Cappuccino	7278601	338-7495
			Fresubin Energy Chocolate	7002601	338-7511
Fresubin 2 kcal Fibre Drink			Fresubin Energy Lemon	7006601	338-7487
Fresubin 2 kcal Fibre Apricot-Peach	7263601	365-5545	Fresubin Energy Neutral	7279601	338-7453
Fresubin 2 kcal Fibre Cappuccino	7261601	344-2803	Fresubin Energy Strawberry	7274601	338-7529
Fresubin 2 kcal Fibre Chocolate	7260601	343-8264	Fresubin Energy Tropical fruits	7277601	338-7461
Fresubin 2 kcal Fibre Lemon	7103601	344-2795	Fresubin Energy Vanilla	7273601	338-7537
Fresubin 2 kcal Fibre Neutral	7146601	365-5537			
Fresubin 2 kcal Fibre Vanilla	7262601	344-2944	Fresubin Energy Fibre Drink		
			Fresubin Energy Fibre Banana	7023601	338-7552
Fresubin 3.2 kcal Drink			Fresubin Energy Fibre Caramel	7024601	338-7589
Fresubin 3.2 kcal Hazelnut	7045801	407-0678	Fresubin Energy Fibre Cherry	7025601	338-7578
Fresubin 3.2 kcal Mango	7052801	407-0686	Fresubin Energy Fibre Chocolate	7269601	338-8600
Fresubin 3.2 kcal Vanilla-Caramel	7047801	407-0694	Fresubin Energy Fibre Strawberry	7020601	338-7594
			Fresubin Energy Fibre Vanilla	7022601	338-7560
Fresubin Protein Energy Drink					
Fresubin Protein Energy Cappuccino	7048601	338-7602	Fresubin 5 kcal Shot		
Fresubin Protein Energy Chocolate	7408601	338-8592	Fresubin 5 kcal Shot Lemon	7012801	358-7243
Fresubin Protein Energy Tropical fruits	7046601	338-7867	Fresubin 5 kcal Shot Neutral	7010801	358-7250

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Tia Maria® is a trademark of Ilva Saronno Holding SpA.

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