



Chocolate Dessert with Sponge Fingers

Ingredients

- 1 bottle of *Fresubin PRO Drink Neutral*
- 2 ½ *teaspoons* cocoa (unsweetened)
- A *sachet* (15g) of instant gelatine
- Optionally 1-2 *teaspoons* honey or sugar
- 3-4 *sponge* fingers
- 2-4 *tablespoons* of applesauce
- 1 *small cup* of espresso, cooled (40ml)
- 2-4 *tablespoons* apple puree

- 1 Whisk *Fresubin PRO Drink Neutral* in a bowl with the 2 *teaspoons* cocoa and a sachet (15g) of instant gelatine, for *about 1 minute*. Sweeten with honey or sugar to taste.
- 2 The sponge fingers can also be broken into bite-sized pieces. You can place half into a dessert dish or glass. Drizzle with half the espresso.
- 3 Add 1-2 *tablespoons* of apple puree and spread half the chocolate cream on top. Top it up with a second layer using the rest of the sponge fingers, espresso, apple puree and cream.
- 4 Leave in the fridge to infuse for at least *10 minutes*. Dust with the rest of the cocoa and serve.

Nutritional Information Per Portion of Prepared Recipe

Protein	33g
Fat	21g
Carbohydrate	79g
Total	659kcal (2,763kJ)

Fresubin
PRO Drink
Neutral



1
portion



20
min

