



**FRESENIUS
KABI**

caring for life

Fresubin® Recipe Book

Maximising your oral nutritional intake

A collection of delicious recipes, incorporating the Fresubin range into everyday food and 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.

Where the recipe states Fresubin supplements, the recipe can be made with any of the Fresubin drinks depending on which supplement you have been prescribed by your doctor or dietitian:

Fresubin 2 kcal Mini Drink, Fresubin 2 kcal Fibre Mini Drink, Fresubin 2 kcal Drink, Fresubin 2 kcal Fibre Drink, Fresubin Energy Drink, Fresubin Energy Fibre Drink, Fresubin Protein Energy Drink, Fresubin Energy Fibre Drink, Fresubin 5 kcal Shot (1 shot (30 ml) = an extra 150 kcal), Fresubin 3.2 kcal Drink, Fresubin Original Drink. Recipes that state Fresubin Jucy Drink can be made with other flavours of Fresubin Jucy Drinks.

Contents

Breakfast	4
Lunch	8
Main	12
Desserts	16
Snacks	20
Drinks	22

Read the tips section on our recipes for alternative options.

Some of our suggestions will increase the nutritional value by adding more minerals, vitamins, protein, fibre and fats to our recipes.

Visit:
[fresubin.com/uk](https://www.fresubin.com/uk)
for more recipes and resources.

 **Join our Fresenius Kabi UK Facebook page** to share photos of your creations and your recipes. We may feature some of your recipes on our website or even in our next recipe book!

Homecare patients can also join our closed Facebook page: FreseniusKabi@Home.





Porridge

Made with Fresubin Energy Drink (neutral flavour)

Serves: 1

Time: 5 mins

Porridge recipes have long been a breakfast staple, especially during the winter months. They are super filling and so versatile.



Porridge

Ingredients

- 200 ml Fresubin Energy Drink (neutral flavour)
- 30 g oat flakes

Nutritional information per serving*

Energy kcal	413
Protein g	15
Fat g	14
Carbohydrate g	58
Fibre g	2

Method

- 1 Mix porridge oats with Fresubin supplement in a saucepan
- 2 Gently heat until just before boiling and simmer for 5 minutes stirring occasionally
- 3 Add a little milk or water if you prefer a thinner consistency
- 4 Add sugar or honey if desired.

Handy Tip

Use fresh or frozen fruit such as berries, apples and bananas to pack even more flavour and nutrients into your porridge.

Experiment with chia, sunflower and pumpkin seeds as well as spices like nutmeg and cinnamon. Chopped almonds, walnuts and coconut flakes are great for a contrasting texture.



Banana flip

Made with Calshake (banana flavour)

Serves: 1

Time: 3 mins

For a quick breakfast on the go look no further than this quick recipe.



Banana flip

Ingredients

- 1 sachet Calshake (banana flavour)
- 240 ml full-fat milk 3.5 %
- 50 g nutella[®]

Nutritional information per serving*

Energy kcal	870
Protein g	16
Fat g	46
Carbohydrate g	99
Fibre g	3

Method

- 1 Put the milk, Calshake powder and the chocolate spread in a shaker and shake well
- 2 If necessary, use a mixer to dissolve the chocolate spread

Handy Tip

You can add a banana to get even more banana goodness from this shake.

Alternatively, you can use other Calshake flavours such as vanilla and strawberry and add fresh or frozen fruits to make your breakfast shake.



French toast

Made with Fresubin 2 kcal Drink (cappuccino flavour)

 Serves: 2

 Time: 20 mins

What can be better than a bit of egg bread for breakfast?



Scrambled eggs

Made with Fresubin 2 kcal Drink (neutral flavour)

 Serves: 1

 Time: 5 mins

No breakfast is complete without some scrambled eggs.



French toast

Ingredients

- 200 ml Fresubin 2 kcal Drink (cappuccino flavour)
- 4-6 slices of bread
- 2 eggs
- 40 g butter/margarine
- 4 tablespoon icing sugar

Nutritional information per serving*

Energy kcal	692
Protein g	24
Fat g	30
Carbohydrate g	86
Fibre g	3

Method

- 1 Remove crusts and cut bread slices into quarters
- 2 Mix Fresubin 2 kcal Drink Cappuccino with eggs
- 3 Soak bread slices in this mixture
- 4 Melt butter/margarine in a pan and fry the bread for 2 minutes on each side
- 5 Enjoy the French Toast warm and with icing sugar, cinnamon or maple syrup

Handy Tip

Topping your French toast with fresh fruits will add even more nutrition to your breakfast. Add a dollop of yogurt to serve!

You can simply turn this recipe to an egg bread by swapping Fresubin 2 kcal Drink in Cappuccino with Neutral and add a pinch of salt to the egg mixture. Serve it with a slice of cheese and even a slice of ham between two fried breads.



Scrambled eggs

Ingredients

- 100 ml Fresubin 2 kcal Drink (neutral flavour)
- 3 large eggs
- Knob of butter
- Salt and pepper

Nutritional information per serving*

Energy kcal	543
Protein g	25
Fat g	39
Carbohydrate g	23
Fibre g	0

Method

- 1 Mix the eggs, Fresubin 2 kcal Drink (neutral flavour) and seasoning
- 2 Melt butter/margarine in a pan
- 3 Add the egg mixture and fry, stirring occasionally, until the mixture reaches a soft and creamy consistency

Handy Tip

Add fresh herbs such as chives and parsley or some grated cheese.

Serve it on toast or next to some bacon, sausages and beans to make it a full English breakfast.

LUNCH



Broccoli cream soup



Made with Fresubin Energy Drink (neutral flavour)

A warming soup is a welcome meal especially on those cold days. This quick recipe is a time saver too!



Broccoli cream soup

Ingredients

- 200 ml Fresubin Energy Drink (neutral flavour)
- 200 g broccoli, washed
- 80 ml meat stock
- 30 ml double cream (2 tablespoons)
- 30 g almond flakes (3 tablespoons)
- Salt, white pepper, garlic granules

Nutritional information per serving*

Energy kcal	350
Protein g	14
Fat g	24
Carbohydrate g	23
Fibre g	5

Method

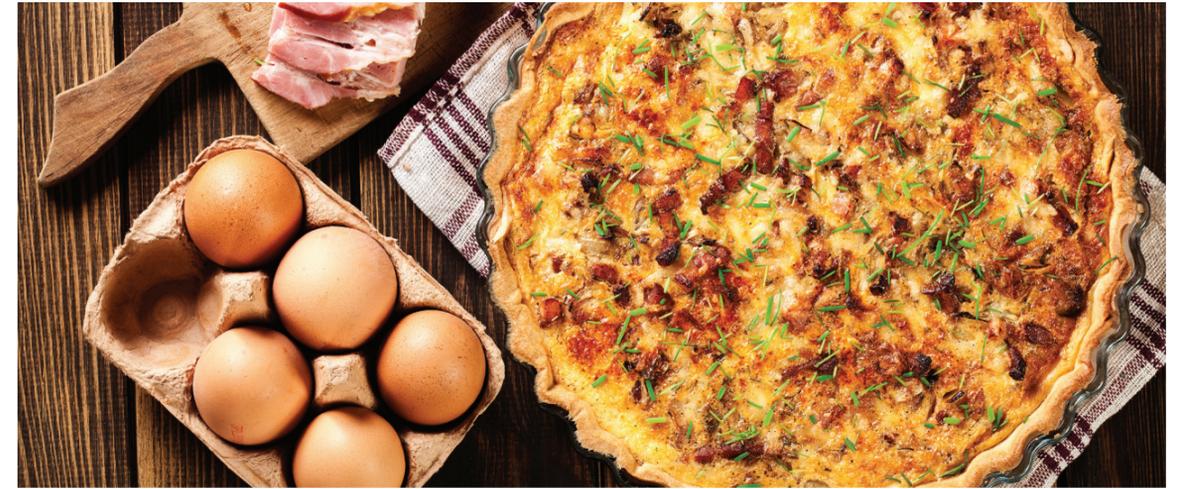
- 1 Steam the chopped broccoli in the meat stock
- 2 Add Fresubin Energy Drink (neutral flavour) and the cream and mix with a hand-held blender until creamy
- 3 Heat the soup and season
- 4 Roast the almond flakes slightly in a dry pan, add to the soup and serve

Handy Tip

You can utilise this recipe for most soups, even ready made soups. Just add the Fresubin drink once all your ingredients are cooked and ready to blend.

To make your soup even more of a taste sensation try adding some stilton when its ready to heat up and serve with warm sourdough bread on the side.

LUNCH



Quiche Lorraine



Made with Calshake (neutral flavour)

Our take on Quiche Lorraine brings all the flavour without the hard work of making the pastry from scratch. Quiche is fantastic for lunch, dinner or even on the go!



Quiche Lorraine

Ingredients

- 1 sachet Calshake (neutral flavour)
- 2 eggs
- 100 g grated cheese
- 200 g ready rolled puff pastry (from the refrigerated section)
- 100 g diced bacon
- 1 tablespoon oil
- 240 ml whole milk (3.5% fat)

Nutritional information per serving*

Energy kcal	570
Protein g	20
Fat g	40
Carbohydrate g	35
Fibre g	2

Method

- 1 Preheat oven to 170°C (gas level 4)
- 2 Roll out the puff pastry and place in a greased quiche dish (approx. 20 cm diameter)
- 3 Mix Calshake (neutral flavour) as always with milk. Fry bacon until crisp and spread over the pastry. Mix eggs and Calshake Neutral with a whisk. Add cheese to the mixture and season as desired
- 4 Pour the mixture into the quiche dish
- 5 Place quiche dish on middle shelf in oven and bake until the quiche has become firm in the centre (approx. 30 to 40 minutes)

Handy Tip

You can turn this into a vegetarian dish, simply by swapping bacon with some vegetables such as sautéed leeks, asparagus or broccoli. Experiment with fresh herbs and toppings such as feta or goats' cheese.

Serve with salad, boiled new potatoes or chips. Remember this is a great lunch box friendly recipe as you can serve it cold as well as warm.



Tuna spread

Made with Fresubin 2 kcal Drink (neutral flavour)



No matter how you mix it, making tuna spread at home is one of the easiest, most satisfying meals you can whip up in minutes!



Tuna spread

Ingredients

- 60 ml Fresubin 2 kcal Drink (neutral flavour)
- 100 g tuna, tinned, in water
- 20 g radishes
- 20 g gherkins
- 1 slice of bread
- 20 g onions, peeled
- Salt, pepper
- Chopped chives

Nutritional information per serving*

Energy kcal	325
Protein g	35
Fat g	6
Carbohydrate g	34
Fibre g	2

Method

- 1 Mince the drained tuna with a fork and mix with Fresubin 2 kcal Drink (neutral flavour)
- 2 Dice radishes, gherkins and onions and add to the tuna
- 3 Season with the spices
- 4 Spread on a slice of bread and sprinkle with the chopped chives

Handy Tip

The great thing about this recipe is once you have your spread, it can be used in a lot of different ways!

Some of our favourites are; tuna and cucumber sandwich, tuna melt panini and of course tuna niçoise salad (don't forget to add boiled new potatoes, hard boiled eggs and some cooked French beans).



Pasta bake

Made with Fresubin 2 kcal Drink (neutral flavour)



Comfort food at it's best, this pasta bake is cheesy and creamy.



Pasta bake

Ingredients

- 100 ml Fresubin 2 kcal Drink (neutral flavour)
- 80 g fusilli pasta
- 100 g broccoli (chopped into florets)
- 1 medium egg
- 60 g cooked ham, small cubes
- 10 g butter (1 heaped teaspoon)
- 30 g grated Emmental cheese (45% fat)

Nutritional information per serving*

Energy kcal	824
Protein g	49
Fat g	33
Carbohydrate g	87
Fibre g	8

Method

- 1 Cook the pasta according to instructions on the packaging and allow to cool
- 2 Blanch the broccoli and also allow to cool
- 3 Grease an oven proof dish with butter
- 4 Mix the pasta, broccoli and diced ham and place in the dish
- 5 Mix Fresubin 2 kcal Drink (neutral flavour), egg and the seasoning well and pour into dish
- 6 Sprinkle with grated cheese
- 7 Bake it in the oven at approx. 160°C for 20 to 30 minutes

Handy Tip

You can skip the ham to turn this into a vegetarian dish or swap it with some tuna and sweetcorn for a yummy tuna pasta bake.

Try experimenting with fresh herbs such as thyme and add some garlic for a bit more punch.

Serve with some fresh salad and garlic bread.



Bangers & mash



Serves: 2



Time: 30 mins

Made with Fresubin 2 kcal Drink (neutral flavour)

Succulent sausages nestled on a bed of creamy mashed potatoes, comfort food at its best!



Bangers & mash

Ingredients

- 100 ml Fresubin 2 kcal Drink (neutral flavour)
- 6 pork sausages
- 200 g potatoes
- 14 ml double cream (1 tablespoon)
- Salt, pepper, nutmeg

Nutritional information per serving*

Energy kcal	833
Protein g	35
Fat g	56
Carbohydrate g	51
Fibre g	6

Method

- 1 Start cooking the sausages according to the instructions on the pack
- 2 Boil the potatoes and press through a potato ricer or mash them with a potato masher
- 3 Heat Fresubin 2 kcal Drink (neutral flavour) in the microwave oven and stir quickly into the mashed potatoes with a whisk together with the cream and the spices

Handy Tip

Swap meat sausages with vegetarian or vegan options. For an extra tasty mash potato add some grated cheese, chopped fried onions or some garlic.

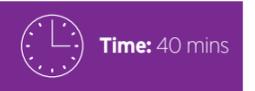
Serve it with fresh boiled veg and gravy.



Cauliflower cheese



Serves: 2



Time: 40 mins

Made with Calshake (neutral flavour)

Oozy, creamy and delicious, you can't beat homemade cauliflower cheese as the veggie main or the ultimate side.



Cauliflower cheese

Ingredients

- 1 sachet Calshake (neutral flavour)
- 1/2 cauliflower
- 25 g butter
- 25 g wheat flour
- 240 ml whole milk (3.5% fat)
- 75 g grated cheese
- Salt, pepper

Nutritional information per serving*

Energy kcal	653
Protein g	22
Fat g	39
Carbohydrate g	54
Fibre g	4

Method

- 1 Mix Calshake (neutral flavour) as usual with milk
- 2 Boil cauliflower in salted water
- 3 Heat Calshake mix, butter and flour in a pot constantly stirring until a uniform thickened consistency is reached
- 4 Add cheese and stir till melted
- 5 Season with salt and pepper
- 6 Place cauliflower into a heat-resistant dish and cover with the cheese sauce
- 7 Bake in the oven at approx. 180°C until the cauliflower is golden

Handy Tip

Play around with different cheeses in this dish and see how they taste and melt, so this is a great one for using up any leftovers from your Christmas cheeseboard.

It is also nice to try different veg instead of cauliflower and make this dish burst with added nutrition. Try chunks of celeriac, butternut squash, potatoes, leeks, carrots or sweetcorn.



Creamy mushroom sauce

for chicken, pork or beef



Serves: 2



Time: 30 mins

Made with Fresubin 2 kcal Drink & Fresubin 5 kcal Shot (neutral flavour)

This one is for meat lovers!

Pick your favourite meat and you are good to go with this simple but delicious sauce.



Creamy mushroom sauce

Ingredients

- 100 ml Fresubin 2 kcal Drink (neutral flavour)
- 30 ml Fresubin 5 kcal Shot (neutral flavour)
- 250 g mushrooms
- Clove of garlic
- Medium onion, chopped
- Knob of butter
- Splash of white wine
- Salt and pepper

Nutritional information per serving*

Energy kcal	311
Protein g	7
Fat g	23
Carbohydrate g	20
Fibre g	3

Method

- 1 Melt the butter and saute the onions, garlic and mushrooms
- 2 Add Fresubin 2kcal Drink, Fresubin 5kcal Shot and white wine
- 3 Gently heat unit slightly thicker and then season to taste
- 4 Serve with chicken, pork or beef

Handy Tip

This sauce will transform any meat. Serve it with mash or rice and some fresh steamed/boiled vegetables such as French beans or tenderstem broccoli.

Shopping List

- Red grape juice
- Sugar
- Lemon juice
- Gelatine
- Grapes





Fruits of the forest sorbet

Made with Fresubin Energy Drink (blackcurrant flavour)



Serves: 1



Time: 3 mins

A refreshing treat especially for those summer months.



Fruits of the forest sorbet

Ingredients

- 200 ml Fresubin Energy Drink (blackcurrant flavour)
- 450 g mixed fruits (raspberries, strawberries etc.)

Nutritional information per serving*

Energy kcal	413
Protein g	18
Fat g	13
Carbohydrate g	58
Fibre g	15

Method

- 1 Blend fruits and Fresubin Energy Drink (blackcurrant flavour) for 1 - 2 minutes
- 2 Pour the mixture into an airtight container (with lid)
- 3 Freeze for 1 hour, remove lid and mix well with a fork
- 4 Freeze for further 2 - 3 hours before serving

Handy Tip

This sorbet recipe is so versatile and full of vitamins! You can use our Fresubin Jucy range and experiment with different fruits combinations to create your own sorbet flavours.

For a quick granita you can crush some frozen fruit with your choice of Fresubin 200ml drink and freeze it for 30 minutes. Then crush the mixture up with a fork and serve it over Greek yogurt or freshly grilled fruit such as peaches and pineapple.



Fruit jelly

Made with Fresubin Energy Drink (blackcurrant flavour)



Serves: 1



Time: 20 mins

Who doesn't like a bit of jelly? It is perfect when you want something fruity but with a bit of texture.



Fruit jelly

Ingredients

- 200 ml Fresubin Energy Drink (blackcurrant flavour)
- 100 ml red grape juice
- 10 g sugar
- 1 teaspoon lemon juice
- 8 g gelatine (4 sheets)
- 10 grapes (50 g)

Nutritional information per serving*

Energy kcal	462
Protein g	19
Fat g	12
Carbohydrate g	72
Fibre g	1

Method

- 1 Carefully stir together the Fresubin Energy Drink (blackcurrant flavour) with the sugar, grape juice and lemon juice
- 2 Soften the gelatine, squeeze out and then dissolve over a water bath
- 3 Carefully stir Fresubin Energy Drink (blackcurrant flavour) into the gelatine
- 4 Halve the grapes and put them into small bowl
- 5 Pour on the liquid, leave to set in the fridge

Handy Tip

You can also use the Fresubin Jucy range to make your jelly and utilise this recipe to make a traditional English trifle.

If you find using gelatine sheets is a bit time consuming you can use ready flavoured jelly crystals from a sachet. Just follow the instructions on the packet and make up the cold water with part Fresubin drink instead. All you need to do is add some fresh fruit and leave it to set!



Tiramisu

Made with Fresubin Energy Drink (cappuccino flavour)



The ultimate indulgent dessert.



Tiramisu

Ingredients

- 100 ml Fresubin Energy Drink (cappuccino flavour)
- 6 sponge fingers
- 3 g instant coffee powder (1 teaspoon)
- 60 g mascarpone
- 10 g sugar
- 3 g cocoa powder (1/2 teaspoon)
- 2 g gelatine (1 sheet)

Nutritional information per serving*

Energy kcal	641
Protein g	15
Fat g	36
Carbohydrate g	65
Fibre g	2

Method

- 1 Dissolve the coffee powder in 30 ml of heated Fresubin Energy Drink (cappuccino flavour), then leave to cool
- 2 Place 3 sponge fingers in a ramekin and pour half of the coffee over the fingers
- 3 Mix the mascarpone, the remaining Fresubin Energy Drink (cappuccino flavour), the softened or dissolved gelatine and sugar
- 4 Pour the mixture over the sponge fingers
- 5 Place the remaining sponge fingers on top of the mixture
- 6 Sprinkle the remaining coffee mixture over the sponge fingers
- 7 Dust with cocoa powder before serving

Handy Tip

You can add a splash of marsala into the coffee mixture to turn this favourite into a boozy dessert.

Some fresh raspberries adds a nice contrast to this indulgent dessert, not forgetting that they are a good source of fibre and vitamin C.



Baked apple

Made with Fresubin Energy Drink (vanilla flavour)



This baked apple with custard is a delicious healthy dessert that must be enjoyed warm from the oven!



Baked apple with custard

Ingredients

- 200 ml Fresubin Energy Drink (vanilla flavour)
- 1 large apple (130 g)
- 10 g raisins
- 1 teaspoon lemon juice
- 10 g ground almonds
- 15 g honey
- 15 g marzipan
- 10 g butter
- 2 tablespoons apple juice
- 10 g sugar
- 5g custard powder
- 50 g double cream

Nutritional information per serving*

Energy kcal	892
Protein g	16
Fat g	55
Carbohydrate g	88
Fibre g	3

Method

- 1 Wash and core the apple
- 2 Mix the marzipan, lemon juice, honey, almonds and the raisins
- 3 Fill the mixture into the apple
- 4 Pour apple juice into heat-resistant dish and then place the apple in the dish, adding flakes of butter
- 5 Bake for around 25 minutes at 200°C
- 6 Mix the custard powder with the sugar, adding a little cream to form a smooth paste
- 7 Heat the rest of the cream with the Fresubin Energy Drink (vanilla flavour), add the mixed custard powder and reheat
- 8 Serve the baked apple with the custard

Handy Tip

For a bit more warming hit try adding some cinnamon to the filling.

You can serve this great dessert with a scoop of vanilla ice cream and some toasted almond flakes scattered on top.



Choco-nut muffins

Made with Fresubin 3.2 kcal Drink (hazelnut flavour)



This easy chocolate muffin recipe is incredibly moist and intensely chocolatey! The muffin batter with chocolate chips and hazelnut pieces create decadent nutty chocolate muffins.



Choco-nut muffins

Ingredients

- 125 ml Fresubin 3.2 kcal Drink (hazelnut flavour)
- 100 g chopped hazelnuts (20 g to be saved for the topping)
- 250 g self raising flour
- 50 ml buttermilk (or normal milk mixed with 1/2 teaspoon lemon juice)
- 100 g dark chocolate chips
- 100 ml sunflower oil
- 1 egg
- 1 tbsp baking powder
- 100 g chocolate

Nutritional information per serving*

Energy kcal	662
Protein g	13
Fat g	42
Carbohydrate g	59
Fibre g	5

Method

- 1 Preheat the oven to 170°C/Gas mark 3
- 2 Layout a muffin baking tray with paper cases
- 3 Mix the flour with the baking powder and sift into a bowl
- 4 Add the sugar, chopped hazelnuts and chocolate chips
- 5 Mix the egg, Fresubin 3.2 kcal Drink (hazelnut flavour), buttermilk and oil
- 6 Stir in the dry ingredients into the wet ingredients until they are completely moist and combined
- 7 Fill the muffin cases with the batter distributing it evenly
- 8 Bake the muffins for about 20 - 25 minutes in the oven
- 9 Allow to cool briefly and remove from the tray then let them cool on a cake rack
- 10 Melt the chocolate in a water bath and cover or decorate the muffins with it
- 11 Sprinkle the rest of the chopped hazelnuts over the topping

Handy Tip

You can swap Fresubin 3.2 kcal Drink in Hazelnut with Vanilla-Caramel flavour and experiment with white or dark chocolate drops. You can swap hazelnuts with other nuts such as walnuts and pistachios or go fruity with blueberries.

Pop these in your lunch box for an afternoon sweet treat.



Muffin fritatas

Made with Fresubin 2 kcal Fibre Drink (neutral flavour)



These tasty vegetable muffins are great for packed lunches and on the go breakfasts.



Muffin fritatas

Ingredients

- 125 ml Fresubin 2 kcal Fibre Drink (neutral flavour)
- 1 tablespoon oil
- 150g broccoli, finely chopped
- 1 red pepper, finely chopped
- 2 spring onions, sliced
- 4 eggs
- 1 tablespoon milk
- Large pinch of smoked paprika
- Salt and pepper
- 50g cheddar or gruyère, grated
- Small handful of chives, chopped (optional)

Nutritional information per serving*

Energy kcal	271
Protein g	16
Fat g	17
Carbohydrate g	14
Fibre g	3

Method

- 1 Heat the oven to 200C/180C fan/gas 4
- 2 Brush half the oil in an 8-hole muffin tin
- 3 Heat the remaining oil in a frying pan and add the broccoli, pepper and spring onions. Fry for 5 mins and set aside to cool
- 4 Whisk the eggs with the Fresubin 2 kcal Drink (neutral flavour), milk, smoked paprika, salt, pepper and half the cheese in a bowl
- 5 Add the cooked veg to the mixture
- 6 Pour the egg mixture into the muffin holes and top each with the remaining cheese and a few chives, if you like
- 7 Bake for 15-17 mins or until golden brown and cooked through

Handy Tip

Dry or fresh herbs such as dill, parsley, mint and oregano will add another dimension to these fritatas. You can also customise with different vegetables such as sweetcorn, peas, spinach. Try adding some chopped up ham, chorizo or smoked salmon to make them even more filling.

You can serve them hot or cold.



Apple punch

Made with Fresubin Jucy Drink (apple flavour)



This refreshing drink is ideal when you fancy a little fizz in your drink.



Apple punch

Ingredients

- 200 ml Fresubin Jucy Drink (apple flavour)
- 100 ml sparkling water
- 4-6 slices tinned apples (30 g)

Nutritional information per serving*

Energy kcal	313
Protein g	8
Fat g	0
Carbohydrate g	70
Fibre g	1

Method

- 1 Mix Fresubin Jucy Drink (apple flavour) and sparkling water
- 2 Add some tinned apples
- 3 Serve cold

Handy Tip

You can try other flavours of Fresubin Jucy with this recipe. They are equally refreshing and tasty.



Roasted hazelnut Frappuccino

Made with Fresubin 3.2 kcal Drink (hazelnut flavour)



Get your caffeine hit with this indulgently nutty frappuccino.



Roasted hazelnut Frappuccino

Ingredients

- 125 ml Fresubin 3.2 kcal Drink (hazelnut flavour)
- 15-20 ice cubes, crushed
- 1 cup espresso coffee
- 1 teaspoon Sugar
- 20 g whipped cream
- 25 g hazelnuts

Nutritional information per serving*

Energy kcal	681
Protein g	25
Fat g	47
Carbohydrate g	41
Fibre g	2

Method

- 1 Crush hazelnuts and roast in a pan without oil for a few minutes
- 2 Place the ice, coffee, sugar and Fresubin 3.2 kcal Drink (hazelnut flavour) in a blender
- 3 Blend until the frappe is smooth
- 4 Pour into a large, tall glass
- 5 Garnish with a dollop of whipped cream and roasted hazelnuts on top

Handy Tip

You can use any instant coffee including decaff coffee, just make it in a small cup rather than your usual mug.



Vanilla peach shake



Serves: 1



Time: 5 mins

Made with Fresubin Calshake (vanilla flavour)

Summer in a glass! This peaches and cream inspired shake is so refreshing.



Vanilla peach shake

Ingredients

- 1 sachet Calshake (vanilla flavour)
- 240 ml full-fat milk (3.5% fat)
- 4 tinned peach halves (120 g)

Nutritional information per serving*

Energy kcal	647
Protein g	13
Fat g	30
Carbohydrate g	82
Fibre g	2

Method

- 1 Put the peaches and the milk into a jug and purée or you can use a food blender
- 2 Then pour the ingredients into a shaker
- 3 Add the Calshake (vanilla flavour) powder and shake well

Handy Tip

You can make this shake with other tinned, fresh or frozen fruits such as strawberries, mango and cherries. Just make sure they are completely pureed before adding Calshake.

Alternatively adding all the ingredients into a food blender will provide a better mix and smooth texture.



Pineapple punch



Serves: 1



Time: 3 mins

Made with Fresubin Jucy Drink (pineapple flavour)

Another refreshing drink but with a tropical twist!



Pineapple punch

Ingredients

- 200 ml Fresubin Jucy Drink (pineapple flavour)
- 100 ml sparkling water
- 1 disc tinned pineapple slices (30 g)

Nutritional information per serving*

Energy kcal	314
Protein g	8
Fat g	0.0
Carbohydrate g	71
Fibre g	0

Method

- 1 Mix Fresubin Jucy Drink (pineapple flavour) and sparkling water
- 2 Add some tinned pineapple slices
- 3 Serve cold

Handy Tip

With a few tweaks you can turn this into a mocktail Piña colada!

Using a blender mix the Fresubin Jucy Drink (pineapple flavour) and 50 ml cream of coconut. Add some ice and blend again. If you prefer a thicker consistency, you can add some tinned or fresh pineapple chunks to the blender. Garnish with pineapple wedges and maraschino cocktail cherries. Cocktail umbrellas are optional!

Index

A

Apple	19
Baked apple with custard	19
Apple juice	19
Apple punch	22
Tinned apples	22

B

Bacon	9
Quiche Lorraine	9
Baked apple with custard	19
Banana flip	5
Bangers & mash	12
Beef	14
Creamy mushroom sauce	14
Bread	6
Broccoli	8, 11, 21
Broccoli cream soup	8
Pasta bake	11
Muffin fritatas	21
Buttermilk	20
Choco-nut muffins	21

C

Cauliflower	13
Cauliflower cheese	13
Cheese	9, 11, 13, 21
Quiche Lorraine	9
Pasta bake	11
Cauliflower cheese	13
Muffin fritatas	21
Chicken	14
Creamy mushroom sauce	14
Chocolate	20
Choco-nut muffins	20
Cocoa	18
Tiramisu	18
Coffee	18, 23
Tiramisu	18
Roasted hazelnut Frappuccino	23

Creamy mushroom sauce	14
Custard powder	19
Baked apple with custard	19
Dark chocolate chips	20
Choco-nut muffins	20

E

Eggs	6, 7, 9, 11, 20, 21
French toast	6
Scrambled eggs	7
Quiche Lorraine	9
Pasta bake	11
Choco-nut muffins	20
Muffin fritatas	21

F

French toast	6
Fruit jelly	17
Fruits of the forest sorbet	16

G

Garlic	14
Creamy mushroom sauce	14
Garlic granules	8
Broccoli cream soup	8
Gelatine	17, 18
Fruit jelly	17
Tiramisu	18
Gherkins	10
Tuna spread	10
Grapes	17
Fruit jelly	17

H

Ham	11
Pasta bake	11
Hazelnuts	20
Choco-nut muffins	20
Honey	19

M

Marzipan	19
Baked apple with custard	19
Mascarpone	18
Tiramisu	18
Muffin fritatas	21
Mushrooms	14

Creamy mushroom sauce	14
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N

Nutella®	5
Banana flip	5

O

Oats	4
Porridge	4
Onion	10, 14

P

Pasta	11
Pasta bake	11
Peach halves (tinned)	24
Vanilla peach shake	
Pineapple punch	25
Pineapple slices (tinned)	25
Pork	14
Creamy mushroom sauce	14
Potatoes	12
Bangers & mash	12

Q

Quiche Lorraine	9
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R

Radish	10
Tuna spread	10
Raisins	19
Baked apple with custard	19
Raspberries	16
Fruits of the forest sorbet	16
Ready rolled puff pastry	9
Quiche Lorraine	9
Red grape juice	17
Fruit jelly	17
Red pepper	21
Roasted hazelnut Frappuccino	23

S

Sausages	12
Bangers & mash	12
Scrambled eggs	7
Sparkling water	22, 25
Apple punch	22
Pineapple punch	25
Sponge fingers	18
Tiramisu	18

Strawberries	16
Fruits of the forest sorbet	16

T

Tiramisu	18
Tuna	10
Tuna spread	10

V

Vanilla peach shake	24
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W

Wine	14
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Fresubin Index

Calshake	5, 9, 13, 24
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Banana flip	5
Quiche Lorraine	9
Cauliflower cheese	13
Vanilla peach shake	24

Fresubin 2 kcal Drink	6, 7, 10, 11, 12, 14
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French toast	6
Scrambled eggs	7
Tuna spread	10
Pasta bake	11
Bangers & mash	12
Creamy mushroom sauce	14

Fresubin 2 kcal Fibre Drink	21
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Muffin fritatas	21
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Fresubin 3.2 kcal Drink	20, 23
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Choco-nut muffins	20
Roasted hazelnut Frappuccino	23

Fresubin 5 kcal Shot	14
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Creamy mushroom sauce	14
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Fresubin Energy Drink	4, 8, 16, 17, 18, 19
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Porridge	4
Broccoli cream soup	8
Fruits of the forest sorbet	16
Fruit jelly	17
Tiramisu	18
Baked apple with custard	19

Fresubin Jucy Drink	22, 25
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Apple punch	22
Pineapple punch	25



Allergens may be present, please check recipes and individual product ingredients labels.

*Nutritional information for recipes are estimates and may vary depending upon ingredients and Fresubin supplements used.

Pictures shown are serving suggestions and for illustration purposes only. Dishes may vary due to production processes.

If you have any concerns about the suitability of these recipes please contact your healthcare professional.

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