

## Supplement drink recipes



Supplied by the dietetic department at  
The Clatterbridge Cancer Centre

**0151 556 5117**

### Why not try....

- Freezing your favourite drink in an ice lolly mould
- Soda water or sparkling water instead of lemonade
- Add frozen fruit to drinks

Recipes can be found on:

[www.nutridrinks.co.uk/recipes/ensure-plus](http://www.nutridrinks.co.uk/recipes/ensure-plus)

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These recipes are intended for patients who are not eating well or trying to maintain or increase their weight.

If you follow a special diet please ask your cancer doctor, dietitian or nurse whether the supplement drinks are suitable.

When liquidised some supplements will foam, please stir them in when possible.

Please consume all drinks within 24hours and keep refrigerated.

Other nutritional supplements brands are available. Please speak to your GP or dietitian about which supplement is best for you and how they can be obtained.

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## **COLD DRINKS**

### **Banana Dream**

220ml vanilla Ensure Plus milkshake  
200ml vanilla ice cream  
1 Banana (peeled and sliced)  
Blend until smooth and serve

### **Le Fizz**

200ml lemon & lime Ensure Plus Juice  
50ml sparkling water  
Pour Ensure Juice over ice in a tall glass,  
add sparkling water and serve

### **Fruit Punch**

220ml orange Ensure Plus Juice  
1 lemon (grated and juiced)  
57g chopped strawberries  
100ml lemonade  
Mix together Ensure Juice & lemonade  
Add grated lemon & strawberries  
Serve over ice

### **Peach Fizz**

220ml peach Ensure Plus Juice  
100ml lemonade  
Mix together and serve

## **DESSERTS**

### **Creamy Rice Puddings**

220ml vanilla Ensure Plus milkshake  
40g rice pudding  
315ml whole milk  
Bring rice & milk to the boil  
Reduce heat and stir in Ensure Plus  
Simmer for 1 hour, occasionally stirring

### **Strawberry Surprise**

2 x 220ml strawberry swirl Ensure plus Yoghurt  
135g strawberry jelly  
160ml boiling water  
Dissolve jelly in boiling water  
Allow to cool for approx. 30 minutes, or until jelly is slightly set  
Add Ensure plus yoghurt and whip until fluffy  
Chill for approx. 1 hour and serve

### **Berry Fruit Dream**

220ml fruits of the forest Ensure Plus Juice  
135g strawberry jelly  
160ml boiling water  
Dissolve jelly in boiling water, allow to cool  
for 5 minutes but don't let jelly set  
add Ensure Plus Juice and mixed berries  
stirring with fork constantly  
Allow to chill for 1 hour or until set before serving

### **Fruit Punch Ice Lollies**

220ml fruit punch Ensure Plus Juice  
Pour into moulds and freeze