



**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 2kcal Drink

Fresubin 2kcal Fibre Drink

Fresubin 2kcal Mini Drink

Fresubin 2kcal Fibre Mini Drink

Fresubin 2kcal Energy Drink

Fresubin 2kcal Energy Fibre Drink

Fresubin 5kcal Shot (to add an extra boost, 1 shot (30mls) = an extra 150kcal)

Fresubin 3.2kcal Drink (Only available in Northern Ireland)

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

Breakfast



Porridge, serves 1

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

650kcal, 30g protein with [Fresubin 2kcal Drink](#)/[Fresubin 2kcal Fibre Drink](#).

Weetabix™, with Fresubin serves 1

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

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

534kcal, 24g protein with [Fresubin 2kcal Drink](#)/[Fresubin 2kcal Fibre Drink](#).

Fresubin scrambled eggs, serves 1

100ml Fresubin 2kcal 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.

426kcal, 22g protein with [Fresubin 2kcal Drink](#)/[Fresubin 2kcal Fibre Drink](#).

Soups

Tomato and vegetable, serves 1

200ml Fresubin 2kcal 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.

491kcal, 23g protein with Fresubin 2kcal Drink/Fresubin 2kcal 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 2kcal Drink (neutral) and half water.
Nutritional composition varies according to variety of soup and supplement used.

Savouries

Fresubin mashed potato, serves 2

| | |
|-------------------------------------|-----------------|
| 75ml Fresubin 2kcal Drink (neutral) | 225g 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.

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

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

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

Chicken korma, serves 2

200ml Fresubin 2kcal 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.

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

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

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

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

30ml 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 2kcal neutral, Fresubin 5kcal 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.

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

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

Fresubin ice cream, serves 1

200ml Fresubin 2kcal Drink
50ml double cream

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

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

Variations:

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

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

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

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

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

Fresubin custard sauce, serves 1

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

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

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

Fresubin hot chocolate, serves 1

200ml Fresubin 2kcal 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, 22g protein with Fresubin 2kcal 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

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

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

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

Berry mint shake, serves 1

200ml Fresubin 2kcal Drink
(fruits of the forest)
100g natural yoghurt
10g 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.

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

* Fresubin® 2 kcal Fibre Drink.

Alcoholic drinks

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

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

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

If you would like to order samples, please use

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Email: enquiries.ireland@fresenius-kabi.com

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