



You have been prescribed **Fresubin® 5 kcal Shot**

For when you need a little help with your nutritional requirements.

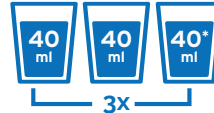




Available in 2 flavours:

- **Lemon**
- **Neutral**

Serve
as 1 or in
shots of



OR



*approximately 1 bottle - 120ml

Serving Suggestions for Fresubin 5 kcal Shot

Fresubin® 5 kcal Shot can be enjoyed on as a 30ml shot up to four times a day. It is best served chilled. To add variety you might like to explore different serving ideas - we have put some useful ideas below to help you.



1. Fresubin 5 kcal Shot Breakfast ideas:

Add 30ml* of **Fresubin 5 kcal Shot** neutral flavour to:

- Milk used for cereal
- Porridge
- Scrambled eggs or omelette (whisk in to mixture before cooking)



2. Fresubin 5 kcal Shot Dessert / Snack Ideas:

Add 30ml* of **Fresubin 5 kcal Shot** neutral or lemon flavour to:

- Cream or condensed milk to accompany desserts
- Rice pudding
- Custard
- Yoghurt (plain or fruit)
- Mousse
- Tinned, fresh or frozen fruit
- Cake or Gateau



3. Fresubin 5 kcal Shot Lunch Ideas:

Add 30ml* of **Fresubin 5 kcal Shot** neutral flavour to:

- Pureed meals (Made up to the required consistency as advised)
- Tinned, carton or homemade soup
- Baked beans



4. Fresubin 5 kcal Shot Dinner Ideas:

Add 30ml* of **Fresubin 5 kcal Shot** neutral flavour to:

- Pureed meals (Made up to the required consistency as advised)
- Casseroles and stews
- Mince (cottage/shepherds pie, chilli, bolognese)
- Gravy and sauces
- Mashed potato/vegetables