

Flavouring Suggestions For High Calorie, High Protein Supplements

Most people drink nutritional supplements straight out of the tin. They can be enjoyed in many ways. Be creative! Use some of the following ideas to flavour and add variety to nutritional supplements.

Too Sweet?

- Blend in soft tofu, plain yogurt or ice cream.
- Dilute the supplement with milk or soy milk.
- Add fruit, such as strawberries, bananas, papaya, mango, raspberries, blueberries, or peaches. Fruit can be fresh, frozen or canned.
- Refrigerate or partially freeze supplements prior to using them as a cold drink.
- Flavour with instant coffee (first dissolve 1 tsp of instant coffee with a small amount of hot water, then add the coffee to the supplement).

Too Thick?

- Add skim or 1% milk or soy milk.

Prefer Something Hot?

- Do not boil nutritional supplements when heating them, as it will cause the ingredients to separate.
- Warm nutritional supplements in the microwave or on the stovetop.
- Unflavoured nutritional supplements can be used instead of milk or water with condensed soup (cream of mushroom, cream of broccoli).
- Add a package of instant soup powder, or 1 teaspoon bouillon mix to your heated unflavoured nutritional supplement.
- Add instant coffee to heated vanilla or chocolate nutritional supplements for a café au lait or a café mocha.

Just Want Something Different?

- Add a favorite liqueur (Grand Marnier, Kahlua, Amaretto), or your choice of flavour extract (orange, rum, lemon, almond, butterscotch) to a nutritional supplement to create a whole new flavour.

Recipe Ideas For Nutritional Supplements

*Peach Shake

235mL tin vanilla flavoured nutritional supplement

¼ tsp (1 mL) vanilla

¼ tsp (1 mL) cinnamon

½ cup (125 mL) canned peaches in heavy syrup

Place ingredients in blender and blend until smooth.

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Strawberry Almond Shake

235 mL tin strawberry flavoured nutritional supplement

300 grams almond flavoured tofu

1/3 cup (75 mL) frozen strawberries

Place ingredients in blender and blend until smooth. For variety, add other fruits, such as banana or blueberries.

Resource® Jell-O

1 package flavoured gelatin crystals

1 cup (250 mL) boiling water

1 cup (250 mL) Resource Fruit Beverage®

Combine boiling water and gelatin crystals.

Stir until crystals are dissolved (approx. 2

minutes). Stir in Resource and chill until set.

For variety, try using different flavours. You

can also add fruits, marshmallows or grated vegetables.

Frozen Delight

1 package instant pudding

2 cups (500 mL) unflavoured supplement

1 cup (250 mL) whipped toping/whipped cream

Prepare pudding as directed on package, substituting soy protein formula for milk.

Refrigerate for approx. 1 hour. Gently fold combinations of fruit in whipped topping.

Pour into freezer container, cover and freeze until firm.

Banana Orange Shake

235 mL package Orange Resource Fruit Beverage®

300 grams soft tofu

1 small banana

1 Tbsp (15 mL) frozen orange juice

concentrate

Place ingredients in blender and blend until smooth.

Please ask your dietitian if you have any questions or concerns

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