
Patient Information
Make Every Bite Count
Recipe Guide

**Comments,
Feedback?**

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Quick and Nutritious Drinks

Fortified Milk*

4 cups	Whole (homogenized) milk
1 cup	Dried skim milk

Add milk powder to homogenized milk and stir to dissolve.
Refrigerate and use in place of regular milk.

Makes: 4 servings (4 cups)
1 serving (1 cup): 245 calories; 17 grams protein

Frosty Yogurt Supreme

1 cup	Fortified milk*
½ cup	Fruit juice
1 cup	Plain or fruit yogurt (4% or higher M.F.)
1 tbsp	Honey (optional)

Blend all ingredients together and serve. Stir before each use and use within 24 hours.

Makes: 2 servings (2 cups)
1 serving (1 cup): 269 calories; 15 grams of protein

Café Au Lait

¼ cup	Boiling water
1 tsp	Instant coffee
1 cup	Warm fortified milk*

Dissolve coffee into boiling water, add warm milk and stir.
Garnish with whipped topping, if desired.

Makes: 1 serving (1¼ cups)
1 serving: 250 calories; 17 grams of protein

Fancy Rice Pudding

1½ cups	Uncooked rice	¼ tsp	Ginger
3 cups	Fortified milk*	½ tsp	Nutmeg
½ cup	Honey	¼ cup	Icing sugar
½ tsp	Cinnamon	1	Egg
2 cups	Tinned fruit cocktail, drained (if desired)		
1 cup	Yogurt (4% M.F. or higher)		

Preheat oven to 350°F.

Cook rice in milk. Stir in honey, egg, cinnamon, nutmeg, and ginger. Oil a one quart casserole dish and spread ½ of rice mixture on the bottom. If desired, add ½ of the fruit on top. Repeat with remaining rice mixture and fruit. Bake at 350°F for 25 minutes. Mix sugar and yogurt together and spread on top. Can be served warm or chilled.

Makes: 8 servings
1 serving: 359 calories; 11 grams of protein

Chocolate-Peanut Butter Parfaits

1 cup	Whipping cream (Heavy)
½ cup	Peanut butter or Natural peanut butter
2 tsp	Sugar (<i>only if using natural peanut butter</i>)
2	Prepared chocolate pudding cups (single-serving)

Heat cream in a medium bowl in microwave until steaming hot. Add peanut butter. Refrigerate until cold. Beat with mixer until soft peaks form. Spread 1 heaping tbsp of peanut butter mousse into each of the 8 parfait glasses. Spread with 1 heaping tbsp chocolate pudding. Repeat layers once. Serve immediately or cover and refrigerate for up to 1 day.

Makes: 8 servings
1 serving: 236 calories; 5 grams of protein

Tapioca Cream Supreme

2 cups Fortified milk*
2 tbsp Sugar
1 Egg yolk, slightly beaten
2½ tbsp Minute tapioca
1 Egg white
2 tbsp Sugar
1 tsp Vanilla

Blend first four ingredients in saucepan and cook over medium heat until thickened (about 10 minutes, stirring continuously). Remove from heat and let stand. Beat egg white until foamy and then add sugar gradually. Beat again until soft peaks form. Slowly add egg white mixture to the custard, stirring gently to blend. Stir in vanilla. Top with your favorite fresh or canned fruit as desired. Serve hot or cold.

Makes: 5 servings
1 serving: 154 calories; 78 grams of protein

Baked Custard

½ cup Whole (or 2%) milk 1-2 Drops of vanilla
1 Egg 1 tsp Sugar
¼ tsp Salt

Optional Cinnamon and nutmeg

Preheat oven to 325°F.

Beat together milk, egg, salt, vanilla, and sugar. Pour into custard cups; place cups in a pan with hot water nearly to top of custard line. Sprinkle each with nutmeg and bake at 325° for about 40 to 55 minutes, until custard is set. This really depends on depth of the baking dish. A knife inserted in center should come out clean. Makes 4 to 6, depending on size.

Makes: 1 serving (½ cup)
1 serving: 2% milk: 157 calories; 10 grams of protein
Whole milk: 171 calories; 10 grams of protein

Basic Super Shake #1

1 cup Fortified milk*
(Or substitute with 1 pkg. of Instant Breakfast powder or 1 can of Ensure®)
¾ cup Ice cream
½ tsp Vanilla

Blend all ingredients together until smooth and serve. Serve immediately or refrigerate and use within 24 hours.

Makes: 1 serving (1½ cups)
1 serving: 475 calories; 21.5 grams of protein

Optional Flavorings:

2 tsp Pure cocoa powder mixed with 2 tsp of sugar
4 tbsp Pureed fruit
2 tbsp Smooth peanut butter (boosts protein too!)

Mocha Float for Coffee Lover's

1 tsp Instant coffee
1½ tbsp Chocolate syrup
½ cup Fortified milk*
2 tbsp Skim milk powder
¾ cup Vanilla ice cream

Blend first 4 ingredients together. Add ice cream to mixture and serve. Serve immediately or refrigerate and use within 48 hours.

Makes: 1 serving
1 serving: 567 calories; 19 grams of protein

High Protein Eggnog Base

This eggnog base can be combined with milk to make eggnog.

6 Eggs
½ cup Sugar
4 cups Whole milk
2 tsp Vanilla

In a medium saucepan, beat eggs slightly and add sugar. Gradually add milk to the mixture and cook on medium heat until smooth and thickened, stirring constantly. Blend in vanilla. Pour mixture into a shallow pan and cover. Refrigerate 3 hours before using. If unused, discard after 48 hours.

Makes: 10 cups
1 serving (½ cup): 147 calories; 6.8 grams of protein

High Protein Eggnog

½ cup Eggnog base (or store bought eggnog)
¼ cup Whole milk
2 tbsp Skim milk powder
Pinch Cinnamon or nutmeg

Blend all ingredients, except the spice. Chill. Before serving add a tiny sprinkle of spice on top of eggnog is desired. Serve chilled.

Makes: 1 serving
1 serving: 227 calories; 13.5 grams of protein

Delightful Desserts

Lemon Squares

½ cup Butter, softened
¼ cup Icing sugar
1 cup Flour

Filling:

2 Eggs
1 cup Sugar
1 Lemon; juice and grated rind
½ tsp Baking soda
½ cup Cottage cheese (4% M.F.), blended until smooth
2 tbsp Flour

Preheat oven to 350°F. Mix butter, icing sugar and flour together and press evenly into an 8" x 8" pan. Bake for 20-25 minutes. Let cool. To make filling, beat ingredients together until smooth. Pour over cooled crust. Bake 25-30 minutes at 350°F.

Makes: 16 squares
1 square: 154 calories; 3 grams of protein



Fettuccine Alfredo

¼ lb Uncooked fettuccine or thin noodles
¼ cup Butter or margarine, melted
½ cup Whipping cream, warmed
½ cup Grated parmesan cheese
Pepper to taste

Cook noodles according to the package directions and drain well. Add remaining ingredients, toss briefly to coat noodles and serve immediately. You may also add flaked tuna or chopped ham to the dish.

Makes: 2 servings
1 serving: 669 calories; 14.5 grams of protein (without added tuna or ham)

Mild Curry Chicken Stew

600 g	Chicken thigh/breast	1½ tsp	Salt
2	Potatoes, medium	1 tsp	Flour/corn starch
1	Onion, medium	1½ tbsp	Curry powder
2 cups	Baby carrot	1 tsp	Turmeric
3 cloves	Garlic	1 cup	Water
2 tbsp	Butter	½ cup	Coconut milk
1 tsp	Sugar		

Cut chicken into pieces. Mix sugar, salt, and flour/cornstarch with chicken pieces and let stand for 20 minutes. Cut potatoes and onions. Sauté onions with 1 tsp butter and salt. Add in potatoes and cook until they turn golden. Remove from pan and set aside. Place remaining butter into saucepan and cook chicken pieces until golden. Add garlic, curry powder, turmeric, potato, onion, carrot, and water. Cover and simmer until vegetables are soft and chicken is well-done. Stir in coconut milk. Serve with bread, rice, or pasta.

Makes: 8 servings
1 serving: 258 calories; 21 grams of protein

Tropical Fruit Smoothie

½ cup Vanilla ice cream
1 pkg. Vanilla Carnation Instant Breakfast®
½ cup Whole milk
½ cup Peach halves
1 cup Mango, chopped
½ cup Pineapple, chopped

Blend all ingredients together in a blender until smooth. Serve immediately or refrigerate and use within 24 hours.

Makes: 2 servings
1 serving: 290 calories; 8.5 grams of protein

Basic Fudgsicles

1 pkg. Chocolate pudding mix (3.5 oz)
3½ cups Fortified milk*

Prepare pudding as per packaging instructions. Add fortified milk to mixture and mix. Freeze in molds or paper cups and insert handles.

Makes: 6 servings
1 serving: 205 calories; 10.5 grams protein

Chocolate-Cherry Drink or Fudgsicles

¼ cup Maraschino cherries (drained)
1 cup Fortified milk*
¾ cup Chocolate ice cream
½ tsp Vanilla extract
1 bottle Chocolate Ensure® (235mL)

Blend all ingredients together until smooth and serve. To make fudgsicle: pour blended mixture into Dixie cups or a popsicle container and freeze.

Makes: 8 Fudgsicles or 2 ½ cups of drink
1 Fudgsicle: 102 calories; 4 grams of protein



Healthy Fruit and Vegetable Smoothie

- 2 cups Carrot juice
- 1 cup Tomato juice
- ½ cup Apple juice
- 1 cup Non fat frozen yogurt, plain
- 1 Banana

Put all ingredients into a blender and blend until smooth. Serve immediately or refrigerate and use within 24 hours.

Makes: 2 servings
1 serving: 294 calories; 6.5 grams of protein

Sherbet Shake

- 1 cup Sherbet (your choice of flavour)
- 2 tbsp Skim milk powder
- ½ cup Whole milk

Add all ingredients together in a blender and blend until smooth. Serve immediately or refrigerate and use within 24 hours.

Makes: 1 serving
1 serving: 349 calories; 10.5 grams of protein

Whipped Strawberry Smoothie

- ½ cup Cottage cheese, creamed
- 1 cup Ice cream, preferably vanilla
- 1 cup Strawberry gelatin, jellied
- 4 tbsp Skim milk powder



Blend all ingredients together with the gelatin being the first ingredient added. Separate into 4 equal servings and refrigerate for 12 hours to set.

Makes: 4 servings
1 serving: 165 calories; 8.5 grams of protein

Tangy Chicken

- ¾ lb Cut up chicken pieces
- ½ pkg. Dry onion soup mix
- ½ cup Russian salad dressing
- ½ cup Marmalade

Preheat oven to 350°F.

Combine soup mix, Russian salad dressing and marmalade. Place chicken in a casserole dish and pour mixture over the chicken. Bake at 350°F for 40 minutes.

Makes: 3 servings
1 serving: 548 calories; 33.6 grams of protein

Broccoli and Cheddar Quiche

- 1 9" pastry shell
- 1 tbsp Dijon mustard
- 2 tbsp Butter
- 1 Onion, finely chopped
- 1 tsp Dill, or ¼ cup of fresh dill
- 1 cup Broccoli, cooked and chopped
- 1½ cups Grated cheddar cheese
- 1¼ cups Fortified milk*
- 4 Eggs
- 1 tsp Salt
- ¼ tsp Pepper or nutmeg

Preheat oven to 350°F.

Brush pastry shell with mustard if desired. Sauté onion in butter until it is tender; combine with broccoli, dill and cheese. Spoon evenly into a pastry shell. Beat eggs and add salt, pepper, milk, nutmeg and cayenne pepper. Pour egg mixture into shell. Bake at 350°F for 35-45 minutes, or until set and let cool.

Makes: 8 servings
1 serving: 394 calories; 16 grams of protein

The Main Course

Deluxe Shepherd's Pie

1 9" deep dish pastry crust, uncooked

Filling:

2 tbsp Cooking oil
1 tsp Oregano
1 ½ tsp Seasoned salt
½ tsp Pepper
1 tsp Sugar
1 Medium onion
1½ lbs Ground beef
2 Large celery stalks, chopped
4 Medium potatoes, cooked
1 tbsp Butter or margarine
⅓ cup Whole evaporated milk
⅔ cup Cheddar cheese, grated

Preheat oven to 400°F.

Heat oil, add seasonings and cook onion until soft. Add ground beef and cook until brown. Add celery and stir to mix. Pour beef mixture into pastry crust. Add butter or margarine and evaporated milk to potatoes and mash. Spread on top of beef mixture, sprinkle with cheese. Bake at 400°F until brown on top.

Makes: 8 servings
1 serving: 545 calories; 26 gram of protein



Super Snacks

Mighty Muffins

125g Cream cheese, softened (4 oz pkg.)
4 Eggs
¾ cup White sugar
1 tbsp Honey
½ cup Oil
1 tsp Vanilla
2 cups Fortified milk*
3 cups All-purpose flour
2 tbsp Baking powder
1 cup Cut up fruit (your own preference)

Beat cream cheese until smooth. Add eggs, sugar, honey and oil; mix well. Stir in milk and vanilla. Combine flour and baking powder in a separate bowl and fold gently into egg mixture. Batter will be lumpy. Fold in fruit. Bake in muffin tins at 400°F for 20 minutes.

Makes: 30 muffins
1 muffin: 140 calories; 3 grams of protein

Deevilly Good Eggs

4 Hard boiled eggs, peeled
2 tbsp Mayonnaise
Salt to taste
5 tbsp Worcestershire sauce, if desired
⅛ tsp Pepper
½ tsp Paprika, if desired

Slice eggs lengthwise and remove yolks. Blend yolks, mayonnaise, pepper and Worcestershire sauce in a bowl. Fill egg whites with mixture. Sprinkle with paprika.

Makes: 8 halves
1 serving (2 halves): 125 calories; 6 grams of protein

Super Pudding

2 cups Fortified milk*
2 tbsp Oil
1 pkg. Instant pudding
Optional Whipped cream



Mix milk and oil together and then add the instant pudding powder. Mix together well. Chill immediately. Garnish with whipped cream if desired.

Makes: 4 servings

1 serving (½ cup): 278 calories; 9 grams of protein

High Protein Jell-O®

1 pkg. Jell-O® powder, your choice of flavour
1 cup Water, boiling
2 cups Fortified milk*

Dissolve Jell-O® powder in boiling water. Cool mixture down to room temperature. Very slowly add fortified milk into jelly mixture while stirring. Chill until set.

Makes: 4 servings

1 serving: 202 calories; 10.5 grams of protein

Non-Dairy Custard

⅓ cup Sugar
1 cup Sweetened soy milk
1 tsp Vanilla
4 Eggs, beaten
1 cup Coffee Rich® or Rice Dream®

At low temperature, heat soy milk gently in a pot or heat in microwave. Dissolve sugar in heated mixture. Add remaining ingredients and stir well. Pour mixture into 6 small baking dishes and set into a shallow pan of water. Bake at 375°F for 45 minutes, or until completely set (knife comes out of center clean).

Makes: 6 servings

1 serving: Coffee Rich®: 166 calories; 5 grams of protein

Rice Dream®: 134 calories; 5 grams of protein

Chilled Avocado Soup

3 Avocados, ripe
2 cans Vegetable broth (10 oz each)
1 clove Garlic
1½ cups Half and half cream
Dash Tabasco® sauce
1 tsp Lemon juice, freshly squeezed
To taste Salt

Remove pits from avocados and peel them fully. Chop avocado into cubes and place into food processor. Add 1 cup of broth, garlic, Tabasco® sauce and salt. Puree until smooth. Scoop mixture into a large bowl and stir in remaining ingredients; broth, cream and lemon juice. Chill before serving.

Makes: 6 servings

1 serving: 240 calories; 2.8 grams of protein



Souped-Up Soup

1 can Creamed soup (10 oz)
1¼ cups Fortified milk* (10 oz)

To “soup-up” your soup, you can add a wide variety of ingredients:

¼ cup of cooked meat or poultry, chopped.

Other options:

- Add any kind of grated cheese, turkey, chicken, tofu chunks, cooked legumes or dried peas such as lentils or navy beans.
- You may try croutons or cooked egg noodles.
- Vegetables: frozen or canned vegetables are the easiest. Try peas, corn, broccoli, carrots, mushrooms or green or yellow beans.
- Spices: Parsley, bay leaf, curry and dill

Makes: 2 servings
1 serving: 296 calories; 18 grams of protein

Creamy Beef and Broccoli Soup

1 can Your choice of cream soup
1½ cups Fortified milk*
1 jar Beef baby food (100 mL)
1 jar Broccoli baby food (128 mL)
Dash Garlic powder

Add all ingredients into a blender and blend until smooth. Pour blended mixture into a sauce pan and heat. You can choose to season with salt and pepper instead of garlic if preferred.

Makes: 4 servings
1 serving: 186 calories; 11 grams of protein

Easy Breakfast Ideas

High Fibre Apple Cinnamon Oatmeal

1 cup Rolled oats
1¼ cup Water
1 cup Apple sauce
2 tsp Benefibre® powder
1 tsp Cinnamon

Follow the directions on the rolled oats package. Add apple sauce to the thickened oatmeal mixture, and allow it to cook until soft. Stir the Benefibre® powder into the mixture when it is ready. Sprinkle on cinnamon and serve warm. A mixer or blender can be used if you prefer a smooth texture.

Makes: 2 servings
1 serving: 205 calories; 8.5 grams of protein and 11 grams of fibre

Scrambled Eggs with a Twist

4 Eggs
½ cup Cheese, preferably old cheddar
1 tbsp Whole milk
2 tbsp Jam or Jelly (your choice of flavor)



Gently beat eggs with a fork. Cut cheese into small cubes and add them to the egg mixture. Add eggs to a frying pan and stir mixture to give added fluffiness. Cook over medium heat and gently mix and break up eggs as they cook. When eggs are fully cooked and fluffy they are ready to serve. Mix jam or jelly in to soften or add extra flavor.

Makes: 2 servings
1 serving: 413 calories; 24 grams of protein

Lunch Ideas

Individual Pizzas

- 1 Bagel, English muffin, pita or crusty bread; cut in half
- 2 tbsp Tomato sauce per individual pizza

Your choice of toppings:

pepperoni, mushrooms, sausage, red pepper, pineapple, etc.
Spread tomato sauce on your choice of bread. Add your choice of cheese, meat and veggies. Bake at 350°F for 5 minutes or until browned.

Makes: 1 serving

1 serving: 330 calories; 15.5 grams of protein

(Based on 2 tbsp cheddar cheese, 1 oz pepperoni, 1 tbsp mushrooms and green peppers)



Grilled Crab and Swiss

- 1 tbsp Butter or margarine
- 2 tbsp Onion, chopped
- 1 tbsp Red or green pepper, chopped
- 2 slices Natural swiss cheese
- 4 slices Bread
- ½ tin Crab meat or tuna
- ⅛ tsp Pepper
- 4 tsp Butter or Margarine

Sauté onion and pepper in butter until tender. Add crabmeat or tuna, and pepper. Spread crab mixture on 1 slice of buttered bread and top with cheese. Place second slice of bread on top. Fry until golden brown on both sides.

Makes: 2 sandwiches

1 sandwich: Crabmeat: 418 calories; 17.5 grams of protein

Tuna: 427 calories; 19.5 grams of protein

Super Nutty Sandwich

- 2 slices Bread
- 1 tbsp Butter or margarine
- 2 tbsp Peanut butter
- 1 tbsp Skim milk powder, crushed with a rolling pin
- 1 tsp Vanilla extract
- ½ Sliced banana

Spread butter on 1 slice of bread. Mix peanut butter, skim milk powder and vanilla. Spread mixture on the second slice of bread. Place banana in between the 2 slices.

Makes: 1 sandwich

1 sandwich 548 calories; 16.75 grams of protein

Cheesy Macaroni Delight

- 1 jar Tomato pasta sauce (780 mL)
- ¼ cup Parmesan cheese, grated
- 1½ cups Uncooked macaroni
- 335 g Ground turkey/ground beef
- 1½ tbsp Butter
- 1½ cups Mozzarella cheese, shredded
- 2½ cups Mixed frozen vegetables (broccoli, cauliflower, carrots)

Heat sauce, parmesan cheese (3 tbsp), and macaroni in a large skillet over medium-high heat until it comes to a boil. Reduce to medium heat. Cover and cook for 10 minutes or until noodles are soft, stirring occasionally. Melt butter in a large saucepan, brown ground meat. Add meat to sauce mixture, sprinkle with mozzarella and remaining parmesan cheese. Let stand for 5 minutes before serving.

Makes: 6 servings

1 serving: 414 calories; 31 grams of protein