

Fresubin®
3.2 kcal Drink
Recipe Booklet

Spring is here!

That means enjoying the sunshine, the longer days and snacking on refreshing and delicious ice cream. But most treats usually do not contain all nutrients to satisfy your individual needs for energy, protein, vitamins and minerals. Therefore, if you have been prescribed Fresubin® 3.2 kcal Drink, these recipes will provide you with easy ways to enrich your diet and alternative ways to include Fresubin® 3.2 kcal Drink as part of your daily diet.



This leaflet presents eight refreshing and delicious recipes featuring our Fresubin® 3.2 kcal Drink. The three delicious flavours Hazelnut, Vanilla-Caramel and Mango are very versatile and transform simple treats into nutritionally valuable meals.

Discover and enjoy!



Hazelnut chocolate chip ice cream

Preparation

- 1 Roast chopped hazelnuts in a pan without oil for a few minutes.
- 2 Heat up cream, milk, a pinch of salt with the roasted hazelnuts for 10 minutes.
- 3 Whisk egg yolks and honey until creamy.
- 4 Cool down the hazelnut cream mixture and combine with egg mixture as well as Fresubin® 3.2 kcal Drink Hazelnut. Puree with a hand blender.
- 5 Add chocolate chips. Put mixture into an ice cream machine or freezable container and put it in the freezer.
- 6 Stir mixture every 1-2 hours to achieve a creamy texture. The ice cream can be served after approx 6 hours.

Hazelnut



Hazelnut chocolate chip ice cream

Ingredients

- Fresubin® 3.2 kcal Drink Hazelnut
- 100 g Chopped hazelnuts
- 50 ml Milk
- 250 ml Cream
- 75 g Dark chocolate chips
- Salt
- 3 tbsps. Honey
- 3 Egg yolks

Nutritional information per serving*

Energy kcal	548
Protein g	15
Fat g	39
Carbohydrate g	42
Fibre g	4

Servings size
makes 4 servings

Hazelnut



Choco-nut muffins

Ingredients

- *Fresubin® 3.2 kcal Drink Hazelnut*
- *100 g Chopped hazelnuts*
- *250 g Self raising Flour*
- *50 ml Buttermilk*
- *100 g Dark chocolate drops*
- *100 ml Sunflower seed oil*
- *1 Egg*
- *1 tbsp. Baking powder*
- *100 g Chocolate*

Nutritional information per serving*

<i>Energy kcal</i>	<i>646</i>
<i>Protein g</i>	<i>15</i>
<i>Fat g</i>	<i>42</i>
<i>Carbohydrate g</i>	<i>57</i>
<i>Fibre g</i>	<i>6</i>

Servings size

makes 6 servings



Choco-nut muffins

Preparation

- 1** Mix the flour with the baking powder and sift into a bowl. Add the sugar, chopped hazelnuts and chocolate drops.
- 2** Mix the egg, Fresubin® 3.2 kcal Drink Hazelnut, buttermilk and oil and add the dry ingredients.
- 3** Stir in the dry ingredients until they are completely moist.
- 4** Preheat the oven to 170° / Gas mark 3. Lay out a muffin baking tray with paper cases and distribute the dough evenly. Bake the muffins for about 20-25 minutes in the oven.
- 5** Allow to cool briefly and remove from the tray. Allow to cool on a cake rack. Melt the chocolate in a water bath and cover or decorate the muffins with it.

Roasted Hazelnut frappuccino

Preparation

- 1 Crush hazelnuts and roast in a pan without oil for some minutes.
- 2 Place the ice, coffee, sugar and Fresubin® 3.2 kcal Drink Hazelnut in a blender.
- 3 Blend until the frappe is smooth.
- 4 Pour into a large, tall glass. Garnish with a dollop of whipped cream and roasted hazelnuts on top.



Hazelnut



Roasted Hazelnut frappuccino

Ingredients

- *Fresubin® 3.2 kcal Drink Hazelnut*
- *15-20 Ice cubes, crushed*
- *1 Cup of Espresso coffee*
- *1 tsp. Sugar*
- *20 g Whipped cream*
- *25 g Hazelnuts*

Nutritional information per serving*

Energy kcal	626
Protein g	25
Fat g	40
Carbohydrate g	47
Fibre g	3

Servings size
makes 1 serving



Creamy strawberry tiramisu



Preparation

- 1 Wash strawberries and put 4 aside.
- 2 Dice the rest and then mix with lemon juice and honey. Let it chill for 15 minutes.
- 3 Whip cream and combine it with Fresubin® 3.2 kcal Drink Vanilla-Caramel and low-fat soft cheese.
- 4 Roughly crush biscuits and distribute into 4 dessert glasses.
- 5 Then fill in one layer of strawberries, one layer of cream and lastly one layer of strawberries.
- 6 Garnish with leftover 4 strawberries and let it chill in the fridge for 1 hour.

Vanilla-Caramel



Creamy strawberry tiramisu

Ingredients

- Fresubin® 3.2 kcal Drink Vanilla-Caramel
- 250 g Strawberries
- 1 tbsp. Lemon juice
- 1 tbsp. Honey
- 100 g Whipped cream
- 200 g Low fat soft cheese or quark
- 100 g Cantuccini / Biscotti biscuits

Nutritional information per serving*

Energy kcal	325
Protein g	12
Fat g	13
Carbohydrate g	43
Fibre g	3

Servings size
makes 4 servings



Blueberry pancakes

Ingredients

- *Fresubin® 3.2 kcal Drink Vanilla-Caramel*
- *2 Eggs*
- *Salt*
- *3 tbsp. Sugar*
- *2 tbsp. Baking powder*
- *400 g Plain Flour*
- *210 ml Milk*
- *100 g Blueberries*

Nutritional information per serving*

Energy kcal	554
Protein g	20
Fat g	10
Carbohydrate g	95
Fibre g	4

Servings size

makes 4 servings

Blueberry pancakes

Preparation

- 1** Separate the eggs and whisk the egg whites with a pinch of salt.
- 2** Then mix the egg yolks with the sugar, baking powder and a pinch of salt in another bowl.
- 3** Now add the flour, Fresubin® 3.2 kcal Drink Vanilla-Caramel and milk until the dough mixture has a creamy consistency.
- 4** Then fold in the stiff egg whites carefully.
- 5** Next, preheat a pan, add the blueberries to the dough and stir slightly.
- 6** Bake the pancakes in the pan until they are a golden brown colour.
- 7** *Serving Tip:* Serve plain or with a scoop of ice cream or maple syrup.





Banana ice lollies

Preparation

- 1 Blend frozen bananas and Fresubin® 3.2 kcal Drink Vanilla-Caramel in a high speed blender until creamy.
- 2 Put mixture into ice lolly moulds and assemble each with one wooden stick.
- 3 Freeze for at least 8 hours or overnight.
- 4 Carefully take the ice lollies out of the moulds.
- 5 Heat coconut oil in a small pot and mix with cocoa powder and concentrated apple juice.
- 6 Quickly dip the ice lollies in halfway and sprinkle with almond slices or any decoration.
- 7 Freeze the ice lollies again (without moulds) for 15 minutes until ready to serve.

Vanilla-Caramel



Banana ice lollies

Ingredients

- Fresubin® 3.2 kcal Drink Vanilla-Caramel
- 2 Ripe bananas, frozen
- 100 ml Coconut oil
- 8 tbsp. Cocoa powder
- 4 tbsp. Concentrated apple juice
- 30 g Flaked almonds or coconut flakes etc.

Nutritional information per serving*

Energy kcal	307
Protein g	7
Fat g	24
Carbohydrate g	24
Fibre g	5

Servings size

makes 6 servings

Mango



No-bake mango cheesecake

Ingredients

- *Fresubin® 3.2 kcal Drink Mango*
- *1 Tub. Cream cheese*
- *50 ml Milk*
- *30 g Sugar*
- *250 g Mango puree*
- *1 tbsp. Gelatine*
- *100 ml Hot water*
- *200 g Digestive biscuits*
- *50 g Melted butter*

Nutritional information per serving*

Energy kcal	396
Protein g	10
Fat g	24
Carbohydrate g	46
Fibre g	2

Servings size

makes 6 servings



No-bake mango cheesecake

Preparation

- 1** Finely crumble Digestive biscuits and combine with melted butter.
- 2** Press into bottom of 26 cm loose bottom cake tin.
- 3** Mix Fresubin® 3.2 kcal Drink Mango with cream cheese, milk and sugar.
- 4** Add gelatine to hot water until completely dissolved and then add to the cream cheese mix. Pour this on top of biscuit crust.
- 5** Refrigerate for 40 minutes. Pour mango puree on top of chilled cheesecake and refrigerate for at least 6 hours or overnight.

Mango & mint parfait



Preparation

- 1 Peel mango, remove stone and puree with a hand blender.
- 2 Finely chop mint leaves and set aside.
- 3 Heat egg and egg yolks over steaming water and blend until creamy while it cools.
- 4 Whip cream and gently fold into the egg mixture as well as mango puree, Fresubin® 3.2 kcal Drink Mango and mint leaves.
- 5 Prepare a loaf tin by lining with cling film and pour the mixture into it. Freeze for at least 12 hours and defrost shortly before serving.

Mango



Mango & mint parfait

Ingredients

- Fresubin® 3.2 kcal Drink Mango
- 1 ripe Mango
- 1 Egg
- 2 Egg yolks
- 50 g Sugar
- 400 g Whipped cream
- Fresh Mint leaves

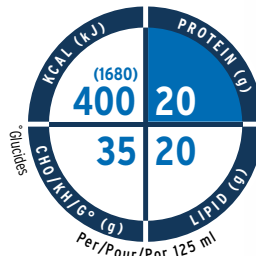
Nutritional information per serving*

Energy kcal	332
Protein g	8
Fat g	21
Carbohydrate g	32
Fibre g	1

Servings size

makes 6 servings

Fresubin® 3.2 kcal Drink



Allergens may be present, please check recipes and individual product ingredients labels.

*Nutritional information estimated according to USDA Food Composition Databases.

Cooking and baking Fresubin® 3.2 kcal Drink may reduce the vitamin and minerals content of the product. If you have any concerns please speak to your healthcare professional.

Pictures shown are serving suggestions and for illustration purpose only. Dishes may vary due to production processes.



**FRESENIUS
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caring for life

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