



**PICK A REFRESHING
ALTERNATIVE TO MILK
TASTING ONS***
**REFRESHINGLY DELICIOUS
FORTIJUCE RECIPES**



This recipe book is intended for patients, and carers of patients, who have been prescribed Fortijuice by a healthcare professional.

Fortijuice is a Food for Special Medical Purposes for the dietary management of disease related malnutrition and must be used under medical supervision.

*ONS=Oral Nutritional Supplement.



INTRODUCTION

This booklet contains a refreshing collection of quick and tasty recipes that can be used with Fortijuice, a prescribable oral nutritional supplement for people who are unwell and may find it difficult to manage enough normal food to meet their needs.

Fortijuice is available in seven fruity flavours and can be an alternative to milk-style supplements. Fortijuice adds variety and is particularly refreshing during the summer.

In addition to being added to your favourite recipes or those listed in this booklet, Fortijuice can also be enjoyed on its own and is best served chilled.

If a recipe makes more than one serving how long can I store the remaining food for?

It is recommended that Fortijuice, once opened, is closed and stored in the refrigerator for a maximum of 24 hours.

As the recipes in this booklet use Fortijuice it is advised that when a recipe makes more than one serving, the remaining food is stored in the refrigerator and used within 24 hours.

Available in 7 flavours

Apple, blackcurrant, forest fruit, lemon, orange, strawberry, and tropical.



Allergens may be present, please check individual product and ingredient labels. If concerned about allergens, please contact your healthcare professional.

DRINKS

Summer Smoothie

Puréed summer fruits are blended with vanilla ice cream and Strawberry Fortijuce to make a really special milkshake.

Ingredients (for 1 serving)

50g/2oz each of fresh raspberries and strawberries
75g/3oz (medium scoop) vanilla ice cream
1 (200ml) Strawberry Fortijuce

Method

1. Place fruit in blender or food processor and blend until smooth.
2. Add ice cream and blend for a further 20 seconds.
3. Add Fortijuce and blend until combined. Serve immediately, decorated with fruit.

Fortijuce Fizz

You will never tire of the delicious taste - with seven fruit flavours to choose from.

Ingredients (for 1 serving)

1 (200ml) Fortijuce (any flavour)
100ml/3 1/2 fl oz lemonade

Method

1. Chill a bottle of Fortijuce in the fridge.
2. Pour into jug and mix with lemonade.

Top Tip

Using sparkling water instead of lemonade works well in this recipe.



Serving suggestion

PER SERVE

459
KCAL

11.8g
PROTEIN



Serving suggestion

PER SERVE

322
KCAL

8g
PROTEIN

Citrus Frappe

A cross between a drink and a sorbet. The mixture is semi frozen and served in a glass with a spoon.

Ingredients (for 2 portions)

2 ruby grapefruits, juice of
1 (200ml) Lemon Fortijuice
75g/3oz caster sugar

Method

1. Place all the ingredients together in a food processor and blend together.
2. Place processor bowl and blade in the freezer with the frappe for two hours or until just frozen.
3. Process briefly to give the consistency of crushed ice. Serve immediately.
4. Store the remainder in the freezer. To serve, remove from the freezer and leave at room temperature to soften slightly.



Serving suggestion

PER SERVE

322
KCAL

4.3g
PROTEIN

Apple Mojito

A twist on the classic mojito with a touch of apple flavour.

Ingredients (for 1 serving)

1 (200ml) Apple Fortijuice
100ml/31/2 fl oz sparkling lemonade
3 sprigs mint and ice cubes

Method

1. Combine Fortijuice and lemonade with mint leaves and place in a tall glass with ice. Serve immediately.



Serving suggestion

PER SERVE

322
KCAL

8g
PROTEIN

BREAKFAST

Apple Porridge

Creamy rich porridge made with Apple Fortijuice and topped with apple purée.

Ingredients (for 2 servings)

110g/4oz porridge oats

200ml/7fl oz whole milk

1 (200ml) Apple Fortijuice

4 x 15ml tbsp single cream or Greek yoghurt

4 x 15ml tbsp stewed apple or apple purée raisins to decorate



Serving suggestion

PER SERVE

504
KCAL

15g
PROTEIN

Method

1. Place the porridge oats and milk in a medium size pan and stir constantly over a gentle heat until just simmering. Simmer, stirring constantly for one minute.
2. Blend in the Fortijuice a little at a time to make a smooth porridge. Bring to simmering point and remove from heat.
3. Place porridge in a bowl, stir in the cream or yoghurt, and top with stewed apple and raisins.

Breakfast Fruit Compote

A medley of dried fruits soaked in Orange Fortijuice, combined with fresh orange juice.

Ingredients (for 2 servings)

150g/5oz mixed dried fruit

1 (200ml) Orange Fortijuice

1 orange, grated rind and juice

125ml natural yoghurt



Serving suggestion

PER SERVE

470
KCAL

9.5g
PROTEIN

Method

1. Placed dried fruit, juice and rind of orange, in a medium size bowl and pour over Fortijuice. Cover and leave overnight to allow fruit to absorb the Fortijuice.
2. Serve fruit, topped with yogurt.



Breakfast Juice

All the goodness of fresh fruit juice and an Orange Fortijuice.

Ingredients (for 1 portion)

- 1 (200ml) Orange Fortijuice
- 1 ruby grapefruit, juice of
- 1 orange, juice of

Method

1. Combine Fortijuice and fruit juices and serve in a tall glass, decorated with a twist of orange.



Serving suggestion

PER SERVE

348
KCAL

8.7g
PROTEIN

DESSERTS

Apple & Pear Rice Pudding Layer

A creamy fruit and custard layer topped with rice pudding and finished with a crunchy light biscuit topping.

Ingredients (for 4 servings)

75g/3oz (1 packet) instant custard

1 (200ml) Apple Fortijuice

75g/3oz sponge fingers

227g/8oz (1 small can) pear halves in syrup, drained and diced

425g/15oz (1 can) creamed rice pudding

75g/3oz ginger nut biscuits, crushed



Serving suggestion

PER SERVE

395
KCAL

8g
PROTEIN

Method

1. Place instant custard into a measuring jug and top up to just below the 300ml/11fl oz mark with boiling water. Stir to make a thick smooth paste.
2. Blend in the Fortijuice and stir until smooth.
3. Pour custard over the sponge fingers arranged in four serving dishes and top with diced pear.
4. Cover with an even layer of rice pudding and sprinkle over ginger nut topping
5. Chill until required.

Use different canned fruit depending upon what you have available.



Fortijuice Sorbet

This sorbet can be made with any of the seven delicious Fortijuice flavours.

Ingredients (for 2 portions)

1 (200ml) Fortijuice (any flavour)

Method

1. Pour Fortijuice into suitable container and place in the freezer for eight hours.
2. Remove from freezer and leave at room temperature to soften slightly.

Fortijuice ice lollies can also be made as an alternative to sorbet.

In the hot months a refreshing tip is to use ice cube trays to freeze the different Fortijuice flavours.



Serving suggestion

PER SERVE

150
KCAL

4g
PROTEIN

Blackcurrant Whip Jelly

A layered dessert with a jelly blackcurrant base and a creamy whip topping.

Ingredients (for 2 servings)

135g/4.3/4 oz (1 packet) blackcurrant jelly

110ml/4fl oz boiling water

2 (x 200ml) Blackcurrant Fortijuice

300g/10oz (1 medium can) blackcurrants, drained

75g/3oz (1 packet) raspberry instant whip mix

75ml/3fl oz Greek yogurt or whole milk

Method

1. Place jelly and boiling water into a measuring jug and microwave for one minute or until the jelly has fully dissolved.
2. Stir in one bottle of Fortijuice and blackcurrants, and pour into a serving bowl.
3. Place instant whip mix into a bowl with the remaining bottle of Fortijuice and the yogurt or milk, whisk until thick.
4. Pour over the set jelly layer. Chill for five minutes and serve.

To enjoy this pudding at its best, eat within one hour of making.



Serving suggestion

PER SERVE

538
KCAL

13.5g
PROTEIN

For further information please visit nutricia.co.uk or scan here



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