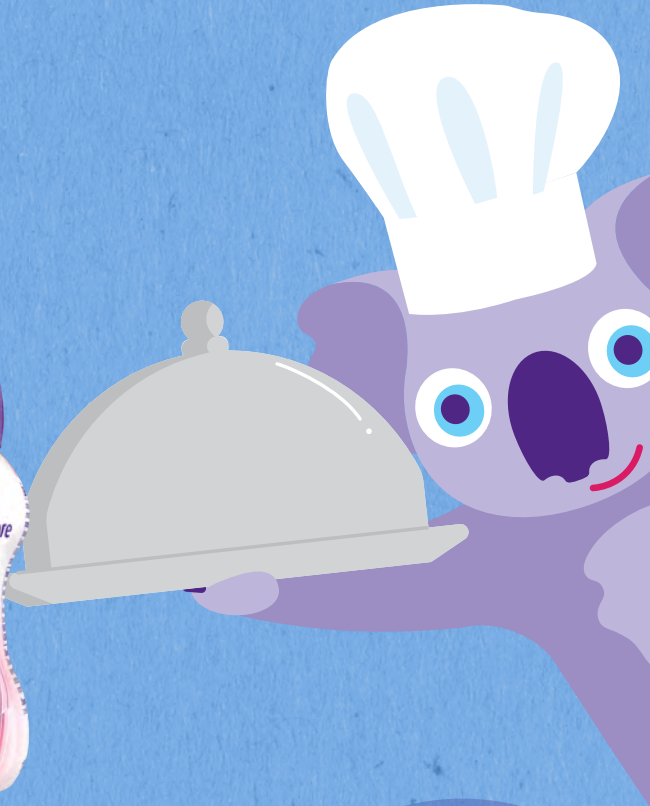


FORTINI COMPACT MULTI FIBRE RECIPES



This recipe book is intended for parents or carers of children who have been prescribed Fortini Compact Multi Fibre by a Healthcare Professional.

Fortini Compact Multi Fibre is a Food for Special Medical Purposes for the dietary management of disease related malnutrition and growth failure in children from one year onwards, and must be used under medical supervision.

Accurate at time of publication, February 2020.

FOREWORD

Fortini Compact Multi Fibre is an oral nutritional supplement designed to help meet your child's daily nutritional needs in energy, protein, vitamins and minerals.

Your child has been prescribed Fortini Compact Multi Fibre which can be taken orally but we also know that sometimes it can be hard for a child to take all their prescribed oral nutritional supplements.

This recipe book provides some fun and exciting ways of incorporating Fortini Compact Multi Fibre into the foods your child would usually eat. I hope that you enjoy preparing these delicious recipes as much as I did and why not get your child to also help you along!

CAROLINE MAHABIR

*Paediatric Specialist
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DELICIOUS RECIPES

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Do not boil Fortini as it may destroy some of the vitamins and minerals. Always test the temperature of food before serving.

If you are making more than 1 portion, the clean unused portions should be stored in the refrigerator for a maximum of 24 hours.

These recipes must be prepared under the supervision of an adult.

BREAKFAST TIME

Hints and Tips

Use Fortini Compact Multi Fibre Neutral instead of milk to make porridge



OVERNIGHT STRAWBERRY FRIDGE OATS

(Oats soaked in Fortini Compact Multi Fibre overnight and mixed with grated apple and yoghurt).

Serves 1

Ingredients*

- 1 Fortini Compact Multi Fibre Strawberry
- 40g Oats
- 2 tbsp Strawberry Yoghurt
- ½ Grated Apple
- 1 or 2 Strawberries (chopped)

Method

1. Add Fortini Compact Multi Fibre to oats and mix. Cover and leave overnight in refrigerator.
2. Mix yoghurt and grated apple to oats and stir.
3. Add strawberries.

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

Per Serving

614 kcal
16.7g Protein



CHEESE OMELETTE

Serves 1

Ingredients*

50 ml Fortini Compact Multi Fibre Neutral

2 eggs

30g Cheddar Cheese

Oil spray for greasing the pan

Salt and Pepper to taste

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

Method

1. Heat oil in frying pan.
2. Whisk the eggs, add Fortini Compact Multi Fibre.
3. Season to taste.
4. Pour egg mixture into the pan.
5. Cook on low/medium heat until nearly cooked.
6. Sprinkle cheese over and cook until egg is set and cheese is melted.

Per Serving

437 kcal
27.1g Protein

Serving suggestion

5



SAVOURY DISHES

Hints and Tips

Use Fortini Compact Multi Fibre Neutral in mashed potato instead of milk



MAC AND CHEESE

Serves 2 *Store the remaining portion in the fridge for a maximum of 24 hours.*

Ingredients*

125g Macaroni Pasta
20g Butter
20g Plain Flour
1 Fortini Compact Multi Fibre Neutral
100g grated Cheddar Cheese
80ml Full Fat Milk
Water to boil Macaroni
Salt and Pepper to taste

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

Serving Suggestion

Serve with carrots or peas

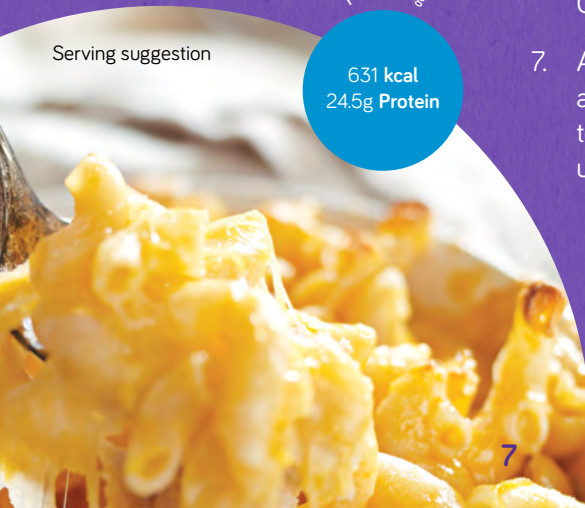
Method

1. Bring a large pot of lightly salted water to a boil.
2. Cook macaroni pasta in the boiling water, stirring occasionally until cooked through but firm to the bite.
3. Drain pasta and pour cold water over it to prevent the macaroni from over cooking. Set aside cooked macaroni until required.
4. Melt butter in a saucepan over low/ medium heat; stir in flour, salt, and pepper until smooth and cook for 2 minutes.
5. Slowly pour milk into butter and flour mixture a very small quantity at a time while continuously stirring until mixture is smooth and bubbling. Cook for about 5 minutes.
6. Add Fortini Compact Multi Fibre gradually and stir continuously. Do not boil Fortini Compact Multi Fibre.
7. Add cooked macaroni and cheddar cheese to milk mixture and stir until cheese is melted.

Serving suggestion

Per Serving

631 kcal
24.5g Protein



Per Serving

809 kcal
48.7g Protein



Serving suggestion

CHEESY TUNA PASTA BAKE

Serves 2 *Store the remaining portion in the fridge for a maximum of 24 hours.*

Ingredients*

200g Pasta
20g Butter
20g Plain Flour
1 Fortini Compact Multi Fibre Neutral
80ml Full Fat Milk
100g Cheddar Cheese
1 x 160g tin of Tuna
2 tbsp of Sweetcorn
Parsley
Salt and Pepper to taste

Method

1. Heat oven to 180°C/fan 160°C/gas 4.
2. Boil the pasta as per pack's instructions.
3. To make the sauce, melt the butter in a saucepan and stir in the flour. Cook for 1 minute, then gradually stir in the milk and Fortini Compact Multi Fibre on a low heat to make a thick white sauce. Do not boil Fortini Compact Multi Fibre.
4. Remove from the heat and stir in all but a handful of cheese.
5. Drain the pasta, add to the white sauce, also add tuna, sweetcorn and parsley, then season.
6. Transfer to a baking dish and top with the rest of the grated cheese. Bake for 15-20 minutes until the cheese on top is golden and starting to brown.

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

per Serving

374 kcal
14.6g Protein

Serving suggestion

TOAD IN THE HOLE WITH CHEESY MASH

Serves 2 *Store the remaining portion in the fridge for a maximum of 24 hours.*

Ingredients*

Toad in the Hole

Vegetable oil

1 Egg

1 Fortini Compact Multi Fibre
Neutral

50g plain Flour

2 Sausages
(preferably Chipolatas)

Cheesy Mash

1 large Potato or 2 smaller ones

1 Fortini Compact Multi Fibre
Neutral

20g Butter

50g Cheddar Cheese (grated)

Salt and Pepper to taste

Method

1. Preheat the oven to 200°C/fan 180 / gas 6. Grease a small ovenproof dish.
2. Chopped potato into small cubes and cook in salted water until fork can easily break it in half.
3. Put sausages in dish.
4. Whisk the egg in a bowl, then whisk in the Fortini Compact Multi Fibre.
5. Put the flour in a separate bowl, then slowly whisk in the egg mixture.
6. Pour the batter over sausages.
7. Bake in the oven for 15-20 minutes, or until the batter is puffed up and golden-brown.
8. Strain potato then mash, add butter, grated cheese and Fortini Compact Multi Fibre and mash until smooth
9. Season to taste.

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

SWEET DISHES



Hints and Tips
Make strawberry ice lollies
with Fortini Compact
Multi Fibre Strawberry



Serving suggestion

Per Serving

381 kcal
7.1g Protein

VANILLA PUDDING

Serves 2 *Store the remaining portion in the fridge for a maximum of 24 hours.*

Ingredients*

- 40g Sugar
- 15g Cornstarch
- Pinch of Salt
- 1 Fortini Compact Multi Fibre Neutral
- 50ml Full Fat Milk
- 1 Egg yolk
- 15g Butter
- 1 tsp Vanilla Essence

Method

1. Mix sugar, cornstarch and salt. Gradually stir in milk and Fortini Compact Multi Fibre. Cook over medium heat, but do not boil, stirring constantly, until mixture thickens. Once thickened and ribbons can be formed, stir for further 1 minute.
2. Gradually stir at least half of the hot mixture into egg yolk, then stir back into hot mixture in saucepan. Stir for 1 minute then remove from heat. Stir in butter and vanilla essence.
3. Pour pudding into dessert dishes. Cover and refrigerate about 1 hour or until chilled.

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STRAWBERRY MOUSSE

Serves 2 *Store the remaining portion in the fridge for a maximum of 24 hours.*

Ingredients*

- 1 Fortini Compact Multi Fibre Strawberry
- 1 level tsp of Strawberry Jelly powder
- 30ml of boiling hot water
- 80ml Double Cream
- Sprinkles or Hundred and Thousands to decorate (optional)

Method

1. Whip cream into stiff peaks.
2. Slowly add Fortini Compact Multi Fibre.
3. Dissolve jelly powder in boiling water.
4. Allow jelly mixture to cool for 5 minutes.
5. Add jelly mixture to cream.
6. Divide into serving dishes.
7. Decorate with sprinkles.
8. Refrigerate for 3 hours or overnight.

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

Hints & Tips

Add chopped strawberries or berries to add additional flavour

Per Serving

359kcal
4.3g Protein

Serving suggestion

12



EASY MILKSHAKE

Serves 1

Ingredients*

- 1 Fortini Compact Multi Fibre (Neutral or Strawberry flavour)
- 1 Scoop Strawberry Ice Cream

Method

1. Put Fortini Compact Multi Fibre and ice cream into blender or smoothie maker and blend.
2. Pour in a glass and serve!

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

Hints & Tips
Add frozen strawberries or berries



Per Serving

204 kcal
4.7g Protein

Serving suggestion

YUMMY HOT CHOCOLATE

Serves 1

Ingredients*

1 Fortini Compact Multi Fibre Neutral

1 sachet of Hot Chocolate Powder

30ml Full Fat Milk

Squirry Cream

Mini Marshmallows

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

Method


1. Mix hot chocolate powder and milk into a paste.
2. Slowly add the Fortini Compact Multi Fibre Neutral.
3. Heat gently on a low heat in a pan, do not let it boil.
4. Pour into mug.
5. Top with whipped cream and marshmallows.

per Serving

644 kcal
11.5g Protein



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