

TRIED & TESTED PUREED RECIPES

DELICIOUS DISHES

For people with swallowing conditions

Created by the staff at St. Michael's Hospital, Dún Laoghaire, Co. Dublin



This information is intended for patients, and carers of patients, who have been prescribed Nutrilis Clear by a healthcare professional.
Accurate at time of publication November 2022.



ST. MICHAEL'S
HOSPITAL
Dún Laoghaire



Welcome

This recipe book has been developed by a team of healthcare professionals at St. Michael's Hospital Dún Laoghaire, to help people on a puréed diet create nourishing, safe and tasty puréed meals at home. In this book, you will find easy to make recipes, including both savoury and sweet meals and snacks.

Many people with swallowing difficulties find it challenging to eat enough to maintain their weight. Studies show that unplanned weight loss can lead to muscle weakness as well as other health issues. The recipes in this book have been developed by Chefs and Dietitians so that they are high in calories (or energy) and protein to help prevent unintentional weight loss and maintain muscle strength. They have also been tested by our Speech and Language Therapist to ensure they are the correct puréed consistency.

Some of the information provided may be different to 'healthy eating' advice you have received in the past. If you are unsure if these recipes are suitable for you, ask your Dietitian or GP for further guidance.

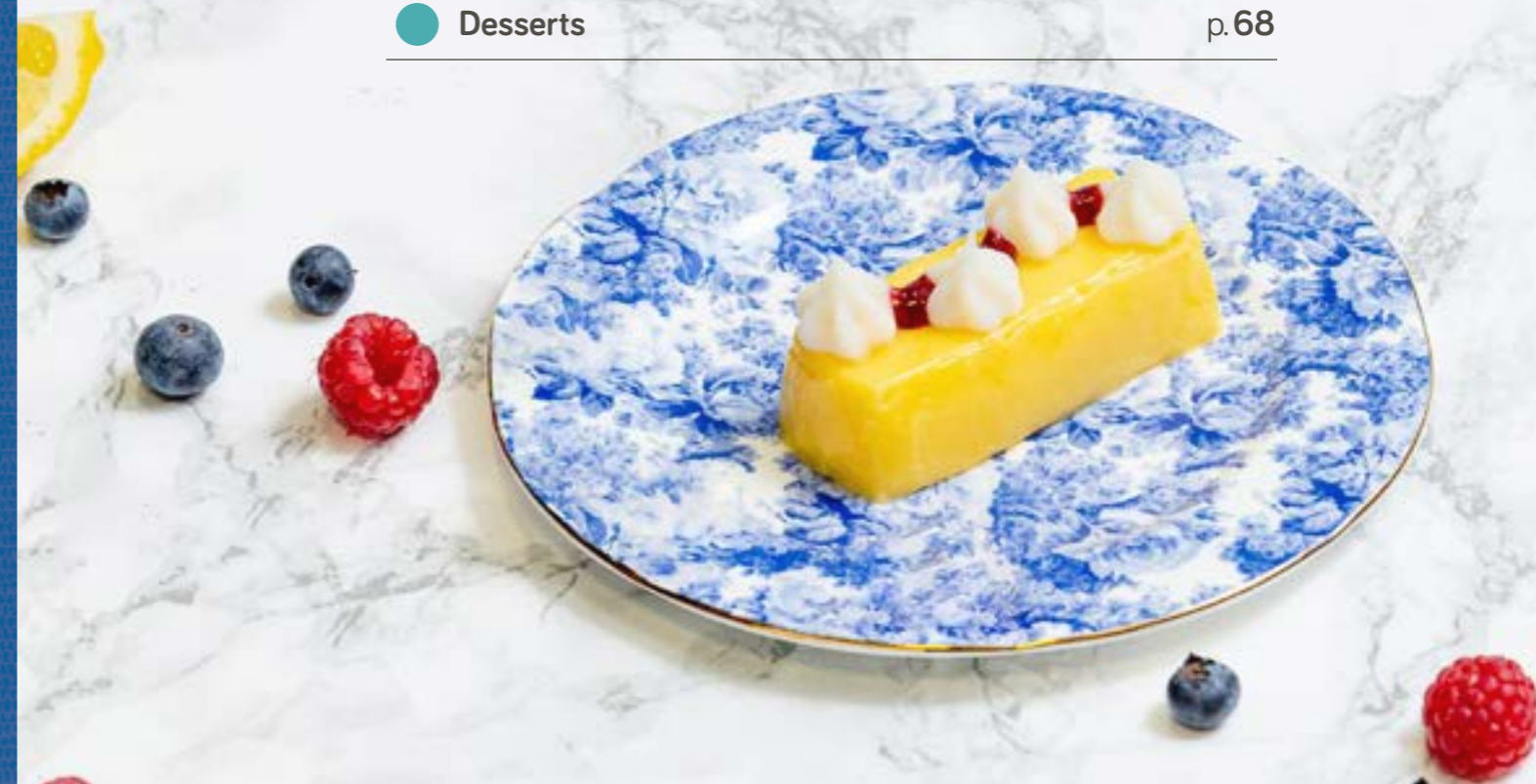
The recipes in this book have been developed using Nutilis Clear, a food and fluid thickening agent. Alternative thickeners may not correlate directly with the quantities advised in these recipes. For further advice on thickening recipes to the correct puréed texture, contact your Speech and Language Therapist.



Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.

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Letter from the Authors

This recipe book was developed by a collaborative team of catering staff, Dietitians and a Speech and Language Therapist at St. Michael's Hospital to address the difficulties associated with preparing pureed meals. Our aim was to design a resource that could help those with a swallow difficulty to create safe, appetising and nutritionally balanced meals at home. The journey to develop these recipes took many months of trial and error, using multiple new sieves and an endless amount of curiosity about how to make pureed meals look and taste fantastic.

People with swallowing difficulties should receive nicely presented meals, which are nutritionally balanced, taste good, offer variety and above all are safe for them to swallow so that they can continue to enjoy the pleasure that good food brings.

We hope that this recipe book will assist families and carers to prepare safe and delicious pureed meals for themselves or their loved ones, in the comfort of their own home.

We would also like to thank our partners Nutricia and independent Dysphagia Chef Niamh Condon. Without their support and expertise this recipe book would not have been possible. We hope you find this booklet useful and enjoy making the recipes contained inside.



ST. MICHAEL'S
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Disclaimer:

It is important to keep in mind that the recipes in this book are specifically tailored for people who require a pureed diet however, one size does not fit all. Please ask a Dietitian, Speech and Language Therapist or your GP if you are unsure if this booklet is appropriate for you.

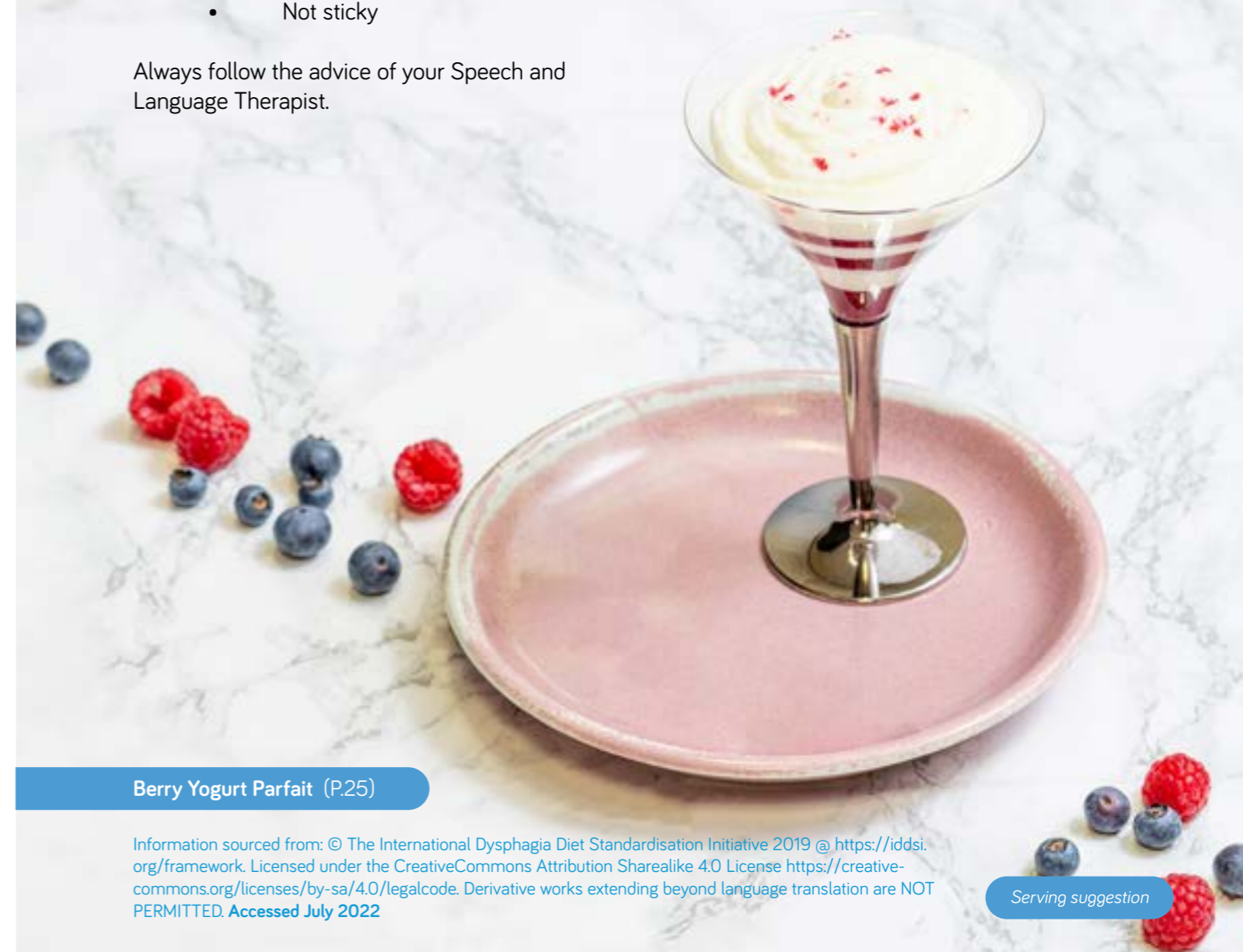
IMPORTANT NOTICE: It is really important that you take the time to read through the introductory information before you start cooking.

What is a Pureed diet?

A pureed diet may also be known as an IDDSI Level 4 diet. IDDSI stands for the International Dysphagia Diet Standardisation Initiative and is the framework for how we describe different consistencies of texture modified foods and thickened fluid. A pureed diet cannot be described in one sentence but it has the following characteristics;

- Usually eaten with a spoon (a fork is possible)
- Does not require chewing
- Has a smooth texture with no lumps
- Holds its shape on a spoon
- Falls off a spoon in a single spoonful when tilted
- Liquids must not separate from solids
- Cannot be drunk from a cup or sucked through a straw
- Can be piped, layered or moulded
- Shows some very slow movement under gravity but cannot be poured
- Not sticky

Always follow the advice of your Speech and Language Therapist.



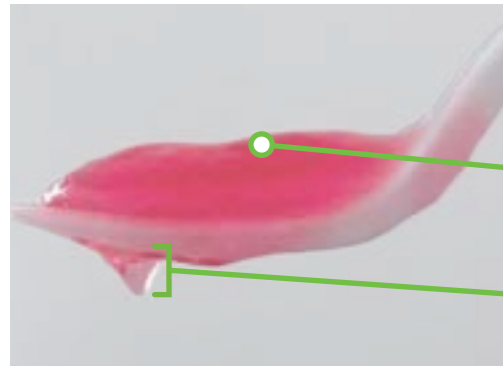
Berry Yogurt Parfait (P.25)

Information sourced from: © The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework>. Licensed under the Creative Commons Attribution Sharealike 4.0 License <https://creativecommons.org/licenses/by-sa/4.0/legalcode>. Derivative works extending beyond language translation are NOT PERMITTED. Accessed July 2022

Serving suggestion

Fork Drip Test

Pureed or Level 4 foods can be tested by assessing whether they flow through the prongs of a fork and comparing against the descriptions beside the image below.



4
4
Pureed
Level 4

Sits in a mound or pile above the fork

A small amount may flow through and form a short tail below the fork. Does not dollop, flow or drip continuously through the fork prongs.



Information and fork test image sourced from: © The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework>. Licensed under the Creative Commons Attribution Sharealike 4.0 License <https://creativecommons.org/licenses/by-sa/4.0/legalcode>. Derivative works extending beyond language translation are NOT PERMITTED.

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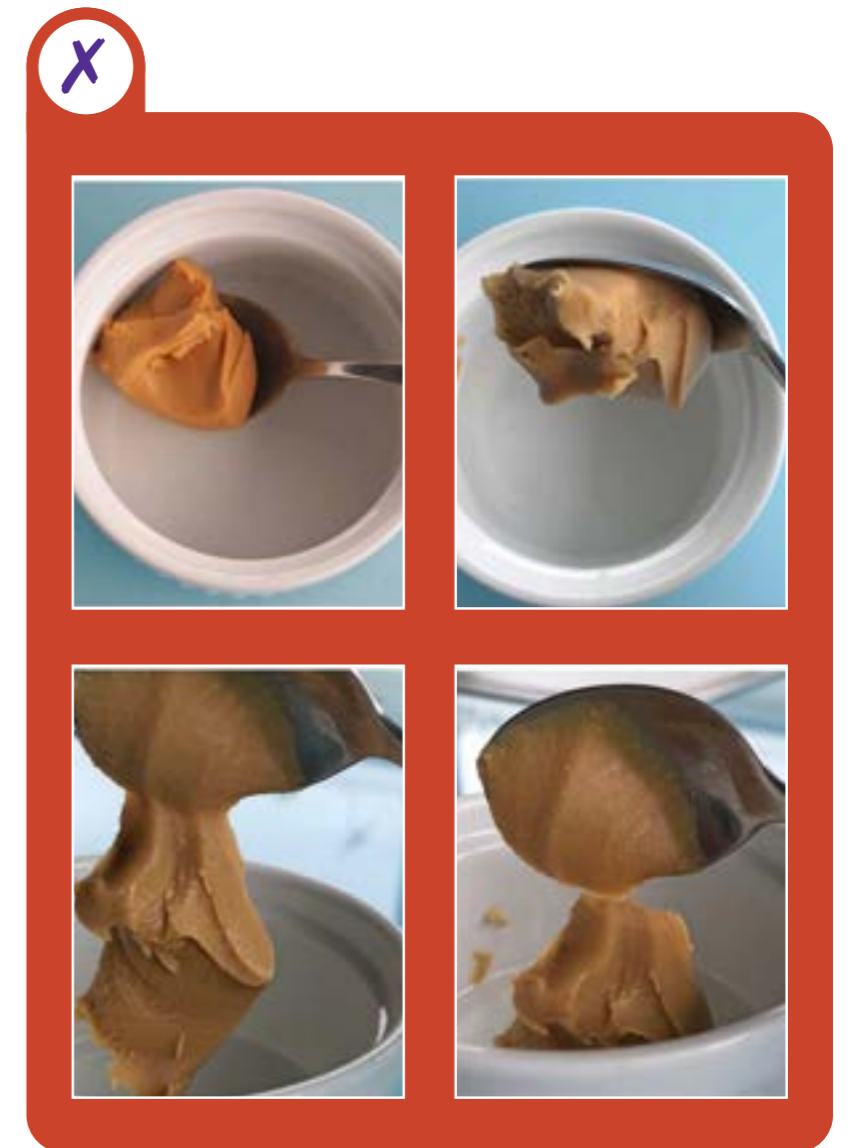
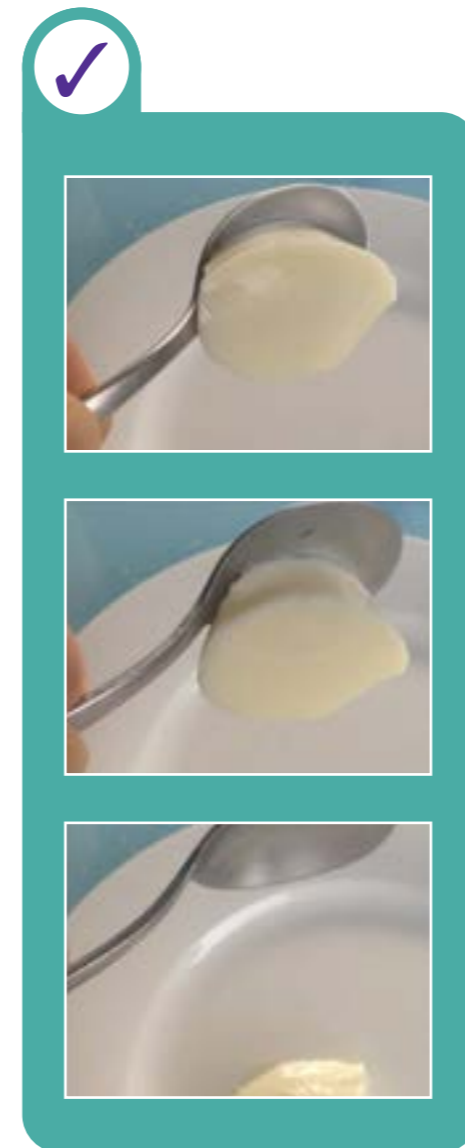
Spoon Tilt Test

4

The spoon tilt test is used to determine the stickiness of a food and the ability of the food to hold together.

Using the Spoon Tilt Test, foods should:

- Be cohesive enough to hold its shape on the spoon
- A full spoonful must plop off the spoon if the spoon is tilted or turned sideways; a very gentle flick (using only fingers and wrist) may be necessary to dislodge the food sample from the spoon, but the sample should slide off easily with very little food left on the spoon. A thin film remaining on the spoon after the Spoon Tilt Test is acceptable, however, you should still be able to see the spoon through the thin film; i.e. the food should not be firm and sticky
- A scooped mound may spread or slump very slightly on a plate.



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Creating a Pureed Diet Meal Plan

Like all diets, a pureed diet needs to be well balanced. Every meal should contain a variety of foods from each of the 5 food groups; fruit and vegetables, carbohydrates or cereal/starchy foods, dairy products, protein foods and fats. Here is an example of a three-day meal plan developed by the Chef and Dietitian at St. Michael's Hospital. This can be used as a guideline for creating a well-balanced diet at home. All of these recipes are available in this recipe book.

	Day 1	Day 2	Day 3
Breakfast	Pureed Wheat Cereal Topped with Peaches	Buttery Scrambled Egg with Tomato	Pureed Creamy Porridge with Apple & Cinnamon
Mid-Morning Snacks	Moulded Grapefruit Segments with Honey	Banana & Oatmeal Smoothie	Apple & Avocado Smoothie
Lunch	Ragu of Lamb	Cottage Pie	Chicken Casserole
Vegetables	Carrot & Cauliflower	Broccoli & Carrot	Spinach & Mixed Vegetable
Potato/Pasta/Rice	Creamed Potato	Creamed Potato	Creamed Potato
Dessert	Rice Pudding with a Jam Filling	Cream Liqueur Cheese Cake with Fortified Cream	Mango Chill with Fortified Cream
Afternoon Snack	Banana & Cream	Soaked Plain Biscuit	Mascarpone Cheese with Pureed Crackers
Evening Tea	Chicken Curry & Rice	Seafood Pie	Beef Lasagne
Late Night Snack	Jam Biscuit	Strawberry Mousse	Greek Yogurt with Mango Puree

Food Fortification

Food fortification is the addition of certain ingredients to food to increase the protein and calorie (kcal) content in order to make food more nourishing. Those who follow a pureed diet are at high risk of becoming undernourished and may find it difficult to eat enough calories and protein. The recipes in this cookbook have been fortified to help those on a pureed diet meet their nutritional needs. However, if you feel confident adding additional ingredients to fortify the recipes further, always make sure to re-check the consistency after fortifying.

As a general rule, opt for full fat varieties of foods, for example milk, yogurts, cheese, spreads and sauces as these provide additional calories. **Here are some other tips to help fortify foods.**

1. Add Full Fat Skyr or Greek Style Yogurt

Skyr and Greek style yogurts are both very high in protein and are good sources of vitamins and minerals. They have a thick creamy texture which can help if you are piping or moulding your pureed diet. Adding 2 tablespoons of these yogurts to pureed porridge, cereal, sauces, potatoes, veg, desserts, fruit or dips, e.g. pureed guacamole, pureed sieved hummus etc. adds approximately 5g of protein to the dish.

2. Add Soft Cheese

Cheese is an energy dense food that can be used to add calories to meals. It can easily be added to foods like pureed scrambled eggs, sauces, pureed potatoes or pureed pasta dishes. A tablespoon of full fat cream cheese can add 128kcal and 2.6g of protein to a dish. However, **be aware** that hard cheese and cheese that becomes stringy when melted are not appropriate for a pureed diet.

3. Add Fats

Fats such as butter, cream, oil or mayonnaise are a great source of calories. Butter and oil can be added to sauces, pureed vegetables, potatoes and pureed pasta. Mayonnaise can be added to pureed salad dishes, pureed potato salad or pureed fish dishes to add taste and a smooth texture. Fortified cream (see p.10) can be served with desserts or added to milky drinks or smoothies.

4. Add Sugar

Sugar in the form of smooth jam, honey, syrup and sweet sauces or other rich sources of calories. Adding a tablespoon of these foods to your meal provides an additional 50kcal approximately. Sugar based products can be added to foods such as cereal, porridge, rice pudding, pureed desserts, pureed fruit, smoothies, full fat yogurt etc. Be sure to choose smooth jams and sauces that have no lumps, seeds or bits and that can pass through a sieve. *Note: People with diabetes should avoid using sugar or sugar-based foods to fortify their meals. Talk to your dietitian or doctor/GP for further information on appropriate food fortification options for people with Diabetes.*

5. Add Skimmed Milk Powder

Skimmed milk powder can be found in most large supermarkets in the tea/coffee aisle. It is made by removing the water and most of the fat from milk, leaving a high protein powder. This powder can be added to everyday foods to increase their protein content. Adding a tablespoon of skimmed milk powder to pureed cereal, porridge, sauces, creamy soups, pureed potatoes or milky beverages adds 55kcal and 5.5g of protein to the dish.

Fortified Recipes

You will notice that the two fortified recipes below feature in many of the recipes throughout this book. These recipes are useful for adding calories and protein to your meals. Please see pages 14-17 for important information regarding cooking, food preparation and allergens.

Fortified Milk

Nutritional Information per portion

Energy 152kcal	Protein 11g	Fat 4.7g	Carbs 16g	Sugar 16g	Salt 0.4g	Fibre 0g
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Level
4



Recipe makes
1 Portion



Portion Size
Glass (ml)

Ingredients

- 70g Skimmed Milk Powder
- 570ml/1 Pint Whole Milk

Method

1. Mix the milk powder with a small amount of milk to make a smooth paste.
2. Whisk in the rest of the milk.

Dietitian Tip: Fortified milk can be taken as a drink or used in recipes to add additional calories and protein. If drinking fortified milk, make sure it is thickened to the consistency recommended by your Speech and Language Therapist.

Fortified Cream

Nutritional Information per portion

Energy 96kcal	Protein 1.8g	Fat 8.5g	Carbs 3g	Sugar 1.9g	Salt 0.03g	Fibre 0g
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Level
4



Recipe makes
10 Portions



Portion Size
Weight (g)

Ingredients

- 200ml Fresh Cream
- 100ml Fortisip Compact Protein* (Vanilla Flavour)

Method

1. Using a whisk, whip the cream until it is firm.
2. Gradually add in the Fortisip Compact Protein* and whip until it is combined with the cream.
3. Using a piping set, pipe the cream into appetising shapes onto your serving plate.

Note: The nutritional information per portion indicated in all recipes throughout this book are estimates and provided as a guide only.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 30g skimmed milk powder. Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.

Oral Nutritional Supplements

Oral nutritional supplements (ONS) are drinks containing a concentrated source of energy (calories), protein, vitamins and minerals. Your doctor/GP or dietitian may recommend that you start taking an ONS to help optimise your nutritional intake. You may notice that some of the recipes in this book include an ONS called Fortisip Compact Protein. If you are not currently prescribed Fortisip Compact Protein or are prescribed a different kind of ONS, please refer to the guidance on substituting Fortisip Compact Protein provided as part of the relevant recipes. There are some recipes where a suitable substitution is not recommended. In these cases, please speak to your Speech & Language Therapist or Dietitian for advice.

Always follow your healthcare professionals advice on ONS.



Honey & Mango Smoothie (P.19)

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

Serving suggestion



Fortified Milk (P.10)

Serving suggestion

Hydration

Dehydration impacts roughly 75% of people with swallow difficulties. Dehydration can lead to problems such as confusion, drowsiness, dry mouth and constipation. It is important that everyone, including people with swallow difficulties, aim to have 8 cups of fluids every day to avoid becoming dehydrated. Some people may be advised to take thickened fluids by their Speech and Language Therapist. See pages 15-21 of the Nutricia booklet 'Your Guide to Safe Swallowing and Easy Eating' for further information (speak to your Speech & Language Therapist if you have not been given a copy of this booklet previously). Always adhere to the advice provided by your Speech & Language Therapist.

Snacks

Eating nutritious snacks is a great way of getting in extra calories and protein as well as keeping hunger at bay between meals. In this book, we have developed some tasty energy dense snacks that can be eaten throughout the day. These are especially helpful for those with a small appetite who want to eat 'little and often'. Aim to have 2-3 snacks per day between meals. Avoid snacking too close to mealtimes so that you still have an appetite for your meals.



Food Safety

Good food safety is important to ensure that the food you prepare is safe to eat. Poor food safety practices can increase the risk of the spread of germs that cause food poisoning. This can lead to serious illness especially among those who are more vulnerable or those with a low immune system.

Important points to remember for good food safety:

1. Proper cleaning and disinfection of all surfaces, equipment and utensils is essential.
2. Practice good personal hygiene especially frequent hand washing.
3. Follow good storage, cooking and chilling practices.
4. If you are not consuming food immediately after cooking, allow it to cool down and place in the fridge once it is at room temperature.
5. To speed up the cooling process for large portions of food, divide them into small portions.
6. Leftover cooked rice is high-risk and must be cooled and put in the fridge as soon as possible and should be consumed within 24 hours.
7. Throw away any high-risk food that has been out of the fridge for more than two hours.
8. Leftovers should be kept covered in the fridge and used within 2-3 days.
9. Cooking meals ahead of time and freezing is a great way to make sure you have a selection of healthy pureed meals ready for you when needed. It also helps with meal planning and reducing food waste.
10. Avoid having food sitting out at room temperature unnecessarily for extended periods of time as this will increase the risk of food becoming contaminated.

Information adapted from the Food Safety Authority of Ireland: www.fsai.ie/faq/domestic.html. Accessed July 2022



1. Cooking

To ensure that food is cooked thoroughly, the temperature at the core of the food (this is the thickest part or the centre of the dish) must be 70°C or higher. Invest in a good food thermometer for this purpose.

2. Food Preparation

After preparing food in the normal way, you will then need to take the following additional steps to prepare pureed meals and snacks:

- Place each food in a food processor, stationary blender or hand-held blender and blend until completely smooth. Remember to blend each component of a meal separately. Make sure to scrape down the sides of the blender to avoid lumps.
- Always pass the blended food through a fine metal sieve to remove any lumps. Use the back of a clean spoon to push the puree through. Take a new clean spoon to scrape down the outside of the sieve. If you are struggling to push the mixture through a sieve (with the use of the back of a spoon), add the mixture back in to the blender and blend with some additional moisture. Then try passing through the sieve again.
- Nutilis Clear is required in most recipes to avoid liquid running or separating from the dish. Add Nutilis Clear as per the recipe instructions. You might find some dishes may require a little more or less Nutilis Clear than stated. This is due to slight differences in the moisture content of ingredients used.
- Nutilis Clear should be added gradually to foods. Leave dishes containing high protein foods (like meat, beans or dairy), stand for 5 minutes after adding Nutilis Clear to allow them to thicken to the correct consistency. Be mindful that starchy carbohydrate foods (such as rice, pasta and rice pudding) can over-thicken quite quickly, so gradually add Nutilis Clear and check the consistency as you go.
- Test the consistency by following the guidelines on pages 5-7. When testing the consistency, always do it at the temperature at which the food is to be served.
- To present the food, pipe or mould it onto the plate. See page 16 for more tips on serving pureed foods.

Please be aware that blending hot food and fluids can be dangerous. Always check the manufacturer's instructions to ensure that your blender is suitable for processing hot food and fluids and follow their instructions for safe blending.

3. Freezing & Defrosting

Freezers should always be kept at -18°C or less. Consult your manufacturer's handbook for the maximum length of time you can store food in your freezer.

Allow food to cool before freezing. Always freeze food in single portion sizes.

- We suggest labelling all food placed in the freezer with the name of the dish, date of when the dish was made and the use-by date.
- Wrap food securely or place in a sealed container to avoid freezer burn.
- Ideally, frozen food should be defrosted overnight in a suitable container and in the fridge.
- We advise against using a microwave to defrost your pre-prepared pureed meals.
- Once the food has thawed, eat it within 24 hours.
- Defrosted food should not be refrozen.
- If in doubt, throw it out - freezing does not kill bacteria. If you are not sure how long something has been frozen or are a bit wary of something once defrosted, don't take any chances.
- Note that foods thickened with Nutilis Clear can be frozen. Always recheck the consistency (using the guidelines on pages 5-7) of defrosted meals before serving. Remember, to **test the consistency of foods when they are at the temperature at which they will be served.**

4. Reheating

Pureed meals are not suitable for reheating in a microwave. We recommend reheating all pureed meals in an oven using the following method:

1. Pre-heat the oven to 120°C.
2. Arrange all the components, i.e. vegetables, meat, potatoes etc. on a serving plate and cover securely with a heat resistant plate cover. Place in the oven for 20 minutes.
3. Probe the centre of the thickest piece of the food, ensuring it has reached a temperature of 70°C before removing from the oven.
4. Serve immediately or a layer of skin will form on the food. This skin can be easily broken down before serving but may take from the presentation of the meal.
5. Do not leave your heated pureed meal sitting at room temperature for a long period of time before serving. As the temperature of the food drops, the quality and taste of the pureed meal is greatly affected.
6. If your oven has a steam cooking setting, we recommend using this setting at 100°C. In addition to covering the meal with a plate cover, wrap the plate cover securely with cling wrap to prevent unwanted moisture accumulating and leave in the oven for 25 minutes.
7. Food can only be reheated once.

5. Serving

Best practice tips for presenting your pureed meals:

1. Present each food separately on the plate. Try piping or spooning the food into attractive shapes that represent the foods natural form, e.g. piping pureed carrot into the shape of a carrot. The pictures in this recipe book may give you some inspiration when it comes to serving pureed foods.
2. If gravy or sauce is used, blend it into the food or make sure that it is thickened to the correct consistency.
3. If you are preparing a pureed meal for someone else, always introduce the meal to the person who is eating it. Describe and show each food item on the plate so that they know what flavours to expect.
4. If assistance with feeding is required, avoid mixing the individual food items together. It is important that the person can taste the individual foods and flavours.

Useful equipment and resources

- A good quality blender or food processor and a small hand blender for smaller portions
- Weighing scale
- Heat resistant plate cover
- Fine metal mesh sieve
- Measuring jug
- A variety of small, medium and large mixing bowls
- A whisk
- Temperature probe
- Reusable food storage bags for storing and freezing
- Piping bags and/or piping syringes can be used to create attractive shapes with pureed food
- Food moulds, including ice cube trays or baking moulds, can be used to create different shapes. These can be purchased at most large supermarkets. If you're using food moulds, brush them with oil first to allow easy removal of food.

What is Nutilis Clear?

Nutilis Clear is a food and fluid thickener which has been recommended and prescribed for you. Nutilis Clear is often added to pureed recipes to help avoid any liquid running or separating from a dish. It is important to follow the guidance provided by your Speech & Language Therapist when using Nutilis Clear.

Nutilis Clear can be added to hot or cold food and drink. Nutilis Clear is both gluten-free and lactose-free, and is suitable for vegetarians and vegans. Thickened food and drinks can be chilled, frozen or reheated. Consume prepared food and fluids within 2 hours, unless refrigerating or freezing.

Once you open a tin of Nutilis Clear, you should keep the tin tightly sealed and store it in a cool, dry place. Use within 2 months of opening. Always use the scoop provided in the tin.

Allergens & Special Dietary Requirements:

Allergens may be present in the recipes provided in this booklet. Please check individual product and ingredient labels for the presence of allergens. If you are concerned about allergens, please contact your healthcare professional. In addition, if you have **special dietary needs**, for example coeliac disease, renal (kidney) disease or diabetes, please tell your Dietitian before making any changes to your diet. The information provided in this booklet does not replace the advice and supervision of a Speech & Language Therapist and/or Dietitian.



Serving suggestion

Apple & Avocado Smoothie (P:19)

Apple & Avocado Smoothie

Level
4Recipe makes
2 PortionsPortion Size
Weight (g)

Nutritional Information per portion

Energy 325kcal

Protein 7.1g

Fat 16g

Carbs 36g

Sugar 26g

Salt 0.22g

Fibre 3.9g

Ingredients

- 2 Green Apples (peeled, cored and sliced)
- Flesh of 2 Avocados
- 1 tsp Lime Juice
- 2 tbsp Honey
- 200ml Fortified Milk (see p.10)
- 70g Ice
- 9 scoops Nutilis Clear

Method

1. Place all the ingredients except Nutilis Clear in a food processor and blend until smooth.
2. Use the back of a spoon to push the blended ingredients through a sieve.
3. Whisk in Nutilis Clear thoroughly. Allow the drink to stand for a few minutes until the desired consistency has been achieved.

Honey & Mango Smoothie

Level
4Recipe makes
5 PortionsPortion Size
Weight (g)

Nutritional Information per portion

Energy 231kcal

Protein 5.3g

Fat 0.8g

Carbs 49g

Sugar 36g

Salt 0.19g

Fibre 2.9g

Ingredients

- 400ml Apple Juice
- 400g Mashed Banana
- 400ml Mango Puree
- 1 tbsp Honey
- 70g Skimmed Milk Powder
- 18 scoops Nutilis Clear

Method

1. Place all the ingredients except Nutilis Clear in blender and blend until smooth.
2. Use the back of a spoon to push the blended ingredients through a sieve.
3. Whisk in Nutilis Clear thoroughly. Allow the drink to stand for a few minutes until the desired consistency has been achieved.

Notes

Peach Smoothie

Nutritional Information per portion

Energy 194kcal Protein 9.9g Fat 4.1g Carbs 29g Sugar 22g Salt 0.15g Fibre 0.6g



Level
4



Recipe makes
1 Portion



Portion Size
Weight (g)

Ingredients

- 100g Natural Yogurt
- 75g Tinned Peaches (no juice)
- 50ml Fortified Milk (see p.10)
- 2 scoops Nutilis Clear

Method

1. Place all ingredients except Nutilis Clear into blender and blend until smooth.
2. Use the back of a spoon to push the blended ingredients through a sieve.
3. Whisk in Nutilis Clear thoroughly. Allow the drink to stand for a few minutes until the desired consistency has been achieved.

Banana & Oatmeal Smoothie

Nutritional Information per portion

Energy 130kcal Protein 5.4g Fat 2.3g Carbs 21g Sugar 13g Salt 0.16g Fibre 1.1g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Ingredients

- 35g Porridge Oats
- 200g Banana
- 350g Fortified Milk (see p.10)
- 10g Honey
- 7 scoops Nutilis Clear

Method

1. Using a food processor, blend the porridge oats until a flour like consistency is achieved.
2. Add the blended porridge oats and all other ingredients, except Nutilis Clear, to a large mixing bowl. Using a hand blender, blend the ingredients until they are smooth.
3. Use the back of a spoon to push the blended ingredients through a sieve.
4. Whisk in Nutilis Clear thoroughly. Allow the drink to stand for a few minutes until the desired consistency has been achieved.

Pureed Wheat Cereal

Nutritional Information per portion

Energy 322kcal Protein 17g Fat 6.1g Carbs 47g Sugar 20g Salt 0.72g Fibre 4.3g



Level
4



Recipe makes
1 Portion



Portion Size
Weight (g)

Ingredients

- 2 Wheat Biscuits
- 150ml Hot Fortified Milk (see p.10)

Method

1. Using a blender, blend the wheat biscuits until they reach a flour like consistency.
2. Slowly add the hot fortified milk and blend until smooth.
3. Use the back of a spoon to push the blended ingredients through a sieve.
4. Serve & enjoy.





Serving suggestion

Berry Yogurt Parfait (P.25)

Berry Yogurt Parfaits



Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)

Nutritional Information per portion

Energy 157kcal

Protein 9.4g

Fat 3.5g

Carbs 21g

Sugar 17g

Salt 0.26g

Fibre 1g

Ingredients

- 300g Greek Yogurt
- 60g Skimmed Milk Powder
- 200g Mixed Berries
- 1.5 tbs Honey
- 125ml Fortisip Compact Protein* (Neutral Flavour)
- 2 tsps Chopped Mint
- 2 tsps Freshly Squeezed Lemon Juice
- 3 scoops Nutilis Clear

Method

1. Blend the Greek yogurt, honey, skimmed milk powder, 75ml Fortisip Compact Protein* and lemon juice.
2. If the mixture is too runny, whisk in 1 scoop Nutilis Clear and wait 5 minutes before checking the consistency again. Once it has reached the desired consistency, place the mixture in a piping bag and set aside for a moment.
3. Blend the mixed berries with mint and the remaining 50ml Fortisip Compact Protein* until smooth.
4. Use the back of a spoon to push the blended berries through a sieve into a bowl and whisk in 2 scoops of Nutilis Clear. Allow to stand for 5 minutes before checking the consistency. Repeat until the berry mixture is the same consistency as the yogurt mixture.
5. When the correct consistency has been achieved, place the blended berries in a piping bag.
6. Pipe alternate layers of yogurt mixture and berry mixture into a clear 9oz cup or clear glassware as shown on page 24.



Chef's Tip: You can use fresh or frozen berries for this recipe. Frozen fruit is just as nutritious as fresh fruit. If you are using frozen berries, defrost them beforehand to ensure they don't impact the consistency of your parfait.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 125ml double cream. Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.

Notes

Seafood Pie

Nutritional Information per portion

Energy 212kcal	Protein 12.1g	Fat 13g	Carbs 12g	Sugar 4.3g	Salt 2.5g	Fibre 0.98g
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Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)

Ingredients

- 350g Seafood Mix
- 170ml Whole Milk
- 160ml Cream
- 20g Butter
- 30g Diced Onion
- 1 tsp Chopped Dill
- 3 tsp Lemon Juice
- 2-3 Scoops Nutilis Clear
- Creamed Potatoes (see p.55 for recipe)

Method

1. Place all ingredients in a pot except for the Nutilis Clear. Gradually heat the pot to a medium high heat, allowing the milk to boil gently. Turn down the heat to simmer and allow simmer for 20-25 minutes. Use your digital probe to check that the middle of the fish reaches 75° or over.
2. Place the whole contents of the pot (including the liquid) in a food processor or blender and blend until smooth.
3. Use the back of a spoon to push the blended fish mixture through a sieve.
4. Whisk in Nutilis Clear and allow to stand until you reach the correct consistency.
5. Make the creamed potatoes following the recipe on page 55.
6. Scoop or pipe the fish mixture onto a serving plate or into a bowl, then pipe the creamed potatoes on top to create your puréed fish pie.

Dietitian's Tip: Serve your fish pie with puréed peas or green veg to add more fibre to this dish and to provide a splash of colour on your plate.

Normandy Pork

Nutritional Information per portion

Energy 187kcal	Protein 12g	Fat 10g	Carbs 12g	Sugar 8.2g	Salt 0.18g	Fibre 0.9g
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Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Ingredients

- 500g Diced Pork Fillet
- 100ml Cream
- 300g Cooking Apples (peeled and cored)
- 150g Diced Onion
- 45g Olive Oil
- 1 Clove Garlic (finely chopped)
- 600ml Water
- 250ml Fortified Milk (see p.10)
- 4 scoops Nutilis Clear

Method

1. Heat up the oil in a pot and cook the onion for 5 minutes.
2. Add the pork and cook until brown.
3. Add the apple and garlic and cook for 5 more minutes or until apples are soft.
4. Add the stock, bring to the boil and then turn down to a simmer for 20 minutes or until liquid has been reduced.
5. Add cream and fortified milk.
6. Strain off the juices from the meat, then place the meat in a blender and blend until smooth. Gradually add the juices back into the puréed meat until you reach the correct puréed consistency.
7. Use the back of a spoon to push the puréed meat through a sieve.
8. Whisk in the Nutilis Clear thoroughly and allow to stand.
9. Plate, serve & enjoy.



Seafood Pie (P.26)

Serving suggestion

Apple Sauce

Nutritional Information per portion

Energy 33kcal Protein 0g Fat 1.1g Carbs 5.5g Sugar 4.7g Salt 0.03g Fibre 0.5g



Level
4



Recipe makes
6 Portions



Portion Size
Weight (g)
45

Ingredients

- 225g Sliced Cooking Apples
- 15g Butter
- 2 tsp Lemon Juice
- 2 tsp Caster Sugar
- 250ml Water
- 2 scoops Nutilis Clear

Method

1. Place all ingredients in a pot except for the Nutilis Clear. Cook over a medium to high heat until the apples are soft.
2. Once the apples are soft, use a hand blender to blend the ingredients.
3. Check for lumps and pass through a sieve.
4. Whisk in the Nutilis Clear thoroughly and serve with your dish of choice.

Roast Pork

Nutritional Information per portion

Energy 170kcal Protein 19g Fat 9.9g Carbs 1.4g Sugar 0g Salt 0.5g Fibre 0g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
100

Ingredients

- 450g Pork Fillet
- 50g Butter
- 3 cloves Garlic (optional)
- 5g Thyme (optional)
- Pinch of Salt & Pepper
- 200ml Vegetable Stock
- 2 scoops Nutilis Clear

Method

1. Pre-heat your oven to 170°.
2. Slice the pork fillet into 2 or 3 portions so it will fit in a pan. Season the meat and rub in some olive oil.
3. In a hot smoking pan, sear tall sides of the pork. Once it's seared, reduce the heat to medium heat and add the butter, garlic and thyme.
4. Once the butter is melted get a spoon and start basting the meat. After 30 seconds of basting cover the whole pan with aluminium foil. Place the pan in the pre-heated oven for 25 minutes or until the centre of the meat reaches 75° on the temperature probe.
5. Drain the juices from the meat and add them to the vegetable stock.
6. Using a blender or food processor, blend the meat while adding the liquid until the mixture is smooth.
7. Use the back of a spoon to push the blended ingredients through a sieve.
8. Whisk in the Nutilis Clear thoroughly and allow to reach desired consistency before serving.

Chef's Tip: You will need an oven proof pan for this recipe.

Cottage Pie

Nutritional Information per portion

Energy 144kcal Protein 10.3g Fat 5.9g Carbs 12.6g Sugar 2.8g Salt 0.85g Fibre 0.94g



Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)
150

Ingredients

Mince

- 400g Mince Beef
- 50g Diced Onion
- 2 Cloves Garlic (finely chopped)
- 2g Dried Mixed Herbs
- Pinch of Salt & Pepper
- 50g Gravy Powder
- 500ml of beef stock
- 8 scoops Nutilis Clear

Creamed Potatoes: See recipe on p.55

Method

1. Fry the onion and garlic in a pan for 2-3 minutes. Add the mince and cook until the meat has browned. Reduce the heat and cook for 10 minutes.
2. Add 500ml beef stock to the minced beef, season and add the mixed herbs.
3. Gradually whisk in the gravy powder until the mixture thickens.
4. Place the mixture in a blender and blend until smooth.
5. Use the back of a spoon to pass the mixture through a sieve and whisk in the Nutilis Clear.
6. Place in a serving dish and pipe the creamed potatoes on top.

Chef's Tip: For a nutritionally balanced meal, serve your cottage pie with a side of puréed vegetables. Use different coloured vegetables for visual appeal, e.g. carrots and spinach, parsnip and peas, etc.

Gravy

Nutritional Information per portion

Energy 22kcal Protein 1.3g Fat 0.6g Carbs 2.8g Sugar 1.4g Salt 0.02g Fibre 0g



Level
4



Recipe makes
10 Portions



Portion Size
Weight (g)
30

Ingredients

- 45g Gravy Powder
- 125ml Fortisip Compact Protein* (Neutral Flavour)
- 375ml Boiling Water
- 20g Skimmed Milk Powder
- 3 Scoops Nutilis Clear

Method

1. Prepare gravy by whisking the gravy powder and skimmed milk powder into boiling water. Whisk continuously until a smooth gravy is formed.
2. Add Fortisip Compact Protein*.
3. Use the back of a spoon to push the blended ingredients through a sieve.
4. Whisk in the Nutilis Clear thoroughly and allow to reach desired consistency before serving.

Chef's Tip: Serve this gravy with roast pork (p.28) or plain chicken (p.34) for added flavour.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 125ml Fortified Milk (p.10). This swap may mean you need a little less Nutilis Clear than stated in the recipe above. Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.



Serving suggestion

Salmon Mousse (P.31)

Smoked Cod



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
157

Nutritional Information per portion

Energy 137kcal

Protein 15g

Fat 3.7g

Carbs 11g

Sugar 4.9g

Salt 0.81g

Fibre 0.7g

Ingredients

- 400g Smoked Cod Fillets (approx. 4 fillets)
- 800ml Whole Milk
- 14 scoops Nutilis Clear

Method

1. Place the smoked cod and the milk in a saucepan, bring the milk to a boil and then reduce to a simmer.
2. Simmer for 1 hour until the smoked cod is soft and can be mashed with a fork.
3. Remove the mixture from the heat and place it in a blender or food processor. Blitz until everything is smooth. Note that this could take up to 10 minutes depending on the strength of your blender.
4. Use the back of a spoon to push the blended mixture through a sieve.
5. Whisk in Nutilis Clear thoroughly.



Chef's Tip: You may need to add more or less milk depending on how big your fish fillets are. If 800mls is not enough to cover the fish, add more until the fish is completely covered.

Salmon Mousse



Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)
100

Nutritional Information per portion

Energy 224kcal

Protein 13g

Fat 17g

Carbs 5.2g

Sugar 2.8g

Salt 0.41g

Fibre 0.5g

Ingredients

- 400g Skinless/Boneless Salmon Fillets
- 1 tsp Fresh Chopped Parsley
- 1 tsp Fresh Chopped Dill
- Pinch of Salt & Pepper
- 150ml Cream
- 150ml Fortisip Compact Protein* (Neutral Flavour)
- 1 tsp Lemon Juice
- 5 scoops Nutilis Clear

Method

1. Place the salmon and the rest of the ingredients (except the Nutilis Clear) in a saucepan, bring the cream mixture to a boil and then reduce to a simmer.
2. Simmer for 20 minutes or longer until the salmon is soft and can be mashed with a fork.
3. Remove the mixture from the heat and place it in a blender/ food processor. Blitz until everything is smooth. Note that this could take up to 10 minutes depending on the strength of your blender,
4. Use the back of a spoon to push the blended mixture through a sieve.
5. Cool the salmon by placing in the fridge. Whisk in Nutilis Clear to thicken before serving.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 150ml Fortified Milk (p.10). Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.

Chicken & Broccoli Sauce

Nutritional Information per portion

Energy 186kcal	Protein 9.4g	Fat 14g	Carbs 5.2g	Sugar 1.9g	Salt 1.2g	Fibre 1g
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Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Ingredients

- 150g Small Broccoli Florets
- 250g Diced Chicken
- 30g Diced Onion
- 2 Cloves Garlic (finely chopped)
- 80ml Fortisip Compact Protein* (Neutral Flavour)
- 150g Cream
- 20g Parmesan
- Pinch of Salt & Pepper
- 3 tbsp Olive Oil
- 200ml Chicken Stock
- 6 scoops Nutilis Clear

Method

1. Heat the oil in pan and sauté the onions and garlic until soft. Add chicken and cook through.
2. Add the cream and milk and let the contents come to a boil. Turn down the heat and simmer.
3. Add the broccoli and cook until soft. Season the mixture with salt and pepper. Add the 200ml chicken stock and parmesan cheese.
4. Carefully add the mixture to a blender/food processor with the Fortisip Compact Protein* and blitz until smooth.
5. Using the back of a spoon, push the mixture through a sieve.
6. Once the mixture has been sieved, whisk in Nutilis Clear.
7. Pipe, scoop or shape with a spoon on to the plate or portion up in moulds/with a scoop and place in the freezer for another time.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 80ml Fortified Milk (p.10). Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.

Braised Steak

Nutritional Information per portion

Energy 96kcal	Protein 12g	Fat 3.1g	Carbs 5.2g	Sugar 1.6g	Salt 0.41g	Fibre 0g
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Level
4



Recipe makes
3 Portions



Portion Size
Weight (g)

Ingredients

- 400g Diced Beef
- 300ml Water
- 50g Gravy Powder
- 100ml Fortisip Compact Protein* (Neutral Flavour)
- Pinch of Salt & Pepper
- 5 scoops Nutilis Clear

Method

1. Heat some oil in a pan and add the beef. Cook the beef on all sides until slightly brown.
2. Add boiling water and cook for 30-40 minutes at low to medium heat or until the meat is very tender.
3. Add the gravy powder and seasoning.
4. Place the meat in a blender with Fortisip Compact Protein* and blend until smooth.
5. Use the back of a spoon to pass the mixture through a sieve.
6. Whisk in the Nutilis Clear and serve with side dishes of your choice. We recommend our roasted turnip (p.45) and onions (p.52).

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 100ml Fortified Milk (p.10). Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.

Chicken in a Mushroom Sauce

Nutritional Information per portion

Energy 165kcal	Protein 13g	Fat 11g	Carbs 2g	Sugar 1.1g	Salt 0.68g	Fibre 0.5g
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Level
4



Recipe makes
4-5 Portions



Portion Size
Weight (g)

Ingredients

- 1 tbsp Olive Oil
- 350g Diced Chicken
- 200g Mushrooms
- 50g Diced Onions
- 1 Clove Garlic Diced
- 10g Chicken Stock
- Pinch of Salt & Pepper
- 150ml Cream
- 12 scoops Nutilis Clear

Method

1. Sauté onion and garlic in oil.
2. Add the chicken and cook through.
3. Slice your mushrooms, add to the pot and cook for 1 minute.
4. Add the chicken stock and cream and allow the mixture to come to the boil. Reduce the heat to a simmer and allow simmer for 30 minutes.
5. Season with salt and pepper to taste.
6. Add all the ingredients to a blender and blitz until smooth.
7. Use the back of a spoon to pass the mixture through a sieve.
8. Whisk in Nutilis Clear thoroughly, serve with a side of your choice and enjoy.

Dietitian's Tip: For a nutritionally balanced meal, serve with carbohydrate or starchy foods such as puréed potatoes, rice or pasta. For added fibre (and to add some colour to your plate) include some green vegetables such as puréed spinach, broccoli or peas.

Cod with Mornay Sauce

Nutritional Information per portion

Energy 167kcal	Protein 13g	Fat 8.3g	Carbs 10g	Sugar 6.2g	Salt 0.76g	Fibre 0.5g
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Level
4



Recipe makes
2 Portions



Portion Size
Weight (g)

Ingredients

- 750ml Fortified Milk
- 100g Finely Diced Onion
- 500g Skinless and Pin Boned Fresh Cod
- 50g Butter
- 150g Grated Cheddar Cheese
- 50ml Fresh Lemon Juice
- Pinch of Salt & Pepper
- 15 scoops Nutilis Clear

Method

1. Place cod in small baking tray and sprinkle with onions, lemon juice, butter and lightly season, then cover with ½ of the fortified milk. Steam in oven at 100°C for 55 minutes, taking care to cook very slowly and not allowing fish to become overcooked.
2. Ensure core temperature of 75°C has been reached before removing from the oven.
3. Place the cod with all of the cooking liquid, remaining fortified milk and grated cheese in a blender and blitz until very smooth.
4. Pass through a sieve and whisk in Nutilis Clear.
5. Pipe, scoop or shape 116g of fish mixture on to a plate or portion up in moulds/with a scoop and place in freezer for use at another time.
6. We recommend serving this dish with some green vegetables to add some colour to your plate e.g. broccoli (p.50), spinach (p. 54), peas (p.49).

Beef Lasagne

Nutritional Information per portion

Energy 276kcal	Protein 27g	Fat 8.1g	Carbs 20g	Sugar 8.5g	Salt 4.1g	Fibre 4.4g
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Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)

Ingredients

- 200g Mince Beef
- 50g Diced Onion
- 2 Cloves Garlic (finely chopped)
- 50g Grated Carrot
- 1 tsp Fresh Thyme (chopped)
- Pinch of Salt & Pepper (optional)
- 200g Tinned Chopped Tomatoes
- 3 tbsp Tomato Puree
- 150ml Beef Stock
- 500ml Boiling water
- Mixed Herbs or Fresh Thyme (to taste)
- 4-5 scoops Nutilis Clear

Pasta: See recipe on p.53

Method

1. Heat a small amount of olive oil in a pan. When heated add onion and garlic, cook until soft but not brown. Add grated carrot and cook for 3 minutes.
2. Fry off the beef mince until sealed and drain off the fat. Add in the cooked onion, carrot, garlic, tomato puree, chopped tomatoes, thyme, beef stock and season to taste.
3. Cook slowly over a low to medium heat for 45 minutes until tender. Ensure the meat has reached a core temperature of 75°C. While the mince is cooking, prepare your pasta as per the recipe on page 53.
4. When the minced beef is cooked through, blend in a food processor until smooth and use the back of a spoon to pass the mixture through a sieve.
5. Whisk in Nutilis Clear thoroughly.
6. Pipe the puréed meat onto baking parchment in 6cm x 6cm squares. Then pipe a layer of pasta on top. Continue with another layer of mince and finish with a layer of pasta on top.

Plain Chicken

Nutritional Information per portion

Energy 144kcal	Protein 15g	Fat 8g	Carbs 2.7g	Sugar 0g	Salt 1.9g	Fibre 0g
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Level
4



Recipe makes
2 Portions



Portion Size
Weight (g)

Ingredients

- 300g Diced Chicken
- 2 tbsp Olive Oil (to sauté)
- 5g Oil (for blending)
- 50g Onion
- 200ml Fortisip Compact Protein* (Neutral Flavour)
- 70ml Chicken Stock
- 2 scoops Nutilis Clear

Method

1. Sauté the onions in olive oil until soft but not brown.
2. Add the diced chicken and cook through.
3. Add the chicken stock and continue to cook over a gentle heat until a core temperature of 75°C has been reached.
4. Add the mixture to a food processor and blitz until smooth. Slowly add the Fortisip Compact Protein* and blitz again until smooth. If the chicken is not smooth enough at this point, blend in another teaspoon of olive oil.
5. Use the back of a spoon to push the blended mixture through a sieve.
6. Whisk in Nutilis Clear thoroughly and serve with the side dishes of your choice.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 200ml Fortified Milk (p.10). Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.



Beef Lasagne (P.34)

Serving suggestion



Can you believe this is L4 pureed?

Serving suggestion

Irish Stew (P.37)

Irish Stew



Level
4



Recipe makes
3 Portions



Portion Size
Weight (g)

Nutritional Information per portion

Energy 141kcal

Protein 10g

Fat 6.9g

Carbs 8.8g

Sugar 3.3g

Salt 1.1g

Fibre 0.9g

Ingredients

- 350g Diced Lamb
- 50g Diced Carrot
- 50g Sliced Celery
- 50g Diced Potato
- 50g Diced Onion
- 1 tbsp Fresh Parsley (chopped)
- 300ml Vegetable Stock
- Pinch of Salt & Pepper (optional)
- 150ml Fortisip Compact Protein* (Neutral Flavour)
- 8 scoops Nutilis Clear

Method

1. Place diced lamb in a pot and cover with water. Bring to the boil slowly and then skim off the fat.
2. Add onions, carrot, potato, celery, vegetable stock, fresh chopped herbs, salt and pepper and simmer over a low heat for 1 hour and until the meat is tender and has reached a core temperature of 75°C.
3. Place the stew in a blender or a food processor with the Fortisip Compact Protein* and blend until smooth.
4. Use the back of a spoon to push the mixture through a sieve.
5. Whisk in Nutilis Clear thoroughly and serve with your choice of vegetables.
6. Serve with a vegetable of your choice pipped onto the plate.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 150ml Fortified Milk (p.10). Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.

Boiled Bacon



Level
4



Recipe makes
5-6 Portions



Portion Size
Weight (g)

Nutritional Information per portion

Energy 144kcal

Protein 15g

Fat 8g

Carbs 2.7g

Sugar 0g

Salt 1.9g

Fibre 0g

Ingredients

- 500g Boiled Bacon
- 6-7 scoops Nutilis Clear

Method

1. Place the bacon in a saucepan with enough water to cover the meat. Boil for 45 minutes or until the bacon is cooked through and soft.
2. Drain off the cooking water, keeping some aside. Cut the bacon into bite sized pieces and blend in a blender until smooth. Add the cooking water as required until you have a smooth puree.
3. Use the back of a spoon to pass the bacon puree through a sieve.
4. Whisk in Nutilis Clear as required and serve with side dishes of your choice.



Chef's Tip: When purchasing a whole boiled bacon, dice it into bite-sized pieces as evenly as possible before blending.

Chicken Curry

Nutritional Information per portion

Energy 81kcal

Protein 9g

Fat 1.6g

Carbs 6.5g

Sugar 1.6g

Salt 0.19g

Fibre 2.5g



Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)

Ingredients

- 2tbsp olive oil
- 200g Diced Chicken
- 50g Curry Powder
- 400ml Coconut Milk
- 25g Diced Onion
- 50g Diced Potato
- Half a Yellow Pepper (diced)
- Half a Red Pepper (diced)
- 5 scoops Nutilis Clear

Method

1. Place the chicken and curry powder in a sealed bag or covered bowl and allow marinate overnight.
2. Heat the olive oil in a pan. Sauté the onion over a medium heat until soft but not brown. Add chicken and cook through.
3. Add the diced red & yellow peppers and potatoes to the pan and cook for 1 minute.
4. Deglaze the pan with 400ml coconut milk. Bring the coconut milk to the boil then lower the heat to simmer for 15-20 minutes. Use your temperature probe to check the chicken is cooked to 75° at the core and check the potatoes are cooked through.
5. Drain the curry sauce off the chicken and set aside.
6. Blend the chicken mixture in a blender or food processor until smooth and then pass it through a sieve. If too sticky, add some of the curry sauce and blend again in to create a smooth puree.
7. Pipe 140g of chicken curry onto a plate or portion up in moulds.
8. Sieve remaining curry sauce and whisk in 5 scoops of Nutilis Clear thoroughly.
9. Spoon 70g of curry sauce over chicken curry portions and serve with rice (see recipe page 53).

Parsley Sauce

Nutritional Information per portion

Energy 212kcal

Protein 1.7g

Fat 2.5g

Carbs 5.3g

Sugar 2g

Salt 0.09g

Fibre 0g



Level
4



Recipe makes
6 Portions



Portion Size
Weight (g)

Ingredients

- 25g Butter
- 25g Plain Flour
- 500ml Hot Whole Milk
- 10g Chopped Parsley
- 6 scoops Nutilis Clear

Method

1. Melt the butter in a sauce pan. Once melted, add the plain flour and stir until well incorporated.
2. Cook over a low heat for 2-3 minutes, stirring regularly. Remove from the heat and slowly whisk in the milk.
3. Return to the heat and keep stirring until the mixture thickens. Add the chopped parsley, remove from the heat and cover the sauce pan with cling film. Allow sit for 10 minutes to let the parsley infuse.
4. Blend the parsley sauce until smooth, then push through a sieve using the back of a spoon.
5. Whisk in Nutilis Clear thoroughly to thicken before serving.



Ragu of Lamb

Nutritional Information per portion

Energy 103kcal

Protein 7.8g

Fat 4.4g

Carbs 7.5g

Sugar 2.1g

Salt 0.39g

Fibre 1.2g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Ingredients

- Add 500ml Vegetable Stock
- 350g Diced Lamb
- 50g Diced Carrot
- 50g Sliced Raw Celery
- 50g Sliced Raw Leeks
- 50g Diced Onion
- 2 tbsp Tomato Puree
- 250g Chopped Tomatoes
- 1 tbsp Gravy Powder
- Dried Mixed Herbs (to taste)
- Pinch Salt & Pepper (optional)
- 100g Diced Potato
- 6-7 scoops Nutilis Clear

Method

1. Place diced lamb in pot and cover with cover with 500ml vegetable stock. Bring to the boil slowly and then skim of the fat.
2. Add onions, carrot, celery, leeks, tomato puree, chopped tomatoes, dried mixed herbs, salt and pepper. Simmer over a low heat for 1 hour until the meat is tender and has reached a core temperature of 75°C.
3. Stir in gravy powder and cook for approximately 5 minutes.
4. Place lamb ragu in blender and blend until smooth.
5. Use the back of a spoon to push the mixture through a sieve.
6. Whisk in Nutilis Clear thoroughly and garnish with full fat Greek yogurt and a sprinkle of paprika.

Chicken Noodle Soup

Nutritional Information per portion

Energy 107kcal

Protein 11g

Fat 2.1g

Carbs 11g

Sugar 2.8g

Salt 0.08g

Fibre 0.6g



Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)

Ingredients

- 180g Diced Raw Chicken
- 1 Litre Chicken Stock
- 1 Clove Finely Chopped Garlic
- 1 tsp Ground Ginger
- 50g Egg Noodles
- 100g Chopped Mushrooms
- 6 tsp Soy Sauce
- 125ml Fortisip Compact Protein (Neutral Flavour)*
- 1 tsp Dried Chilli Flakes
- 6 scoops Nutilis Clear

Method

1. Place the chicken stock, chicken, garlic and ginger into a pan.
2. Bring to the boil, then reduce heat, partly cover and simmer for 20 minutes until chicken is tender.
3. Add in mushrooms, noodles and soy sauce.
4. Simmer for 3-4 minutes, until noodles are very soft.
5. Add in Fortisip Compact Protein and place everything in the blender and blend until very smooth.
6. Use the back of a spoon to pass the mixture through a sieve.
7. Whisk in Nutilis Clear thoroughly and garnish with full fat Greek yogurt and a sprinkle of paprika.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein, please speak to your Speech & Language Therapist or Dietitian about an alternative recipe for you.



Ragu of Lamb (P.40)

Serving suggestion

Hollandaise Sauce

Nutritional Information per portion

Energy 297kcal	Protein 2.3g	Fat 32g	Carbs 0.8g	Sugar 0g	Salt 0.11g	Fibre 0g
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Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)
45

Ingredients

- 150g Clarified Butter (Ghee)
- 4 Egg Yolks
- 1 tsp Vinegar
- 1 tsp Lemon Juice
- Pinch of Salt
- Pinch of Ground Cayenne Pepper
- 1 scoop Nutilis Clear (only if freezing)

Method

1. In a bowl over a pot of simmering water whisk the egg yolk, cayenne pepper, salt, lemon juice and vinegar together over a low to medium heat. Make sure the mixture is barely simmering. Whisk continuously until the mixture becomes pale and thick.
2. Gradually add the ghee while whisking until the mixture thickens into a creamy hollandaise sauce.
3. Check the consistency and serve your hollandaise sauce immediately. If you are freezing your hollandaise sauce, whisk in one scoop of Nutilis Clear to stabilise the sauce before allowing it to cool and then freeze.

Chef's Tip: You can buy clarified butter or ghee in most Asian grocery shops.

Chicken Casserole

Nutritional Information per portion

Energy 96kcal	Protein 9.2g	Fat 3.5g	Carbs 6.2g	Sugar 2.5g	Salt 0.32g	Fibre 1.1g
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Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
100

Ingredients

- 350g Diced Chicken
- 1 tbsp Tomato Puree
- 60g Diced Onion
- 200g Diced Mixed Vegetables
- 2 Cloves Garlic (finely chopped)
- Pinch of Dried Mixed Herbs
- Pinch of Salt & Pepper
- 400ml Chicken Stock
- 20g Gravy Powder
- 1 tbsp Sunflower Oil
- 10 scoops Nutilis Clear
- 150ml Fortisip Compact Protein* (Neutral Flavour)

Method

1. Heat sunflower oil in pan. When starting to sizzle, add onions and garlic and cook over a medium heat until soft but not brown.
2. Add diced chicken until cooked through. Add the vegetables, tomato puree, dried mixed herbs, salt and pepper and stir for 30 seconds until the tomato puree is well mixed in. Then add the chicken stock & reduce the heat to a simmer.
3. Add the gravy powder and mix well.
4. Place the mixture in blender or food processor, add the Fortisip Compact Protein* and blend until very smooth.
5. Using the back of a spoon, push the casserole mixture through a sieve.
6. Whisk in Nutilis Clear thoroughly and serve.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 150ml Fortified Milk (p.10). Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.

Sweet & Sour Chicken

Nutritional Information per portion

Energy 123kcal	Protein 1.8g	Fat 0.8g	Carbs 25g	Sugar 13g	Salt 0.95g	Fibre 2g
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Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
100

Ingredients

- 1 tbsp Vegetable Oil
- 20g Ginger (finely chopped)
- 3 Cloves of Garlic (minced)
- 1 small Red Pepper (sliced)
- 1 small Yellow or Green Pepper
- 100g Pineapple Chunks
- 75g Diced Onion
- 250g Diced Chicken

Sauce

- 100ml Pineapple Juice
- 2 tbsp Vinegar
- 1 tbsp Soy Sauce
- 1 tbsp Ketchup
- 40g Brown Sugar
- 2 tbsp Cornflour
- 15 scoops Nutilis Clear
- Pinch of Salt & Pepper
- 40ml Fortisip Compact Protein* (Neutral Flavour)

Method

1. Heat the vegetable oil in a pan until it reaches a medium heat.
2. Add the onions, ginger and garlic to the pan and sauté for 1 minute. Add the peppers and sauté for another 30 seconds.
3. Add the diced chicken to the pan and cook until sealed. Add the pineapple chunks and cook for another 10-20 seconds
4. Take approx 30ml pineapple juice and mix it with the cornflour to make a smooth paste.
5. Add the brown sugar, soy sauce, remaining pineapple juice, ketchup, vinegar and seasoning to the pan. Bring the mixture to boiling point and then reduce to a simmer..
6. Allow simmer for 20 minutes until the vegetables are soft. Gradually add the cornflour paste, stirring constantly until the mixture thickens
7. Add the Fortisip Compact Protein*.
8. Blitz until smooth, using a hand blender or food processor.
9. Pass the sweet & sour chicken mixture through a sieve using the back of the spoon to push it through.
10. Whisk in Nutilis Clear thoroughly and serve with a side dish of your choice.

Chef's Tip: When using diced chicken cook it first in the steamer or shallow fry until brown, set aside and use the same pan to sauté the other ingredients. You can keep leftover peppers and pineapple in your fridge for up to three days. They can be used in other dishes, e.g. adding pineapple to smoothies or having peppers with your omelette.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 40ml Fortified Milk (p.10). Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.

Notes



Serving suggestion

Tomato



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Nutritional Information per portion

Energy 36kcal

Protein 1.3g

Fat 0g

Carbs 6.6g

Sugar 3.7g

Salt 0g

Fibre 1.4g

Ingredients

- 300g Tomato Passata
- 200g Tomato Puree
- 8-9 scoops Nutilis Clear

Method

1. Place all the ingredients in a large bowl. Blend the ingredients using a hand blender or food processor.
2. Pass the blended ingredients through a sieve, using the back of a spoon to push the ingredients through.
3. Whisk in Nutilis Clear thoroughly.



Chef's Tip: To make your own passata you can use tinned or fresh tomatoes. If using fresh tomato, make sure to score, boil, skin and remove the skin and seeds.

Cucumber



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Nutritional Information per portion

Energy 23kcal

Protein 0.5g

Fat 0.5g

Carbs 4.3g

Sugar 0.6g

Salt 0g

Fibre 0.6g

Ingredients

- 1 Whole Cucumber (approx. 270g)
- 6 scoops Nutilis Clear

Method

1. Place the cucumber in the blender. Blend until the mixture is smooth.
2. Use the back of a spoon to push the mixture through a sieve.
3. Whisk in Nutilis Clear thoroughly.



Chef's Tip: Size and weight may be different each time so add more or less Nutilis Clear as needed.

Mixed Leaves



Level
4



Recipe makes
2 Portions



Portion Size
Weight (g)

Nutritional Information per portion

Energy 122kcal

Protein 2.4g

Fat 8.5g

Carbs 8.4g

Sugar 0.8g

Salt 1.1g

Fibre 1.5g

Ingredients

- 100g Mixed Leaves
- 50g Green Lentils
- 1 tbsp Olive Oil
- Pinch of Salt
- 2-3 scoops Nutilis Clear

Method

1. Place the lentils in a pot and add just enough water to cover. Add the salt and bring the water to boiling point. Boil until the lentils are soft, then remove from the heat and set aside until cold.
2. When cool, drain the lentils and keep the cooking water aside. Blend the lentils with the mixed leaves. Add the oil and enough cooking water to create a smooth puree.
3. Use the back of a spoon to pass the puree through a sieve.
4. Whisk in Nutilis Clear thoroughly.

Mixed Vegetables

Nutritional Information per portion

Energy 94kcal

Protein 4.7g

Fat 3.5g

Carbs 10g

Sugar 6g

Salt 0.31g

Fibre 1.4g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Ingredients

- 300g Chopped Mixed Vegetables
- 15g Melted Butter
- 250ml Fortified Milk (p.10)
- 15g Peas or Lentils
- 100ml Vegetable Stock
- 5-6 scoops Nutilis Clear

Method

1. Place the mixed vegetables and peas (or lentils) in a pot and add just enough water to cover. Bring the water to boiling point and boil the vegetables until they are soft. Once soft, drain and set aside the cooking water.
2. Place the mixed vegetables, melted butter, fortified milk, peas and vegetable stock into blender and blend until smooth. Add 100ml of cooking water to the mixture and stir well. Add more cooking water if necessary.
3. Using the back of a spoon, push the mixture through a sieve.
4. Whisk in Nutilis Clear thoroughly.



Chef's Tip: To reduce food waste, if you have vegetables left over from other recipes you can use them in this dish.



Dietitian Tip: In this recipe, the peas are added to provide some protein. If you dislike peas you can use the same weight in lentils or skimmed milk powder instead to add some protein.

Parsnip

Nutritional Information per portion

Energy 136kcal

Protein 2.4g

Fat 9.6g

Carbs 9g

Sugar 4.4g

Salt 0.43g

Fibre 1.9g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Ingredients

- 300g Chopped Parsnip
- 300ml Whole Milk
- 100ml Cream
- 50g Butter
- Pinch of Salt & Pepper
- 6-7 scoops Nutilis Clear

Method

1. Add the parsnip, milk, cream, butter and salt to a pot and gradually bring to a medium heat. Stir regularly to prevent the milk from burning.
2. Once the parsnip is soft and cooked put everything, including the liquid, in a blender. You can add more salt & ground white pepper at this stage if required.
3. Blend the mixture until smooth.
4. Use the back of a spoon to push the puree through a sieve.
5. Whisk in Nutilis Clear thoroughly.



Serving suggestion



Serving suggestion

Chicken Curry(P.38)

Roasted Turnip

Level
4Recipe makes
5 PortionsPortion Size
Weight (g)
90

Nutritional Information per portion

Energy 160kcal

Protein 1.1g

Fat 16g

Carbs 2.9g

Sugar 2g

Salt 0.54g

Fibre 1.1g

Ingredients

- 2 tbsp Olive Oil
- 400g Turnip
- 100ml Hot Whole Milk
- 100g Melted Butter
- 100ml Cream
- Pinch of Salt & Pepper
- 2 scoops Nutilis Clear (only if freezing)

Method

1. Preheat your oven to 170°C.
2. Roughly chop the turnip and place on an oven tray, add salt and pepper and drizzle with olive oil. Mix the turnip in the oil and seasoning using your hand or a wooden spoon.
3. Roast the chopped turnip for 40 minutes until soft.
4. Once the turnip is soft, add it to a blender and blend until smooth.
5. Heat up the milk, butter and cream in a saucepan. Add the blended turnip, mix well and check the consistency. Add more hot milk if necessary.
6. Push the mixture through a sieve using the back of a spoon.
7. **If you are freezing your turnip**, whisk in Nutilis Clear thoroughly.



Chef's Tip: It's best to use fresh turnip when it is in season, especially if you plan to batch cook and freeze some portions.

When preparing your turnip, dicing the whole turnip will take longer to prepare but will cook faster. However, to reduce the preparation time you could cut your turnip in half and place it straight in the oven. It will take longer to cook but is easier to prepare.

Garden Peas

Level
4Recipe makes
3 PortionsPortion Size
Weight (g)
250

Nutritional Information per portion

Energy 260kcal

Protein 14g

Fat 3.4g

Carbs 38g

Sugar 2.7g

Salt 1.1g

Fibre 13g

Ingredients

- 200g Peas
- Water (enough to cover the pot)
- Pinch of Salt
- 3-4 scoops Nutilis Clear

Method

1. Place the peas in a pot and add just enough water to cover. Boil until peas are soft. Remove the pot from the heat and allow the peas to sit for 5 minutes.
2. Drain the cooking liquid from the peas and set it aside. Start to blend the peas without any liquid. Slowly add half the cooking water back into the blended pea mix, keeping an eye on the consistency. Add more cooking water if needed.
3. Using the back of a spoon, pass the puréed peas through a sieve.
4. Whisk in Nutilis Clear thoroughly.



Chef's Tip: For a creamier puréed pea recipe, cook the peas in milk instead of water. Be sure to stir regularly to ensure your milk doesn't burn when boiling! You can also enhance the flavour by adding 1 tsp of lemon juice to the cooking milk or water.

Broccoli with Peas

Nutritional Information per portion

Energy 53kcal Protein 4g Fat 0.6g Carbs 6.1g Sugar 2.5g Salt 0g Fibre 3.9g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
90

Ingredients

- 300g Chopped Broccoli
- 100g Peas
- Pinch of Salt
- 2 scoops Nutilis Clear

Method

1. Place the broccoli in a pot and cover with water. Boil for 3 minutes and then add the peas. Continue to cook both until soft. Drain the cooking water and set aside both the cooked vegetables and water.
2. Place the cooked broccoli & peas in a blender with ~30mls of cooking water and blend until the mixture is smooth. Add more cooking water if needed.
3. Pass the mixture through a sieve, using the back of a spoon to push it through.
4. Whisk in Nutilis Clear thoroughly.

Chef's Tip: You can substitute the peas and cooking water with 100ml Fortified Milk (p.10) or 100ml cream mixed together and heated.

Carrots

Nutritional Information per portion

Energy 125kcal Protein 1.9g Fat 9.4g Carbs 7.4g Sugar 4.9g Salt 0.46g Fibre 1.7g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
100

Ingredients

- 300g Carrots
- 300ml Whole Milk
- 100ml Cream
- 50g Butter
- Pinch of Salt & Pepper
- 6-7 scoops Nutilis Clear

Method

1. Place all the ingredients (except the Nutilis Clear) in a pot. Gradually heat the pot to a medium heat, checking every 3-5 minutes and stirring regularly to prevent the milk from burning.
2. Once the carrots are soft, put everything, including the liquid, in a blender. You can add more salt & ground white pepper at this stage if desired.
3. Blend the mixture until smooth.
4. Push the puréed mixture through a sieve using the back of a spoon.
5. Whisk in Nutilis Clear thoroughly.

Chef's Tip: Add a kick of flavour with some ground ginger or cumin.

Cauliflower

Nutritional Information per portion

Energy 146kcal Protein 2.6g Fat 12g Carbs 7.6g Sugar 3.3g Salt 0.44g Fibre 0.9g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
100

Ingredients

- 300g Chopped Cauliflower
- 300ml Whole Milk
- 100ml Cream
- 50g Butter
- Pinch of Salt & Pepper
- 6-7 scoops Nutilis Clear

Method

1. Place all the ingredients (except the Nutilis Clear) in a pot. Gradually heat the pot to a medium heat, checking every 3-5 minutes and stirring regularly to prevent the milk from burning.
2. Once the cauliflower is soft put everything, including the liquid, in a blender. You can add more salt & ground white pepper at this stage if required.
3. Blend the mixture until smooth.
4. Pass the puréed mixture through a sieve, using the back of a spoon to push it through.
5. Whisk in Nutilis Clear thoroughly.

Creamy Cabbage

Nutritional Information per portion

Energy 150kcal Protein 2.6g Fat 13g Carbs 4.4g Sugar 3.6g Salt 0.44g Fibre 1.1g



Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)
100

Ingredients

- 300g Chopped Cabbage
- 400ml Whole Milk
- 200ml Cream
- 100g Butter
- Pinch of Salt
- 1-2 scoops Nutilis Clear (only if required or if freezing)

Method

1. Place all the ingredients (except the Nutilis Clear) in a pot and cook at a medium heat for 15 minutes. Remove from heat and allow the mixture to sit for 10 minutes.
2. Drain off the cooking liquid, setting some of it aside, and place the drained cabbage in a blender. Blend until smooth. If the blended cabbage is too thick, gradually add some of the cooking liquid until you reach the right consistency.
3. Pass the mixture through a sieve, using the back of a spoon to push it through.
4. Whisk in Nutilis Clear thoroughly if you notice any **separating liquid** or if you **plan to freeze** some portions.

Chef's Tip: You can use the left over cooking liquid to make a creamy vegetable flavoured sauce. Just add Nutilis Clear until you have the right consistency.

Avocado with Peas

Nutritional Information per portion

Energy 121kcal Protein 2.4g Fat 10g Carbs 3.2g Sugar 0.5g Salt 0.21g Fibre 3.7g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
75

Ingredients

- 1 Large Avocado
- 100g Cooked Peas
- 2 tsp Lemon Juice
- Pinch of Salt
- 1 scoop Nutilis Clear (only if required or if freezing)

Method

1. Place all ingredients (except the Nutilis Clear) in a blender and blend until smooth. Check the consistency using the methods outlined on pages 5-7. Add a bit of cold water if necessary to get the correct consistency.
2. Use the back of a spoon to push the puree through a sieve.
3. **If you are freezing** your avocado, add approx. 1 scoop of Nutilis Clear to stabilise the liquid content before freezing. Even if you aren't freezing your avocado, you may need to add a small amount of Nutilis Clear should you notice any **separating liquid**.

Onions

Nutritional Information per portion

Energy 32kcal Protein 0g Fat 0.5g Carbs 1.9g Sugar 0.7g Salt 0.04g Fibre 0.5g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
20

Ingredients

- 100g Chopped Onions
- 20g Butter
- 150g Water
- 20ml Double Cream
- 3-4 scoops Nutilis Clear

Method

1. Place all the ingredients (except the Nutilis Clear) in a large pot over a medium heat. Bring to a boil then reduce to a simmer.
2. Simmer for 30 minutes, stirring occasionally to ensure the cream is not burning.
3. Blend the onion mixture and use the back of a spoon to push it through a sieve.
4. Whisk in Nutilis Clear thoroughly.

Chef's Tip: This recipe can be served hot with steak or cold with salads. Test the consistency of the onions when they are at the temperature at which they will be served.

Pasta

Nutritional Information per portion

Energy 353kcal Protein 4.4g Fat 24g Carbs 28g Sugar 0.8g Salt 0.48g Fibre 2g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
100

Ingredients

- 150g Pasta
- 1 tbsp Olive Oil
- Pinch of Salt
- 2 scoops Nutilis Clear (only if freezing)

Method

1. Boil enough water to cook the pasta. Add salt and approx. 1 tbsp of olive oil.
2. Over cook the pasta, then remove it from the heat and let it rest to allow the pasta absorb more liquid.
3. Drain the pasta and place in a blender with half of the cooking liquid. Blend and then test the pasta to make sure it is not too sticky. Add more cooking liquid as required.
4. **If you are freezing** the pasta, whisk in Nutilis Clear thoroughly.

Rice

Nutritional Information per portion

Energy 142kcal Protein 2.1g Fat 7.4g Carbs 16g Sugar 0.7g Salt 0.23g Fibre 0.5g



Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)
100

Ingredients

- 200g Rice (washed & blended - see Chef's Tip below)
- 400ml Water
- 400ml Coconut Milk
- Pinch of Salt
- 2 scoops Nutilis Clear (only if freezing)

Method

1. Place the blended rice, water and coconut milk in a sauce pan. Gradually bring to boiling point then reduce to a simmer. Stir regularly to prevent the milk from burning.
2. Place the cooked rice in a blender. Blend and test to make sure it is not too sticky. Add extra water if required to reduce the stickiness.
3. Use the back of a spoon to push the blended rice through a sieve.
4. **If you are freezing** your rice, whisk in Nutilis Clear thoroughly.

Chef's Tip: Pre-blend raw rice to make a flour or powder. This will help the rice to cook evenly & make it easier to blend (when cooked) and sieve.

Scrambled Egg

Nutritional Information per portion

Energy 162kcal	Protein 11g	Fat 10g	Carbs 6.4g	Sugar 4.7g	Salt 0.53g	Fibre 0g
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Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Ingredients

- 10 Eggs
- 50g Butter
- 500ml Fortified Milk (p.10)
- Pinch of Salt & Pepper
- 3-5 scoops Nutilis Clear

Method

1. Break the eggs into a bowl with the fortified milk. Whisk until all ingredients are blended together.
2. Melt the butter in a pan over a medium heat, then add the egg mixture. You may need to do this in batches depending on the size of your pan. Keep stirring the eggs with a spatula or wooden spoon to scramble them. Add salt & pepper to taste.
3. Once cooked, place the egg mixture in a blender and blend until smooth. Using the back of a spoon, pass the puree through a sieve.
4. Whisk in Nutilis Clear thoroughly.



Chef's Tip: To make a puréed cheesy omelette, add 60g of grated parmesan cheese



Dietitian Tip: Serve your eggs with puréed tomato (p.45) and soaked bread (p.67) for a nutritionally balanced breakfast.

Potato Salad

Nutritional Information per portion

Energy 143kcal	Protein 1.6g	Fat 7.4g	Carbs 17g	Sugar 1.5g	Salt 0.42g	Fibre 1.7g
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Level
4



Recipe makes
6 Portions



Portion Size
Weight (g)

Ingredients

- 400g Diced Potato
- 2 tsp Chopped Parsley
- 40g Diced Onion
- 3 tbsp Mayonnaise
- Pinch of Salt & Pepper
- 3 scoops Nutilis Clear

Method

1. Boil potatoes until soft or cooked. Place parsley & onion in a pot and add enough water to cover. Boil the parsley & onion until soft.
2. Place all the ingredients in a blender and blend until smooth. Check the consistency and if required, gradually add some of the cooking water from the parsley and onion and blend until more smooth.
3. Push the puree through a sieve using the back of a spoon.
4. Whisk in Nutilis Clear thoroughly.



Chef's Tip: Use full fat mayonnaise for added calories.

Sausages

Nutritional Information per portion

Energy 152kcal	Protein 6.7g	Fat 9.4g	Carbs 10g	Sugar 1.9g	Salt 1g	Fibre 0g
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Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Ingredients

- 400g Skinless Sausages
- 200ml Boiling Water
- 25g Gravy Powder
- 125ml Fortisip Compact Protein* (Neutral Flavour)
- 5 scoops Nutilis Clear

Method

1. Cook the skinless sausages by placing them in a pot of boiling water and boiling for approx. 20 min until they are cooked through.
2. Make up the gravy using 200ml boiling water and 25g gravy powder.
3. Place cooked sausage meat, gravy and Fortisip Compact Protein* in a blender and blend until smooth.
4. Pass the sausage puree through a sieve using the back of a spoon.
5. Whisk in Nutilis Clear thoroughly.
6. Pipe the sausages onto the plate and serve immediately.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 125ml Fortified Milk (p.10). Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.

Tuna

Nutritional Information per portion

Energy 166kcal	Protein 7.1g	Fat 13g	Carbs 6.1g	Sugar 2.2g	Salt 0.44g	Fibre 0.5g
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Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Ingredients

- 300g Tuna (drained)
- 200g Mayonnaise
- 200ml Fortified Milk (p.10)
- 15 scoops Nutilis Clear

Method

1. Place all ingredients (except the Nutilis Clear) in a blender and blend until smooth.
2. Pass through a sieve using a spoon to press through the mixture.
3. Whisk in Nutilis Clear thoroughly and serve with a side dish of your choice.



Dietitian Tip: Use tuna tinned in brine or sunflower oil rather than spring water for additional calories.



Serving suggestion

Pureed Crackers (P.61)

Strawberry Mousse

Level
4Recipe makes
5 PortionsPortion Size
Weight (g)
178

Nutritional Information per portion

Energy 150kcal

Protein 5.5g

Fat 1.3g

Carbs 29g

Sugar 24g

Salt 0.17g

Fibre 0.5g

Ingredients

- 1kg Puréed Strawberries
- 250ml Fortified Milk (p.10)
- 10 scoops Nutilus Clear

Method

1. Sieve the pre-made strawberry puree to ensure there are no lumps.
2. Add the remaining ingredients (except the Nutilus Clear) and whisk until smooth.
3. Whisk in Nutilus Clear thoroughly.



Chef's Tip: Puréed strawberries may be different in consistency. If 10 scoops of Nutilus Clear is not enough, add 2 more scoops and check the consistency again. Repeat this process until you get the correct consistency. Remember to follow the testing guidance on pages 5-7.

Crackers

Level
4Recipe makes
3 PortionsPortion Size
Weight (g)
90

Nutritional Information per portion

Energy 164kcal

Protein 7.1g

Fat 5.4g

Carbs 21g

Sugar 7.7g

Salt 0.37g

Fibre 0.9g

Ingredients

- 100g Crackers
- 350ml Fortified Milk (p.10)
- 2 scoops Nutilus Clear (only if freezing)

Method

1. Crumble the crackers and place them in a blender. Blend until they reach a powder-like consistency.
2. Slowly add the fortified milk until the correct consistency is reached.
3. Pipe the crackers onto your serving plate and layer with your chosen toppings.
4. If **freezing** whisk in Nutilus Clear thoroughly.

Pureed Cheese

Level
4Recipe makes
1 PortionPortion Size
Weight (g)
50

Nutritional Information per portion

Energy 116kcal

Protein 2.8g

Fat 11g

Carbs 2g

Sugar 2g

Salt 0.3g

Fibre 0g

Ingredients

- 50g Cream Cheese
- 2 tsp Fortified Milk (p.10)

Method

1. In a mixing bowl, mix together the cream cheese and fortified milk.
2. Serve on crackers with salmon mousse or mixed leaves.



Chef's Tip: Serve with crackers and relish for a delicious snack. Puree your favourite relish, pass through a sieve and add Nutilus Clear as required. See cracker recipe above.

Soaked Biscuit

Nutritional Information per portion

Energy 215kcal

Protein 7.1g

Fat 6.2g

Carbs 32g

Sugar 13g

Salt 0.45g

Fibre 1.2g



Level
4



Recipe makes
6 Portions



Portion Size
Weight (g)

Ingredients

- 200g Plain Biscuits (avoid those with grains, chocolate chips or nuts)
- 500ml Fortified Milk (p.10)
- 10 scoops Nutilis Clear

Method

1. Break up the biscuits and start blending. Gradually add the fortified milk until you have a smooth biscuit puree.
2. Pass your biscuit puree through a sieve using the back of a spoon.
3. Whisk in Nutilis Clear thoroughly.



Chef's Tip: This recipe can be used to create a biscuit base for desserts such as cheesecakes or banoffee pie.

Jam Biscuit

Nutritional Information per portion

Energy 275kcal

Protein 4.4g

Fat 3.7g

Carbs 55g

Sugar 31g

Salt 0.3g

Fibre 1.5g



Level
4



Recipe makes
6 Portions



Portion Size
Weight (g)

Ingredients

- Biscuit (refer to soaked biscuit recipe above)
- 60g Sieved Jam (raspberry or strawberry)
- 6 scoops Nutilis Clear

Method

1. For the soaked biscuit, please see the recipe above.
2. To make the jam filling, use the back of the spoon to push the jam through a sieve to remove any lumps. After sieving, whisk in the Nutilis Clear thoroughly until the jam is the correct consistency.
3. Using your piping set, pipe the biscuit base onto your serving dish in a circular shape. Then pipe the jam filling into the centre of the circle. See the next page for some inspiration!



Dietitian Tip: Following a 'little and often' meal pattern is often easier for those with a small appetite. This involves having small snacks between meals. This recipe is an example of a nourishing snack to have between meals. We recommend batch cooking and freezing this recipe in individual portions for convenience.



Soaked Biscuit (P.62)

Jam Biscuit (P.62)

Serving suggestion



Serving suggestion

Greek Yogurt with Strawberry



Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)

Nutritional Information per portion

Energy 170kcal

Protein 12g

Fat 8.6g

Carbs 11g

Sugar 8.2g

Salt 0.22g

Fibre 0g

Ingredients

- 500g Greek Yogurt
- 80g Strawberry Puree
- 3-4 scoops Nutilis Clear (only in the fruit puree)

Method

1. Place the strawberry puree in a sieve and use the back of a spoon to push the puree through the sieve into a bowl.
2. Place the Greek yoghurt in a dessert bowl or glass.
3. Whisk the Nutilis Clear into the strawberry puree, allow it to rest for approx. 5 minutes then check the consistency. Once you've reached the correct consistency, add the strawberry puree to the yogurt and enjoy.



Chef's Tip: Greek yogurt is naturally thick and suitable for a puréed diet without thickening. However, ensure to mix the yogurt well before serving.



Dietitian Tip: This puree can be added to porridge or poured over desserts to add extra calories and for a sweet fruity flavour.

Greek Yogurt with Mango



Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)

Nutritional Information per portion

Energy 174kcal

Protein 12g

Fat 8.5g

Carbs 12g

Sugar 8.6g

Salt 0.22g

Fibre 0.5g

Ingredients

- 500g Greek Yogurt
- 80g Mango Puree
- 3-4 scoops Nutilis Clear (only in the fruit puree)

Method

1. Place the mango puree in a sieve and use the back of a spoon to push the puree through the sieve into a bowl.
2. Place the Greek yogurt in a dessert bowl or glass.
3. Whisk the Nutilis Clear into the mango puree, allow it to rest for approx. 5 minutes then check the consistency. Once you've reached the correct consistency, add the mango puree to the yogurt and enjoy.



Chef's Tip: You will find mango puree in large supermarkets. Alternatively you can puree fresh mango using your blender.

Greek yogurt is naturally thick and suitable for a puréed diet without thickening. However, ensure to mix the yogurt well before serving.



Dietitian Tip: This puree can be added to porridge or poured over desserts to add extra calories and for a sweet fruity flavour.



Serving suggestion

Soaked Bread



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Nutritional Information per portion

Energy 140kcal

Protein 7.8g

Fat 2.8g

Carbs 20g

Sugar 8.7g

Salt 0.43g

Fibre 0.8g

Ingredients

- 5 Slices White Bread (crusts removed)
- 450ml Fortified Milk (p.10)
- 5 scoops Nutilis Clear

Method

1. Soak the bread in the fortified milk for 1 hour or overnight if possible.
2. Blitz the soaked bread and any unabsorbed milk in a blender until smooth.
3. Push the puree through a sieve using the back of a spoon.
4. Whisk in Nutilis Clear thoroughly.
5. Pipe the bread into the desired shape, e.g. sandwich, slice of toast, etc.



Chef's Tip: Serve with bacon and scrambled egg to create a wholesome cooked breakfast or a delicious tea time meal.

Grapefruit with Honey



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)

Nutritional Information per portion

Energy 103kcal

Protein 3.6g

Fat 2.4g

Carbs 17g

Sugar 9.3g

Salt 0.04g

Fibre 0.7g

Ingredients

- 500g Tinned Grapefruit Segments (in juice)
- 150ml Fortisip Compact Protein* (Neutral Flavour)
- 2 tsp Honey
- 10-12 Scoops Nutilis Clear

Method

1. Place all ingredients except the Nutilis Clear in a blender and blend until smooth.
2. Pass the blended ingredients through a sieve.
3. Whisk in Nutilis Clear thoroughly until you reach the correct consistency.



Chef's Tip: You can use either tinned grapefruit or fresh grapefruit for this recipe. If using a fresh grapefruit, squeeze ~500ml of the grapefruit juice and pass it through a sieve before blending.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein, please speak to your Speech & Language Therapist or Dietitian about an alternative recipe for you.

Strawberry Delight with Cream

Level
4Recipe makes
4 PortionsPortion Size
Weight (g)
80

Nutritional Information per portion

Energy 120kcal

Protein 4.4g

Fat 8.2g

Carbs 7.3g

Sugar 7g

Salt 0.19g

Fibre 0g

Ingredients

- 47g Strawberry Flavoured Delight
- 280ml Fortified Milk (p.10)
- 80ml Fortified Whipped Cream (p.10)

Method

1. Pour chilled fortified milk into a bowl.
2. Add the Delight powder and whisk until light and creamy.
3. Serve with fortified whipped cream.

Dietitian Tip: Use chocolate flavoured delight to create a nourishing chocolate flavoured dessert.

Banana and Cream

Level
4Recipe makes
4 PortionsPortion Size
Weight (g)
100

Nutritional Information per portion

Energy 212kcal

Protein 1.4g

Fat 16g

Carbs 14g

Sugar 11g

Salt 0.03g

Fibre 0.9g

Ingredients

- 260g Banana (peeled & mashed)
- 180ml Lightly Whipped Fortified Cream
- 1-2 scoops Nutilis Clear (only if freezing)

Method

1. Place the banana and whipped cream in blender and blend until smooth. Check the consistency.
2. Pass the mixture through a sieve using the back of a spoon.
3. Whisk in Nutilis Clear thoroughly if **freezing**.

Pureed Peaches

Level
4Recipe makes
5 PortionsPortion Size
Weight (g)
60

Nutritional Information per portion

Energy 53kcal

Protein 1g

Fat 0g

Carbs 12g

Sugar 6.8g

Salt 0.04g

Fibre 0.6g

Ingredients

- 300g Drained Tinned Peaches
- 10g Skimmed Milk Powder
- 4 scoops Nutilis Clear

Method

1. Take the tin of peaches and drain off the juice.
2. Place the drained peaches and milk powder in a blender and blend until smooth.
3. Pass the mixture through a sieve to remove any bits.
4. Whisk in Nutilis Clear thoroughly, allow to stand and serve.

Passionfruit Cheesecake

Level
4Recipe makes
5 PortionsPortion Size
Weight (g)
130

Nutritional Information per portion

Energy 291kcal

Protein 5g

Fat 19.9g

Carbs 23g

Sugar 13.9g

Salt 0.36g

Fibre 0.58g

Ingredients

Cheesecake

- 150g Cream Cheese
- 150ml Cream
- 200g Passion Fruit Puree
- 5 scoops Nutilis Clear

Biscuit Base

- See recipe for plain soaked biscuit on p.62

Method

1. Beat the cream cheese, cream and passion fruit puree together.
2. Push the mixture through a sieve using the back of a spoon.
3. Whisk in Nutilis Clear thoroughly.
4. Pipe 30g of the biscuit base into the bottom of a glass. Then pipe 100g of cheesecake mix on top to create your cheesecake dessert. Enjoy chilled or freeze for later.

Chef's Tip: Serve your cheesecake with 30g of fortified cream (p.10) for an extra luscious dessert that is rich in calories.

Passion fruit puree can vary in sweetness. Before using your puree, taste it to see if it's sweet enough. If not, add 100g of sugar (or more if needed).

Once you know how much sugar to add, beat the cream cheese & sugar together first and then add the rest of the ingredients to ensure a smooth cheesecake.

Cream Liqueur Cheesecake

Level
4Recipe makes
4 PortionsPortion Size
Weight (g)
140

Nutritional Information per portion

Energy 417kcal

Protein 5.4g

Fat 26.7g

Carbs 37.4g

Sugar 27.4g

Salt 0.62g

Fibre 0.5g

Ingredients

- 200g Cream Cheese
- 150ml Cream
- 20ml Cream Liqueur
- 90g Icing Sugar or Caster Sugar
- 5-6 scoops Nutilis Clear
- Biscuit Base (see recipe for soaked biscuit on p.62)

Method

1. Blend all ingredients except the Nutilis Clear and biscuit base until smooth.
2. Whisk in Nutilis Clear thoroughly. Leave to stand for 5 minutes before checking that the consistency is correct, i.e. will hold its shape if piped or fall off spoon in a single spoonful when tilted and continues to hold shape on a plate.
3. Make up the biscuit base as per the instructions on p.62.
4. Pipe 30g of the biscuit base into the bottom of a glass. Then pipe 100g of cheesecake mix on top to create your cream liqueur cheesecake dessert. Enjoy chilled or freeze for later.

Dietitian Tip: Serve with 30g fortified whipped cream (p.10) for a luscious energy dense dessert.

Fortified Custard

Nutritional Information per portion

Energy 72kcal Protein 3.2g Fat 1.4g Carbs 12g Sugar 8.5g Salt 0.15g Fibre 0g



Level
4



Recipe makes
4 Portions



Portion Size
Weight (g)
50

Ingredients

- 20g Custard Powder
- 20g Caster Sugar
- 210ml Fortified Milk (p.10)
- Nutilis Clear as required

Method

1. Gradually heat 195ml of fortified milk with the sugar in a pot at a medium heat.
2. Mix the custard powder with the remaining 15ml of cold fortified milk until you have a smooth paste.
3. Whisk the custard mixture into the hot milk and pass the mixture through a sieve.
4. If you are using the custard for a cold dessert, allow it to cool slightly then place the custard in a fridge until it is 5 degrees or lower in temperature.
5. If required, whisk in Nutilis Clear thoroughly.

Tiramisu

Nutritional Information per portion

Energy 392kcal Protein 4.8g Fat 31.3g Carbs 20g Sugar 8.1g Salt 0.42g Fibre 0.48g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
200

Ingredients

- 1 litre Strong Coffee
- 30ml Brandy
- 30ml Rum
- 200g Sponge Fingers
- 12 scoops Nutilis Clear

Cream Cheese

- 250g Cream Cheese
- 250ml Cream
- 2 scoops Nutilis Clear

Method

1. Place the Sponge Fingers in a blender and blend until you have a fine flour.
2. Add the strong coffee, brandy and rum to the biscuits and allow to soak for half an hour. Then blend the mixture.
3. Push the mixture through a sieve using the back of a spoon.
4. Whisk in Nutilis Clear thoroughly.
5. For the cream cheese you need a stand mixer or a hand mixer. Use a whisk to blend the cream & cream cheese until thick. Add the Nutilis Clear then whisk again for few seconds until the Nutilis Clear is well.
6. Arrange your tiramisu into a bowl or pipe into a tall glass.

Rice Pudding

Nutritional Information per portion

Energy 161kcal Protein 4.7g Fat 3.2g Carbs 28g Sugar 13g Salt 0.15g Fibre 0.6g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
120

Ingredients

- 100g Ground Pearl Rice (see Chef's Tip)
- 600ml Whole Milk (for cooking)
- 200ml Fortisip Compact Protein* (Neutral Flavour)
- 3 scoops Nutilis Clear

Jam

- 100g Jam Sauce (sieved)
- 9 scoops Nutilis Clear

Method

1. Boil the ground rice in 600ml of milk. Reduce the heat and continue to cook until thickened, stirring continuously.
2. Place the cooked rice in a blender, blend and gradually add the Fortisip Compact Protein*.
3. Pass the blended rice through a sieve using the back of a spoon.
4. Whisk in Nutilis Clear thoroughly. Once the mixture is at the correct consistency, serve as you like and enjoy.



Chef's Tip: Before you start, blend the uncooked rice in a food processor until it reaches a powder or flour like consistency. This will help your rice cook evenly as well as making it easier to blend and sieve once cooked. For a sweet rice pudding, add sugar or honey to taste. You could also use mango puree for flavour variation.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 200ml Fortified Milk (p.10). Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.

Pureed Pear

Nutritional Information per portion

Energy 66kcal Protein 1g Fat 0.5g Carbs 15g Sugar 8.3g Salt 0.05g Fibre 1.5g



Level
4



Recipe makes
2 Portions



Portion Size
Weight (g)
100

Ingredients

- 1 Tin of Pears (juice drained)
- 50ml Fortisip Compact Protein* (Neutral Flavour)
- 7 scoops Nutilis Clear

Method

1. Place all ingredients (except the Nutilis Clear) in a blender and blend until smooth.
2. Pass the puree through a sieve using the back of a spoon.
3. Whisk in Nutilis Clear thoroughly. Once the mixture is at the correct consistency, serve as you like and enjoy.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein by your healthcare professional, you can swap out this ingredient for 50ml Fortified Milk (p.10). Speak to your Speech & Language Therapist or Dietitian if you are unsure what to use in this recipe.

Mocha Dessert

Nutritional Information per portion

Energy 118kcal Protein 7g Fat 3.8g Carbs 14g Sugar 11g Salt 0.33g Fibre 0g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
120

Ingredients

- 40ml Boiling Water
- 1 tsp Instant Coffee
- 500ml Fortified Milk (p.10)
- 118g of Chocolate delight
- 3 scoops Nutilis Clear

Method

1. Whisk in the chocolate delight powder into the fortified milk until light and fluffy.
2. Add the boiling water to the coffee granules, stir until the granules are dissolved then add to the chocolate delight mixture.
3. Use the back of a spoon to push the mixture through a sieve.
4. Whisk in Nutilis Clear thoroughly. Once the mixture is at the correct consistency, serve as you like and enjoy.

Chef's Tip: Serve with fortified cream (p.10) for added calories and protein.

Irish Cream

Nutritional Information per portion

Energy 462kcal Protein 9.9g Fat 31g Carbs 31g Sugar 13g Salt 0.19g Fibre 0.8g



Level
4



Recipe makes
1 Portions



Portion Size
Weight (g)
150

Ingredients

- 20ml Cream Liqueur
- 70ml Fresh Whipped Cream
- 65ml Fortisip Compact Protein* (Neutral or Mocha Flavour)
- 4 scoops Nutilis Clear

Method

1. Whip the cream.
2. Add in Cream liqueur and Fortisip Compact Protein*.
3. Pass the mixture through a sieve.
4. Whisk in Nutilis Clear thoroughly and allow the cream to come to the right consistency before serving.

*This recipe contains an oral nutritional supplement (ONS) called Fortisip Compact Protein. In the case that you have not been prescribed Fortisip Compact Protein, please speak to your Speech & Language Therapist or Dietitian about an alternative recipe for you.

Mango Chill

Nutritional Information per portion

Energy 351kcal Protein 10.5g Fat 14.6g Carbs 44g Sugar 36.3g Salt 0.2g Fibre 0.16g



Level
4



Recipe makes
1 Portions



Portion Size
Weight (g)
210

Ingredients

- 100g Frozen Mango
- 125g (1 pot) Custard Style Fruit Yogurt
- 8g (2 tbsp) Skimmed Milk Powder
- Fortified Cream (p.10)
- 30ml Fortisip Compact Protein* (Neutral Flavour)
- 1 scoop Nutilis Clear

Method

1. Place mango, Fortisip Compact Protein*, milk powder and yogurt in blender and blitz until smooth.
2. Pass the mixture through a sieve using the back of a spoon.
3. Whisk in Nutilis Clear thoroughly.
4. Serve with 30g fortified cream.

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Sherry Trifle

Nutritional Information per portion

Energy 324kcal Protein 9.6g Fat 12.5g Carbs 42g Sugar 25.6g Salt 2.5g Fibre 0.78g



Level
4



Recipe makes
5 Portions



Portion Size
Weight (g)
180

Ingredients

- 200g Plain Sponge Cake
- 250g Orange Juice
- 20g Sherry
- 4 scoops Nutilis Clear

Fortified Cream

- See recipe on p.10

Fortified Custard

- See recipe on p.72

Method

1. **Sponge:** Blitz the sponge cake in a blender or food processor until a very fine crumb forms. Add the orange juice and sherry and mix well.
2. Using the back of a spoon, push the sponge mixture through a sieve. Allow soak for 1 hour or overnight. Check the consistency once finished soaking. Add Nutilis Clear if required.
3. **Custard:** See recipe on p.72.
4. To assemble, pipe the sponge into the bottom of your bowl or plate, then pipe the custard on top of the sponge and finally pipe the whipped cream on top. This recipe looks great when piped into a tall glass bowl or a large drinking glass.

Chef's Tip: You can also sprinkle some cocoa powder on top.

Thank You

Nutricia Ireland Ltd was delighted to have the opportunity to collaborate with St. Michael's Hospital on this wonderful initiative that had patients at its very core. This unique project was focused on achieving the highest standard of delicious and nutritious recipes for people living with dysphagia or swallowing difficulties.

This work demonstrates the importance and value of a multi-disciplinary team approach when catering for the needs of people with swallowing difficulties. The team involved, including dietitians, a Speech and Language Therapist, chefs and the wider catering team are a leading example of how to raise the standards of patient meals in hospital, whilst also supporting people to prepare tasty, nutritious puréed meals at home.

We wish to thank the team at St. Michael's for inviting us to partner with them on this fantastic resource. This recipe book would not have been possible without their care, expertise, and passion for caring for people living with swallowing difficulties. We would also like to thank Dysphagia Chef Niamh Condon whose support on this project has been hugely valued. We hope that this recipe book will make eating a more pleasurable experience for people living with swallowing difficulties.





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