

## **Ensure Plus® Recipes**

### **Mocha Shake**

In a blender container, combine 1 serving Ensure Plus®, 1 scoop vanilla ice cream, 3 Tbsp chocolate syrup, 1 tsp instant coffee powder and dash cinnamon.

### **Strawberry Shake**

In a blender container, combine 1 serving Ensure Plus®, 1 scoop vanilla ice cream, and 1/2 cup frozen strawberries (slightly thawed).

### **Chocolate Shake**

In a blender container, combine 1 serving Ensure Plus®, 2 Tbsp chocolate syrup, and a scoop of vanilla or chocolate ice cream. For a tasty treat, add 1/4 banana.

### **Choco-Nutty Shake**

In a blender container, combine 1 serving Ensure Plus®, 2 Tbsp chocolate syrup, 1 scoop ice cream and 2 Tbsp peanut butter.

### **Berry-Delicious Shake**

In a blender container, combine 1 serving Ensure Plus®; 1/4 cup each frozen strawberries and raspberries, slightly thawed; 1/4 medium banana and 1 scoop ice cream.

### **Orange Smoothie**

In a blender container, combine 1 serving Ensure Plus®; 1/4 cup pasteurized egg substitute; 1/4 cup frozen orange juice concentrate; 1/4 tsp vanilla.

### **Malt Flavor**

Blend 1 serving Ensure Plus® with 1 heaping tsp of malt powder (can be purchased in any grocery store - look in the flavoring section).

### **Butterscotch**

To 1 serving Ensure Plus®, add 1 tsp butterscotch syrup or 1 Tbsp butterscotch pudding powder. Add a little brown sugar for extra flavor.

### **Eggnog**

Add 1 Tbsp egg custard mix (available in the pudding section of the grocery store) to Ensure Plus® and blend. For extra flavor, add 1/4 tsp vanilla and sprinkle with nutmeg. Note: Do NOT use raw eggs – you may become ill!

### **Dry Gelatin**

To offer a wide variety of fruit flavors, add 1-1/2 tsp of dry flavored gelatin to 1/2 cup Ensure Plus® and stir well. If allowed to set in the refrigerator, it may tend to thicken.

### **Fruit Puree**

In a blender container, combine 1 serving Ensure Plus® with 1/4 to 1/2 cup canned, fresh, or frozen fruit (peaches, berries, bananas, etc.)

### **Extracts**

Look in the spice section of the grocery store. Add a few drops of your choice - vanilla, almond, lemon, or orange to flavor the Ensure Plus®.

(If desired, ice cream can be omitted from any recipe).