



ENSURE PLUS JUCE

RECIPE BOOK





“

The recipes in this booklet have been developed by NHS dietitians.

They work with patients who have, or are at risk of malnutrition, and their families/carers. These tried and tested recipes have been produced using their expertise to look and taste delicious, using ingredients found in most kitchens or easily available in local shops.

Juice style ONS are great for people who don't like or tolerate* milkshake style drinks. These can help to meet your nutritional requirements of energy, protein, vitamins and minerals. The drinks are a nutritious way to meet your fluid requirements.

These recipes will help you create refreshing drinks in a variety of flavours, providing a versatile base to prevent boredom and ensuring that you take the recommended amount to improve your nutritional status.

”

* Ensure Plus juice is clinically lactose free but contains milk protein. Therefore, it is not suitable for those requiring a milk protein free diet.

TINA HOWE BSC, RD
Berkshire Healthcare NHS





CONTENTS

ENSURE PLUS JUCE ORANGE FLAVOUR RECIPES

- 3 ORANGE & LEMONADE
- 4 OVERNIGHT OATS
- 5 ORANGE & GRAPEFRUIT
BREAKFAST JUICE
- 6 BREAKFAST ORANGE JUICE

ENSURE PLUS JUCE APPLE FLAVOUR RECIPES

- 7 PIMM'S® WINTER
WARMER DRINK
- 8 APPLE & GINGER FIZZ
- 9 APPLE BLAST

ENSURE PLUS JUCE FRUIT PUNCH FLAVOUR RECIPES

- 10 TANGY RASPBERRY JELLY
- 11 FRUIT PUNCH

ENSURE PLUS JUCE LEMON & LIME FLAVOUR RECIPES

- 12 LEMON &
ELDERFLOWER SPRITZER
- 13 MALIBU® & COLA
- 14 LEMON & LIME
ICE LOLLY
- 15 HOT TODDY
- 16 LEMON & LIME FLAVOUR JELLY

ENSURE PLUS JUCE STRAWBERRY FLAVOUR RECIPES

- 17 STRAWBERRY LOLLY
- 18 STRAWBERRY, CUCUMBER
& MINT PRESSÉ
- 19 BLACKCURRANT JELLY

ENSURE PLUS JUCE PEACH FLAVOUR RECIPES

- 20 PEACH & APPLE JUICE
- 21 PEACH BELLINI

All protein and calorie values are best estimates and offer an indication as to the nutritional content of recipes. Actual values will vary with brands.





ENSURE PLUS JUCE
ORANGE
FLAVOUR RECIPES



PROTEIN 5.6g **CALORIES 195kcal**

ORANGE & LEMONADE

INGREDIENTS

110ml Ensure Plus juice
orange flavour

50ml smooth orange juice

50ml lemonade

INSTRUCTIONS

Pour the Ensure Plus juice and orange juice into a tall glass and top with the lemonade, add a cube of ice if desired.



PROTEIN 32.6g* **CALORIES 1070kcal***

OVERNIGHT OATS



INGREDIENTS

200g porridge oats

220ml Ensure Plus juice
orange flavour

100ml boiling water

*Makes four portions, each containing
approximately: 8.2 g protein, 268 kcal.

INSTRUCTIONS

Mix the Ensure Plus juice orange flavour with the porridge oats and 100ml boiling water, store in an airtight container and leave to soak overnight in the fridge. Serve with a drizzle of honey, if desired.





ENSURE PLUS JUCE
ORANGE
FLAVOUR RECIPES



PROTEIN 5.9g **CALORIES 200kcal**

ORANGE & GRAPEFRUIT BREAKFAST JUICE

INGREDIENTS

110ml Ensure Plus juice
orange flavour

90ml pink grapefruit
juice

garnish with pink
grapefruit if desired

INSTRUCTIONS

Combine 110ml of
orange flavour Ensure
Plus juice with 90ml
pink grapefruit juice
and serve in a short
tumbler.





PROTEIN 6g **CALORIES 205kcal**

BREAKFAST ORANGE JUICE

INGREDIENTS

110ml Ensure Plus juice
orange flavour

90ml smooth orange
juice

INSTRUCTIONS

Combine the Ensure Plus juice and the orange juice in a small glass tumbler and add a slice of orange if desired.





ENSURE PLUS JUCE
APPLE
FLAVOUR RECIPES



PROTEIN 10.6g **CALORIES 410kcal**

PIMM'S® WINTER WARMER DRINK



INGREDIENTS

220ml Ensure Plus
juce apple flavour

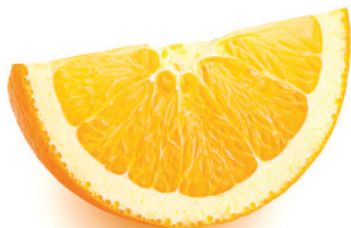
50ml Pimm's® Winter*

apple and orange
slices to garnish

*Please be sure to consult with
your healthcare professional
before adding alcohol to your
Ensure Plus juice recipes.

INSTRUCTIONS

Gently warm the
Ensure Plus juice in a
small saucepan on a
low heat. Be careful
not to allow it to boil,
as this can destroy
some of the nutrients.
Add the Pimm's®,
apple and orange
and serve in a mug
or heat-proof glass.



PROTEIN 5.3_g CALORIES 195_{kcal}

APPLE & GINGER FIZZ

INGREDIENTS

110ml Ensure Plus juice
apple flavour

40ml apple juice

50ml non-alcoholic
ginger beer

chopped ginger, if
desired

fresh apple



INSTRUCTIONS

Combine the 110ml Ensure Plus juice apple flavour with the apple juice and ginger beer in a tall glass. Add an ice cube and garnish your drink with fresh apple or chopped ginger.





ENSURE PLUS JUCE
APPLE
FLAVOUR RECIPES



PROTEIN 5.3g **CALORIES 180kcal**

APPLE BLAST

INGREDIENTS

110ml Ensure Plus juice
apple flavour
90ml lemonade
sprig of fresh mint

INSTRUCTIONS

Combine the Ensure Plus juice with the lemonade in a tall glass, garnish with the sprig of mint and add an ice cube to make your apple blast treat extra cold.





ENSURE PLUS JUCE
FRUIT PUNCH
FLAVOUR RECIPES

PROTEIN 18g **CALORIES 700kcal***

TANGY RASPBERRY JELLY

INGREDIENTS

220ml bottle of Ensure Plus juice fruit punch flavour

20ml boiling water

1 pack of 135g jelly raspberry flavour

handful raspberries

INSTRUCTIONS

Break up the jelly cubes into a microwavable bowl and pour in the boiling water. Microwave for approximately 1 minute on medium setting until all jelly has dissolved. Pour in the bottle of Ensure Plus juice fruit punch flavour and serve in two small jelly moulds, and add a handful of raspberries. Place in the fridge for approximately 4 hours until set.

*Makes two portions





ENSURE PLUS JUCE
FRUIT PUNCH
FLAVOUR RECIPES



PROTEIN 5.9_g CALORIES 200_{kcal}

FRUIT PUNCH

INGREDIENTS

110ml Ensure Plus juce
fruit punch flavour

90ml smooth
orange juice

slice of orange
and apple

INSTRUCTIONS

Combine the Ensure Plus juce fruit punch flavour and orange juice in a short tumbler, serve with a slice of orange and apple and add an ice cube if desired.



ENSURE PLUS JUCE
LEMON & LIME
FLAVOUR RECIPES



PROTEIN 5.3g **CALORIES 265 kcal***

LEMON & ELDERFLOWER SPRITZER

*Calorie content of elderflower cordial varies significantly, this is an average of the 4 most popular brands.

INGREDIENTS

110ml Ensure Plus juice
lemon and lime flavour
90ml of lemonade
50ml shot of
elderflower cordial

INSTRUCTIONS

Pour the elderflower cordial into a wine glass, then add the Ensure Plus juice and lemonade. Garnish with a sprig of mint and add some ice, if desired





ENSURE PLUS JUCE
LEMON & LIME
FLAVOUR RECIPES

PROTEIN 5.3g **CALORIES 200kcal** WITH COCONUT
ESSENCE or **255kcal** WITH MALIBU

MALIBU® & COLA



INGREDIENTS

110ml Ensure Plus
juce lemon and lime
flavour

90ml cola

2 drops of coconut
essence, or 1 25ml shot
of Malibu®** if desired

INSTRUCTIONS

Pour the Ensure Plus juice lemon and lime
flavour and cola into a tall glass, then add the
coconut essence or Malibu®**, add an ice cube
if desired.



**Please be sure to consult with
your healthcare professional
before adding alcohol to your
Ensure Plus juice recipes.





PROTEIN 5.3_g CALORIES 170_{kcal}

LEMON & LIME ICE LOLLY



INGREDIENTS

110ml Ensure Plus juice
lemon and lime flavour

20ml lemonade

INSTRUCTIONS

Combine the ingredients and pour into a lolly mould, ensure that the lid is secured and place in the freezer for approximately 6 hours until frozen. Allow a few minutes for the lolly to thaw slightly before eating.



ENSURE PLUS JUCE
LEMON & LIME
FLAVOUR RECIPES



PROTEIN 10.6g CALORIES 385kcal WITHOUT WHISKEY
485kcal WITH WHISKEY*

HOT TODDY

INGREDIENTS

220ml Ensure Plus juice lemon and lime flavour

3 tsp honey

juice of half a lemon

quarter of a tsp cinnamon

50ml whiskey if desired*

*Please be sure to consult with your healthcare professional before adding alcohol to your Ensure Plus juice recipes.

INSTRUCTIONS

Gently heat the Ensure Plus juice lemon and lime flavour in a small saucepan on a low heat, until warm. Be careful not to allow it to boil as this can destroy some of the nutrients. Add the honey and lemon and stir in the cinnamon. Carefully pour into a heat-proof glass or mug and add a shot of whiskey*, if desired.





PROTEIN 18_g* **CALORIES 700_{kcal}***

LEMON & LIME FLAVOUR JELLY

INGREDIENTS

220ml bottle of
Ensure Plus juice
lemon and lime
flavour

1 pack of 135g jelly
lemon flavour

20ml boiling water

*Makes two portions

INSTRUCTIONS

Break up the jelly cubes into a microwavable bowl and pour in 20ml of boiling water.

Microwave for approximately 1 minute on medium setting until all jelly has dissolved.

Pour in the bottle of Ensure Plus juice lemon and lime flavour and serve in two small jelly moulds. Place in the fridge for approximately 4 hours until set and then serve with a scoop of ice-cream and fruit if desired.



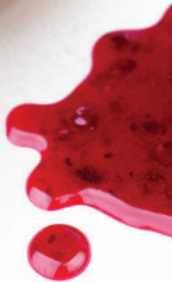


ENSURE PLUS JUCE
STRAWBERRY
FLAVOUR RECIPES



PROTEIN 5.3g **CALORIES 205kcal**

STRAWBERRY LOLLY



INGREDIENTS

110ml Ensure Plus
juce strawberry
flavour

50ml shot strawberry
purée

INSTRUCTIONS

Combine the ingredients and pour into a lolly mould, ensure that the lid is secured and place in the freezer for approximately 6 hours until frozen. Allow a few minutes for the lolly to thaw slightly before eating.



PROTEIN 5.3g **CALORIES 180kcal**

STRAWBERRY, CUCUMBER & MINT PRESSÉ

INGREDIENTS

110ml Ensure Plus juice
strawberry flavour

90ml of lemonade

3-5 slices of cucumber and
several leaves of mint

garnish with fresh
strawberries if desired

INSTRUCTIONS

Combine 110ml bottle
Ensure Plus juice
strawberry flavour with
90ml lemonade, garnish
with a sprig of mint and
some cucumber slices
and serve in a tall glass.





ENSURE PLUS JUCE
STRAWBERRY
FLAVOUR RECIPES



PROTEIN 18g **CALORIES 700kcal***

STRAWBERRY & BLACKCURRANT JELLY

INGREDIENTS

220ml Ensure Plus
juce strawberry
flavour

1 pack of 135g jelly
blackcurrant flavour

vanilla ice cream

20ml boiling water

*Makes two portions

INSTRUCTIONS

Break up the jelly cubes into a microwavable bowl and pour in 20ml of boiling hot water. Microwave for approximately 1 minute on medium setting until all jelly has dissolved. Pour in the bottle of Ensure Plus juice strawberry flavour and serve in two small jelly moulds. Place in the fridge for approximately 4 hours until set and then serve with a scoop of ice-cream and fruit if desired.





ENSURE PLUS JUCE
PEACH
FLAVOUR RECIPES



PROTEIN 5.3_g CALORIES 205_{kcal}

PEACH & APPLE JUICE

INGREDIENTS

110ml Ensure Plus juice
peach flavour
90ml apple juice
dash of peach purée

INSTRUCTIONS

Add the peach purée to a tall glass, then combine the Ensure Plus juice peach flavour and apple juice and stir, serve with an ice cube if desired.





ENSURE PLUS JUCE
PEACH
FLAVOUR RECIPES



PROTEIN 5.3_g CALORIES 205_{kcal} GRAPE / 230_{kcal} PROSECCO*

PEACH BELLINI

INGREDIENTS

110ml Ensure Plus juice
peach flavour

a dash of peach purée

70ml sparkling grape
juice, or use prosecco*
if desired

*Please be sure to consult with
your health care professional
before adding alcohol to your
Ensure Plus juice recipes.

INSTRUCTIONS

Add a small teaspoon
of peach purée to a tall
champagne flute, then
add 110ml the Ensure
Plus juice peach
flavour and top up
with sparkling grape
juice, or prosecco*
if desired.





For more information visit:
nutrition.abbott/uk

ANUKANI180301

Date of Preparation: December 2018

© 2018 Abbott. All rights reserved. All trademarks referenced are trademarks of either the Abbott group of companies or their respective owners. Any photos displayed are for illustrative purposes only. Ensure Plus juice does not contain real fruit juice.

