

Nutrition Supplement Recipes

During cancer treatment you may need to use liquid nutritional supplements (i.e. Ensure[®], Boost[®], Orgain[®]). These liquid nutritional supplements provide you with calories and nutrients to help you maintain or gain weight during treatment. Here is a list of recipes that can be used with liquid nutritional supplements to enhance the flavor of these supplements. Do not use the recipes that contain milk or milk products if you have been told you are lactose intolerant. If you experience diarrhea while using the recipes, stop taking the supplement and notify your healthcare team. Also ask your healthcare team for the document “Suggestions to Increase Calories for Weight Gain”.

Smoothies:

Banana Blender

Ingredients:

- 1 can vanilla liquid nutritional drink
- 1 cup sliced bananas, frozen
- 1/2 cup vanilla ice cream or whipped topping

Directions:

1. Place all ingredients in blender.
2. Blend until smooth.
3. Pour and serve.

Yield: 1 serving Calories: 615 w/ice cream, 463 w/whipped topping

Blueberry Blaster

Ingredients:

- 1 can vanilla liquid nutritional drink
- 1 cup blueberries, frozen
- 1/2 cup vanilla ice cream or whipped topping

Directions:

1. Place all ingredients in blender.
2. Blend until smooth.
3. Pour and serve.

Yield: 1 serving Calories: 615 w/ice cream, 463 w/whipped topping

Cherry Cooler

Ingredients:

- 1 can vanilla liquid nutritional drink, chilled
- 3 Tablespoons of sugar-sweetened cherry-flavored beverage powder (such as Kool-Aid)
- 1/4 Teaspoon vanilla extract

Directions:

1. Blend Liquid nutritional drink, beverage powder, and vanilla extract in a large glass.
2. Mix thoroughly.
3. Pour into a large glass and serve.

Variations: Substitute other flavors of beverage powder, excluding grape.

Yield: 1 serving Calories: 498

Chocolate Mint Shake

Ingredients:

1 can chocolate liquid nutritional drink
1/2 cup mint chocolate chip ice cream

Directions:

1. Combine ingredients and mix in a blender until smooth.
2. Serve immediately

Yield: 1 serving Calories: 495

Strawberry Sensation Smoothie

Ingredients:

1 can vanilla Liquid nutritional drink
1/2 cup frozen strawberries
1/2 cup vanilla ice cream or whipped topping

Directions:

1. Place all ingredients in blender.
2. Blend until smooth.
3. Pour and serve.

Variations: Add a teaspoon of sugar to make a smoothie sweeter.
 Add a dash of cinnamon or nutmeg to spice it up.

Yield: 1 serving Calories: 536 w/ice cream, 384 w/whipped topping

Peach Perfection Smoothie

Ingredients:

1 can vanilla liquid nutritional drink
1 can peaches in syrup
1/2 cup vanilla ice cream or whipped topping

Directions:

1. Place all ingredients in blender.
2. Blend until smooth.
3. Pour and serve.

Variations: Add a teaspoon of sugar to make a smoothie sweeter.
 Add a dash of cinnamon or nutmeg to spice it up.

Yield: 1 serving Calories: 782 w/ice cream, 630 w/whipped topping

Peanut Butter Smoothie

Ingredients:

1 can vanilla liquid nutritional drink
3 Tablespoons creamy peanut butter

Directions:

Combine all ingredients and mix in blender until smooth. Serve immediately.

Yield: 1 serving Calories: 645

Strawberry Banana Smoothie

Ingredients:

1 can vanilla liquid nutritional drink
1 sliced banana
1/2 cup frozen strawberries
1/2 cup vanilla ice cream or whipped topping

Directions:

1. Place all ingredients in blender.
2. Blend until smooth.
3. Pour and serve.

Variations: Add a teaspoon of sugar to make a smoothie sweeter.
Add a dash of cinnamon or nutmeg to spice it up.

Yield: 1 serving **Calories:** 641 w/ice cream, 489 w/whipped topping

Almond Joy

Ingredients:

1/2 cup coconut milk, chilled
1/8 Teaspoon almond extract
1/2 cup chocolate ice cream
1/2 cup (1/2 bottle) vanilla liquid nutritional drink

Directions:

1. Combine all ingredients in a blender. Cover and blend until smooth.
2. Serve immediately.

Yield: 1 serving **Calories:** 480

Pina Colada Cooler

Ingredients:

1 can vanilla liquid nutritional drink
1/2 cup crushed pineapple
1/2 cup vanilla ice cream
1/8 Teaspoon coconut extract

Directions:

1. Combine all ingredients and mix in blender until smooth.
2. Serve immediately.

Yield: 1 serving **Calories:** 607

Beverages:

Café au Lait

Ingredients:

- 1 1/2 cans vanilla liquid nutritional drink
- 1 Tablespoon or less instant coffee
- 1/4 cup boiling water

Directions:

1. Dissolve 1 Tablespoon instant coffee in 1/4 cup boiling water.
2. Add to vanilla Liquid nutritional drink. Serve in cups.

Yield: 2 servings (approximately 1 cup each) Calories: 180/serving

Coffee

Ingredients:

- 1 can vanilla liquid nutritional drink
- 1 Teaspoon instant coffee

Directions:

1. Pour Liquid nutritional drink into large microwavable mug.
2. Microwave on high 1-1/2 to 2 minutes or until hot. (Caution: mug may be hot.)
3. Stir in coffee and serve.

Yield: 1 serving Calories: 240

Frosty Cocoa

Ingredients:

- 1/2 cup ice cubes
- 1/2 cup chocolate liquid nutritional drink, chilled
- 1 package hot cocoa mix*

Directions:

1. Place ice cubes in blender.
2. Blend until snow cone consistency.
3. Add hot cocoa mix, then Liquid nutritional drink.
4. Blend until powder is completely mixed and mixture is smooth.
5. Pour and serve.

Variation: Frosty Mocha: Blend 1/2 Teaspoon instant coffee into Frosty Cocoa.
*Cocoa mix contains nonfat milk (lactose).

Yield: 1 serving Calories: 230

Hot Cocoa

Ingredients:

- 1 can vanilla liquid nutritional drink
- 1 package hot cocoa mix

Directions:

1. Pour liquid nutritional drink into large microwavable mug.
2. Microwave on high 1-1/2 to 2 minutes or until hot. (Caution: mug may be hot.)
3. Gradually stir in 1 envelope cocoa mix until well blended.

Variations: Mocha: Stir in 1/2 Teaspoon instant coffee to hot cocoa.
 Cherry: Stir in 1/4 Teaspoon cherry extract flavoring.

Yield: 1 serving Calories: 350

Super Foods:

Cool Pudding Treat

Ingredients:

1 – 3.4 oz. package instant pudding mix, any flavor
1 cup milk
1 can vanilla liquid nutritional drink

Directions:

Prepare pudding mix as directed on package, substituting liquid nutritional drink for one cup of the milk.
Mix thoroughly and chill until set.

Yield: 4 – 1/2 cup servings. Calories: 144

Fantastic French Toast

Ingredients:

1/4 cup vanilla liquid nutritional drink
1 egg
1 Tablespoon flour
2 slices white or wheat bread

Directions:

Blend the vanilla liquid nutritional drink, egg and flour until smooth. Soak bread in egg mixture until saturated. Cook bread slices on a hot griddle (350° F) for 2 - 3 min. on each side or until golden brown.
Serve warm.

Serving suggestions: Sprinkle with powdered sugar. Serve with warm maple syrup.

Yield: 1 serving Calories: 326

Orange Jewel Dessert

Ingredients:

1 – 4 oz. package orange gelatin dessert mix
1 cup boiling water
1/2 cup vanilla liquid nutritional drink
1 Tablespoon orange juice concentrate
2 cups non-dairy whipped topping
11 oz. can Mandarin oranges, drained

Directions:

Add boiling water to gelatin mix and stir until dissolved. Add vanilla liquid nutritional drink and orange juice concentrate and stir until combined. Refrigerate until slightly thickened (approx. 30 min.). Stir in whipped topping and Mandarin oranges. Mix well. Chill until set.

Yield: 4 – 1/2 cup servings. Calories: 328

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.