



COMPLETE, BALANCED NUTRITION  
**Ensure**<sup>®</sup>  
*Recipe Book*



Delicious Creamy Vegetable Lasagne





Delicious Macaroni Cheese

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Good nutrition is important for everyone. What you eat not only affects how you feel, but can also affect recovery following illness.

A balanced diet helps you to maintain good nutrition. However, due to many reasons, you may not be able to meet your daily nutritional requirements with your usual diet.

### Ensure®

**Ensure** has been scientifically formulated for people needing a nutritional boost to their normal diet. Your diet may be inadequate for your body's needs because of recent illness, a chronic condition or simply from leading a busy lifestyle with little time to eat as you should.

**Ensure** helps to bridge the gap between the nourishment your body needs and the amount you can manage. **Ensure** provides energy, protein and a wide range of minerals and vitamins essential for health.

This **Ensure Recipe Book** has a range of easy, great tasting recipes which will assist you in preparing refreshing and nourishing meals and snacks with the added benefits of **Ensure** to help you increase your nutritional intake.

The nutritional value of your everyday meals can be increased through the addition of **Ensure** to recipes such as sauces, soups, dinners and desserts.

**These recipes use Australian Standard metric measures:**

**1 cup = 250mL,**

**1 tablespoon = 20mL,**

**1 teaspoon = 5mL.**

**All measurements are level.**



## Drink Ensure® Daily for Healing, Thriving, Living

### What is Ensure?

**Ensure** is a premium oral nutritional supplement recommended by doctors and dietitians for people needing extra nutrition.

**Ensure** contains the essential nutritional requirements including carbohydrates, protein, vitamins and minerals.

### Features

- **Nutritionally complete and balanced**
- **Good source of 28 Vitamins and Minerals**
- **Protein and Energy**
- **Low in saturated fats**
- **Gluten free**

### What does Ensure do?

**Ensure** provides your body with the components of a healthy diet in the convenience of a drink. **Ensure** contains protein and energy for tissue repair, calcium and vitamin D for bone health, and B vitamins for energy production.

### Benefits

- Improves nutritional status
- Improves recovery from illness or surgery
- Improves strength, wound healing, and well-being
- Promotes healthy body weight
- Improves dietary intake

### Where Can I Buy Ensure?

**Ensure** is recommended by doctors and dietitians and is available only in Pharmacies.



The new and improved **Ensure**® formula now comes in both vanilla and chocolate.

**Ensure**® Vanilla is available in 400g and 900g tins

**Ensure**® Chocolate is available in 900g tins

## Bacon and Cheese Muffins

### Ingredients:

1 rasher bacon, trimmed and chopped  
¼ cup melted polyunsaturated spread  
1 egg, lightly beaten  
1 cup low fat milk  
1½ cups plain flour  
4 teaspoons baking powder  
1 teaspoon Spanish paprika  
½ cup **Ensure Vanilla Powder**  
1 cup grated tasty cheese

Nutrition content per muffin	
Energy	938kJ
Protein	10g
Total fat	10g
Saturated fat	4g
Carbohydrate	22g
Sugar	3g
Dietary Fibre	1g
Sodium	371mg

### Method:

1. Preheat oven to 200°C. Lightly grease 10 x ⅓ cup (80mL) capacity muffin tins, or line with paper muffin cups.  
Place bacon into a small pan and frizzle gently until cooked. Combine bacon with spread, egg and milk.
2. Place flour, baking powder, paprika and **Ensure** into a bowl, mix well. Stir in half the cheese and make a well in the centre.
3. Add milk mixture and mix lightly, using no more than 12 strokes. Spoon into muffin tins, sprinkle with remaining cheese and bake for 20 minutes, or until well risen and golden brown. Cool on a wire rack.

### Makes 9

*Hint:* There may still be some flour visible in the mixture when spooning into the muffin tins. If you continue stirring until the mixture is smooth, the muffins will be heavy and tough.





## Banana Muffins

### Ingredients:

1½ cups plain flour  
½ cup **Ensure Vanilla Powder**  
4 teaspoons baking powder  
½ cup brown sugar  
2 small ripe bananas, mashed  
¼ cup melted polyunsaturated spread  
1 egg, lightly beaten  
¾ cup low fat milk  
½ teaspoon vanilla extract

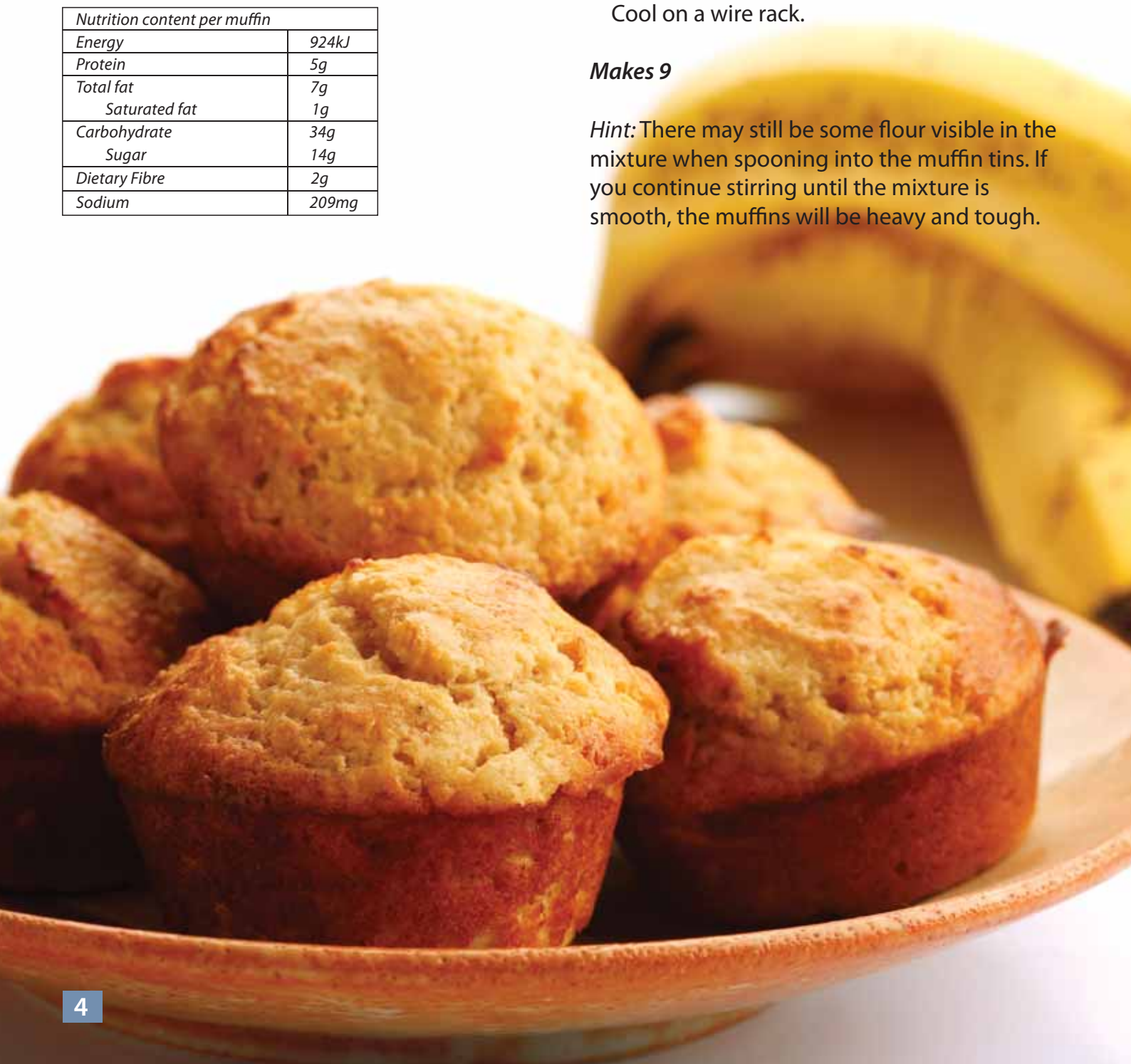
Nutrition content per muffin	
Energy	924kJ
Protein	5g
Total fat	7g
Saturated fat	1g
Carbohydrate	34g
Sugar	14g
Dietary Fibre	2g
Sodium	209mg

### Method:

1. Preheat oven to 200°C. Lightly grease 10 x ⅓ cup (80mL) capacity muffin tins, or line with paper muffin cups.
2. Place flour, **Ensure** and sugar into a bowl, mix well and make a well in the centre. Combine bananas, spread, egg, milk and vanilla and pour into dry mixture.
3. Stir gently, using no more than 12 strokes. Spoon into muffin cups and bake for 15-20 minutes, or until well risen and golden brown. Cool on a wire rack.

### Makes 9

*Hint:* There may still be some flour visible in the mixture when spooning into the muffin tins. If you continue stirring until the mixture is smooth, the muffins will be heavy and tough.



# Smoothies

## Banana Smoothie

### Ingredients:

1 cup iced water  
3 tablespoons **Ensure Vanilla Powder**  
1 small ripe banana, peeled and sliced  
2 teaspoons honey  
ground nutmeg

### Method:

1. Place water, **Ensure**, banana and honey into a blender jug.  
Blend until smooth and frothy.
2. Serve sprinkled with a little ground nutmeg.

**Makes 350mL**

Nutrition Content for 350mL	
Energy	987kJ
Protein	6g
Total fat	4g
Saturated fat	<1g
Carbohydrate	44g
Sugar	31g
Dietary Fibre	3g
Sodium	102mg





# Smoothies

## Strawberry Delight

### Ingredients:

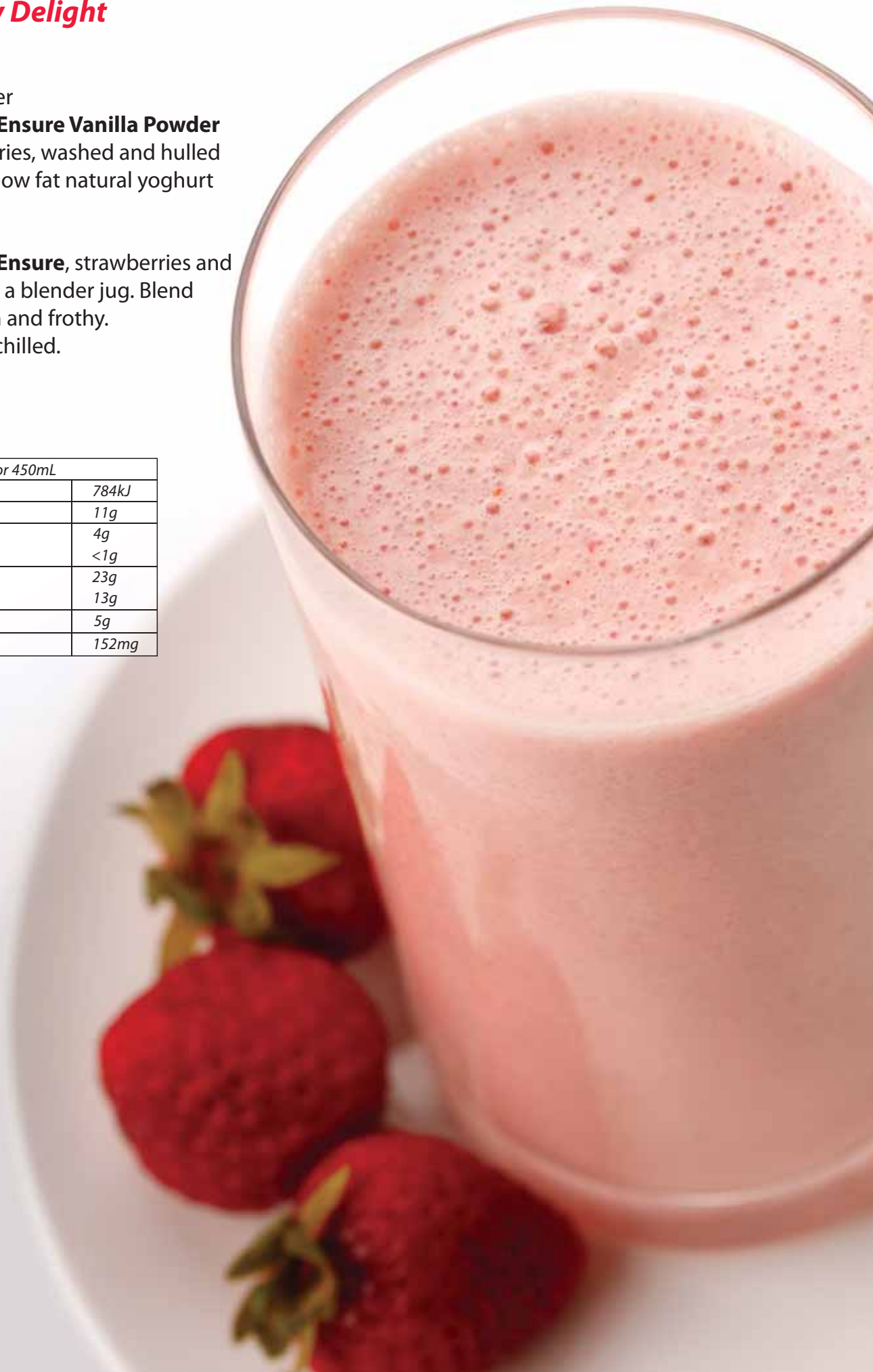
1 cup iced water  
3 tablespoons **Ensure Vanilla Powder**  
1 cup strawberries, washed and hulled  
3 tablespoons low fat natural yoghurt

### Method:

1. Place water, **Ensure**, strawberries and yoghurt into a blender jug. Blend until smooth and frothy.
2. Serve while chilled.

**Makes 450mL**

Nutrition Content for 450mL	
Energy	784kJ
Protein	11g
Total fat	4g
Saturated fat	<1g
Carbohydrate	23g
Sugar	13g
Dietary Fibre	5g
Sodium	152mg





# Smoothies

## Tropical Tempter

### Ingredients:

- 1 cup orange juice
- 3 tablespoons **Ensure Vanilla Powder**
- ½ small ripe banana, peeled and sliced
- ½ passionfruit

### Method:

1. Place juice, **Ensure** and banana into a blender jug. Blend until smooth and frothy.
2. Stir in passionfruit pulp before serving.

**Makes 350mL**

Nutrition Content for 350mL	
Energy	1035kJ
Protein	7g
Total fat	4g
Saturated fat	<1g
Carbohydrate	43g
Sugar	32g
Dietary Fibre	4g
Sodium	117mg



# Smoothies

## Choc-Berry Shake

### Ingredients:

1 cup low fat milk  
3 tablespoons **Ensure Chocolate Powder**  
1 cup frozen mixed berries  
3 tablespoons low fat natural yoghurt  
1 teaspoon sugar  
shaved chocolate

### Method:

1. Place milk, **Ensure**, berries and yoghurt into a blender jug. Blend until smooth and frothy.
2. Serve sprinkled with shaved chocolate.

**Makes 350mL**

*Hint: Shave chocolate with a vegetable peeler.*

Nutrition Content for 350mL	
Energy	1480kJ
Protein	21g
Total fat	6g
Saturated fat	3g
Carbohydrate	45g
Sugar	34g
Dietary Fibre	5g
Sodium	281mg





## Cream of Mushroom Soup

### Ingredients:

- 1 tablespoon polyunsaturated spread
- 1 small onion, chopped
- 3 cups sliced button mushrooms
- 2 cups chicken stock
- 3 tablespoons **Ensure Vanilla Powder**
- 1 teaspoon light soy sauce
- 2 teaspoons cream
- 1 teaspoon chopped chives

### Method:

1. Melt spread in a medium saucepan, add onion and mushrooms and cook until softened. Add stock, bring to the boil, cover and simmer for 15 minutes.
2. Blend until mushrooms are smooth. Add **Ensure** and soy sauce; blend again. Reheat gently if necessary, without boiling. Serve with a small swirl of cream on each bowl, sprinkled with chives.

**Makes 600mL/Serves 2**

Nutrition Content Per Serve	
Energy	790kJ
Protein	7g
Total fat	11g
Saturated fat	3g
Carbohydrate	13g
Sugar	5g
Dietary Fibre	4g
Sodium	1598mg



## Creamy Corn Chowder

### Ingredients:

1 rasher bacon, trimmed and chopped  
1 small onion, diced  
1 stalk celery, diced  
1 small carrot, diced  
1 medium potato, diced  
1 cup corn kernels  
2 cups water  
1 small bay leaf  
4 tablespoons **Ensure Vanilla Powder**  
2 tablespoons plain flour  
½ cup low fat milk  
1 tablespoon chopped parsley

### Method:

1. Place bacon into a large saucepan over a medium heat and cook until golden. Add onion and celery and cook, stirring until softened.
2. Add carrot, potato, corn, water and bay leaf. Bring to the boil and simmer gently for 5 minutes, or until vegetables are tender.
3. Stir **Ensure**, flour and milk together until smooth. Remove soup from the heat and add milk mixture, stirring constantly. Stir until boiling and simmer gently for 2-3 minutes. Serve sprinkled with parsley.

**Makes 1L/Serves 4**

Nutrition content per serve	
Energy	1422kJ
Protein	16g
Total fat	7g
Saturated fat	2g
Carbohydrate	50g
Sugar	14g
Dietary Fibre	7g
Sodium	659mg





## Pumpkin Soup

### Ingredients:

1 tablespoon polyunsaturated spread  
1 onion, chopped  
1 teaspoon ground cumin  
1 teaspoon Spanish paprika  
500g peeled, seeded and roughly chopped pumpkin  
2½ cups water  
4 tablespoons **Ensure Vanilla Powder**  
1 tablespoon chopped parsley

### Method:

1. Melt spread in a large saucepan. Add onion and cook until softened. Add cumin and paprika and stir over the heat for 30 seconds, or until fragrant.
2. Add pumpkin and water; bring to the boil, cover and simmer until pumpkin is soft. Blend until smooth; add **Ensure** and blend again briefly. Reheat if necessary and serve sprinkled with parsley.

**Makes 1L/Serves 4**

Nutrition content per serve	
Energy	531kJ
Protein	4g
Total fat	5g
Saturated fat	1g
Carbohydrate	15g
Sugar	8g
Dietary Fibre	2g
Sodium	62mg



### Mashed Potatoes with Sour Cream and Chives

#### Ingredients:

500g potatoes, peeled  
2 tablespoons sour cream  
½ cup **Ensure Vanilla Powder**  
1 tablespoon chopped chives

#### Method:

1. Cut potatoes into chunks, place into a medium saucepan and add enough cold water to cover. Bring to the boil, cover and simmer gently until a skewer inserted into the centre meets no resistance.
2. Drain potatoes. Add sour cream and **Ensure** and mash until smooth; stir in chives.

**Makes 2 cups/Serves 4**

#### Variations:

**Mixed Herbs:** Cook potatoes as above. Drain, add ½ cup low fat milk and return to heat until milk is hot. Mash well, then add ½ cup **Ensure Vanilla Powder** and 1 tablespoon mixed chopped fresh herbs such as parsley, thyme, rosemary and mint.

**Cheese and Cracked Pepper:** Cook as for Mixed Herbs. Add milk and **Ensure Vanilla Powder**, then 2 tablespoons finely grated Parmesan cheese and ¼ teaspoon cracked black pepper in place of herbs.

*For Mashed Potatoes with Sour Cream and Chives:*

Nutrition content per serve	
Energy	774kJ
Protein	6g
Total fat	6g
Saturated fat	3g
Carbohydrate	25g
Sugar	4g
Dietary Fibre	3g
Sodium	58mg





## Poached Eggs Florentine

### Ingredients:

1 x 250g pack frozen spinach, thawed  
2 tablespoons **Ensure Vanilla Powder**  
pinch ground nutmeg  
2 eggs  
1¼ cups low fat milk  
1 tablespoon polyunsaturated spread  
2 tablespoons plain flour  
2 tablespoons finely grated Parmesan cheese  
1 tablespoon finely grated Parmesan cheese, extra  
1 tablespoon fresh breadcrumbs

### Method:

1. Preheat oven to 200°C. Thoroughly drain spinach, pressing down to extract moisture. Stir in **Ensure** and nutmeg. Place into the base of two lightly greased individual ovenproof dishes.
2. Using a spoon, make a slight hollow in the centre of the spinach. Poach eggs and place onto spinach.
3. Place milk into a small saucepan with spread and flour. Whisk over a medium heat until smooth, and until sauce boils. Allow to simmer gently for 1 minute. Remove from heat and whisk in cheese. Spoon over eggs and spinach. Sprinkle with combined extra cheese and bread crumbs.
4. Bake for 10 minutes, or until heated through and lightly browned.

**Serves 2**

Nutrition content per serve	
Energy	1631kJ
Protein	24g
Total fat	20g
Saturated fat	7g
Carbohydrate	25g
Sugar	11g
Dietary Fibre	7g
Sodium	506mg



## Macaroni Cheese

### Ingredients:

- 1 cup macaroni pasta
- 1½ cups low fat milk
- 1 tablespoon polyunsaturated spread
- 2½ tablespoons plain flour
- ¼ cup grated tasty cheese
- 2 tablespoons finely grated Parmesan cheese
- ¼ teaspoon mustard powder
- 3 tablespoons **Ensure Vanilla Powder**
- 2 tablespoons grated tasty cheese, extra
- 1 tablespoon finely grated Parmesan cheese as extra

Nutrition content per serve	
Energy	2579kJ
Protein	29g
Total fat	20g
Saturated fat	8g
Carbohydrate	77g
Sugar	13g
Dietary Fibre	4g
Sodium	495mg

### Method:

1. Preheat oven to 200°C. Cook macaroni in boiling water according to pack directions and drain well.
2. Place milk, spread and plain flour into a small saucepan. Whisk over a medium heat until smooth, and until sauce boils. Simmer for 1 minute.
3. Remove from heat, whisk in cheese, mustard and **Ensure**. Combine with macaroni. Pour into an ovenproof dish and sprinkle with remaining cheeses.
4. Bake for 10-15 minutes, or until hot and lightly browned. Serve with a salad of cherry tomatoes and lettuce, if desired.

**Serves 2**





## Creamy Vegetable Lasagne

### Ingredients:

2 teaspoons oil  
1 small onion, diced  
1 carrot, sliced  
1 zucchini, sliced  
1 x 400g can diced tomatoes  
1 teaspoon chopped fresh rosemary  
500g smooth ricotta cheese  
½ cup **Ensure Vanilla Powder**  
4 fresh lasagne sheets  
4 tablespoons finely grated Parmesan cheese

Nutrition content per serve	
Energy	1673kJ
Protein	22g
Total fat	21g
Saturated fat	11g
Carbohydrate	29g
Sugar	10g
Dietary Fibre	4g
Sodium	471mg

### Method:

1. Heat oil in a medium frying pan; add onion, carrot and zucchini and cook until soft. Add tomatoes and rosemary and cook until saucy. Mix ricotta with **Ensure** and half the Parmesan cheese.
2. Preheat oven to 180°C. Cook lasagne according to pack directions. Place one sheet in the base of a lightly greased 10cm square baking dish, cutting to fit if necessary. Spread half vegetable mixture over lasagne. Top with another layer of lasagne and half ricotta mixture. Repeat layers, finishing with ricotta. Sprinkle with remaining Parmesan cheese.
3. Bake at 180°C for 30-40 minutes, until lightly browned and cooked through. Serve with a tossed green salad.

### Serves 4

Hint: Leftover Lasagne freezes well.



### Creamy Chicken with Vegetables

#### Ingredients:

500g chicken thigh fillets  
2 teaspoons oil  
1 small onion, sliced  
2 cups button mushrooms, halved  
1 small carrot, diced  
pinch dried thyme  
½ cup water  
½ cup peas  
4 tablespoons **Ensure Vanilla Powder**  
¼ cup cream

#### Method:

1. Cut each chicken fillet into three chunks. Heat oil in a frying pan and brown chicken. Add onion, mushrooms and carrot; cook, stirring, until softened.
2. Add thyme and water, bring to the boil, cover and simmer gently for 15 minutes, adding peas for the last 5 minutes.
3. Combine **Ensure** and cream; stir into chicken and bring to the boil. Serve with mashed potatoes or steamed rice and green vegetables.

**Serves 4**

Nutrition content per serve	
Energy	1389kJ
Protein	28g
Total fat	20g
Saturated fat	8g
Carbohydrate	10g
Sugar	4g
Dietary Fibre	3g
Sodium	159mg





## Crispy Salmon Patties

### Ingredients:

250-300g Atlantic salmon  
1 cup mashed potato  
finely grated rind ½ lemon  
2 green onions, finely sliced  
3 tablespoons **Ensure Vanilla Powder**  
½ cup dried breadcrumbs, optional  
oil for frying

### Method:

1. Pan-fry, steam or microwave salmon until cooked. Remove skin and any bones and flake flesh. Place salmon into a bowl with potato, lemon rind, green onions and **Ensure**; mix well. Shape mixture into 4 patties. Refrigerate until needed.
2. Heat oil over a medium heat, dip patties in breadcrumbs and fry until lightly browned on both sides. Serve hot with tartare sauce and green salad or steamed vegetables.

**Serves 2**

Nutrition content	
Energy	1733kJ
Protein	27g
Total fat	19g
Saturated fat	3g
Carbohydrate	32g
Sugar	4g
Dietary Fibre	4g
Sodium	201mg



## Spinach & Pumpkin Patties with Tomato Chutney

### Ingredients:

350g raw pumpkin, diced  
2 cups baby spinach leaves  
½ teaspoon mild curry powder  
3 tablespoons **Ensure Vanilla Powder**  
¼ cup crumbled feta cheese  
1 tablespoon besan (chick pea flour) or wholemeal flour  
oil for frying

### Tomato Chutney:

1 ripe tomato, chopped  
1 clove garlic, crushed  
1 teaspoon grated fresh ginger  
2 teaspoons sugar  
1 teaspoon vinegar

### Method:

1. Steam or microwave pumpkin until tender. Add spinach and cook 1 minute longer, or until wilted. Drain well and cool.
2. Place vegetables into a bowl with the curry powder, **Ensure**, feta and flour; mix well. Press together and shape into four patties. The mixture may be quite wet, if so, cover and refrigerate for 30 minutes.
3. Heat a small amount of oil in a frying pan and fry patties until golden brown on both sides. Drain on paper towels and serve hot, with Tomato Chutney and steamed rice or naan bread.

### Tomato Chutney:

Place all ingredients into a small saucepan and simmer for 5-10 minutes, or until liquid is reduced and tomatoes softened.

### Serves 2

Nutrition content per serve	
Energy	1063kJ
Protein	13g
Total fat	10g
Saturated fat	6g
Carbohydrate	25g
Sugar	16g
Dietary Fibre	4g
Sodium	408mg



## Meatballs Stroganoff

### Ingredients:

400g lean beef mince  
2 tablespoons dry breadcrumbs  
4 tablespoons **Ensure Vanilla Powder**  
pinch mixed dried herbs  
1 tablespoon oil  
1 small onion, sliced  
2 cups sliced button mushrooms  
2 teaspoons Dijon mustard  
½ cup water  
2 teaspoons cornflour  
¼ cup sour cream

### Method:

1. Place mince, breadcrumbs, **Ensure** and herbs into a bowl. Mix well and shape into tiny balls. Heat half the oil in a frying pan and brown meatballs all over. Remove from pan.
2. Heat remaining oil and fry onion and mushrooms until golden brown and softened. Return meatballs to pan with mustard and water. Bring to the boil and simmer uncovered for 10 minutes.
3. Mix cornflour with a little water, stir into sauce and stir until boiling. Stir in sour cream and serve at once with rice or pasta and steamed broccoli and zucchinis.

**Serves 4**

Nutrition content per serve	
Energy	1357kJ
Protein	25g
Total fat	19g
Saturated fat	8g
Carbohydrate	12g
Sugar	4g
Dietary Fibre	2g
Sodium	160mg



## Pork with Mustard Sauce

### Ingredients:

200g pork fillet  
2 teaspoons oil  
2 green onions, sliced  
1 small carrot, sliced  
½ cup apple juice  
2 teaspoons wholegrain mustard  
2 teaspoons cornflour  
3 tablespoons **Ensure Vanilla Powder**  
¼ cup water

Nutrition content per serve	
Energy	1293kJ
Protein	31g
Total fat	11g
Saturated fat	2g
Carbohydrate	19g
Sugar	12g
Dietary Fibre	2g
Sodium	185mg

### Method:

1. Cut pork across the grain into 2cm slices. Heat oil and brown pork on both sides. Lower the heat, add onions and carrot and cook until softened.
2. Return pork to pan with apple juice and mustard. Simmer for 5 minutes, or until pork is cooked.
3. Combine cornflour, **Ensure** and water. Remove pork from heat and stir in **Ensure** mixture; stir until boiling. Serve with rice or creamy mashed potatoes and steamed sugar snap peas.

**Serves 2**





### Chocolate Slice

#### Ingredients:

100g dark or milk chocolate, chopped  
½ cup (125g) butter  
1 cup pure icing sugar  
½ cup **Ensure Chocolate Powder**  
50g plain biscuits, broken  
¼ cup currants  
2 teaspoons desiccated coconut

Nutrition content per square	
Energy	335kJ
Protein	<1g
Total fat	5g
Saturated fat	3g
Carbohydrate	9g
Sugar	8g
Dietary Fibre	<1g
Sodium	43mg

#### Method:

1. Line a 12 x 22cm tin with non-stick baking paper. Place chocolate and butter into a heatproof bowl over hot water, until melted, or microwave on low power. Stir until smooth.
2. Sift icing sugar into a bowl, add **Ensure** and mix well. Stir in chocolate mixture; mix well. Stir in biscuits and currants. Press into the tin and sprinkle with coconut. Refrigerate until set; cut into small squares.

**Serves 32**



## Bread and Butter Pudding

### Ingredients:

2 slices raisin bread  
2 teaspoons polyunsaturated spread  
2 teaspoons honey  
1 cup low fat milk  
2 tablespoons **Ensure Vanilla Powder**  
1 egg  
icing sugar to serve

### Method:

1. Lightly grease a 500mL capacity oven proof dish. Trim crusts from bread, spread and cut into quarters. Place into dish. Drizzle with honey.
2. Whisk milk, **Ensure** and egg. Pour over bread and allow to stand for 15 minutes.
3. Preheat oven to 180°C. Bake for 20-25 minutes, or until set. Serve warm or cold, dusted with icing sugar.

### Serves 2

*Hint:* Delicious served with a drizzle of maple syrup.



Nutrition content per serve	
Energy	1169kJ
Protein	12g
Total fat	10g
Saturated fat	3g
Carbohydrate	35g
Sugar	21g
Dietary Fibre	2g
Sodium	227mg





## Caramel Orange Custards

### Ingredients:

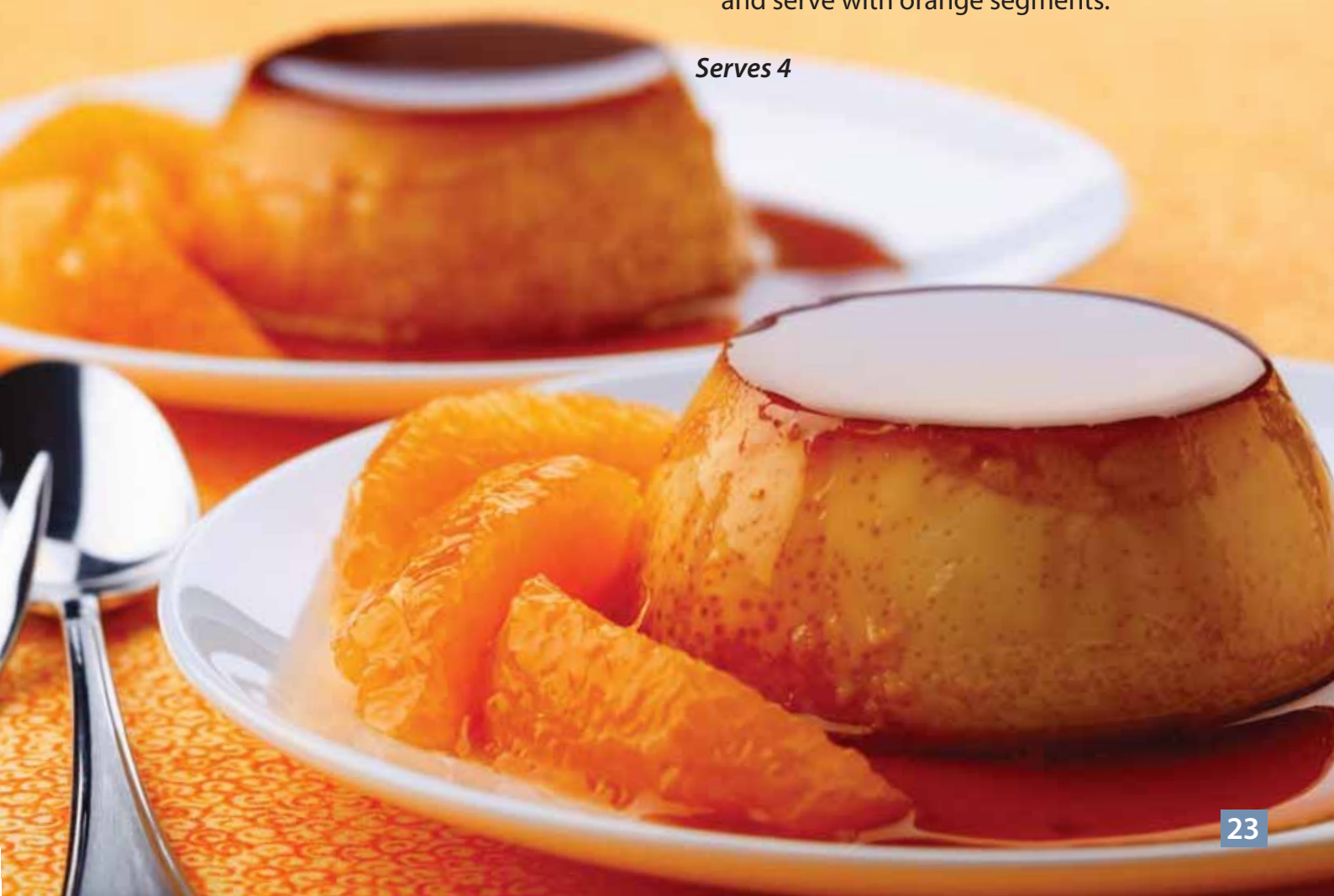
⅓ cup sugar  
2 tablespoons water  
1 orange  
¼ teaspoon ground cinnamon  
1¼ cups milk  
2 eggs  
½ cup **Ensure Vanilla Powder**  
1 tablespoon caster sugar, extra

Nutrition content per serve	
Energy	962kJ
Protein	9g
Total fat	6g
Saturated fat	2g
Carbohydrate	36g
Sugar	31g
Dietary Fibre	1g
Sodium	125mg

### Method:

1. Place caster sugar and water into a small saucepan and stir gently over the heat until sugar is dissolved. Raise the heat and boil until sugar turns to a rich caramel. Immediately pour into the bases of 4 caramel cups.
2. Preheat oven to 180°C. Finely grate orange rind and place into a saucepan with cinnamon and milk. Heat milk until almost boiling. Remove remaining peel from the orange and segment or slice it, and refrigerate until serving time.
3. Whisk eggs, **Ensure** and extra caster sugar. Whisk milk into eggs. Pour into caramel cups. Place cups into a baking dish and fill with hot water to come half way up the sides of the cups.
4. Bake for 20-35 minutes, or until custard is set. It will have a slight wobble when shaken. Cool and refrigerate for at least 12 hours. Unmould and serve with orange segments.

**Serves 4**



# Desserts

## Vanilla Custard

### Ingredients:

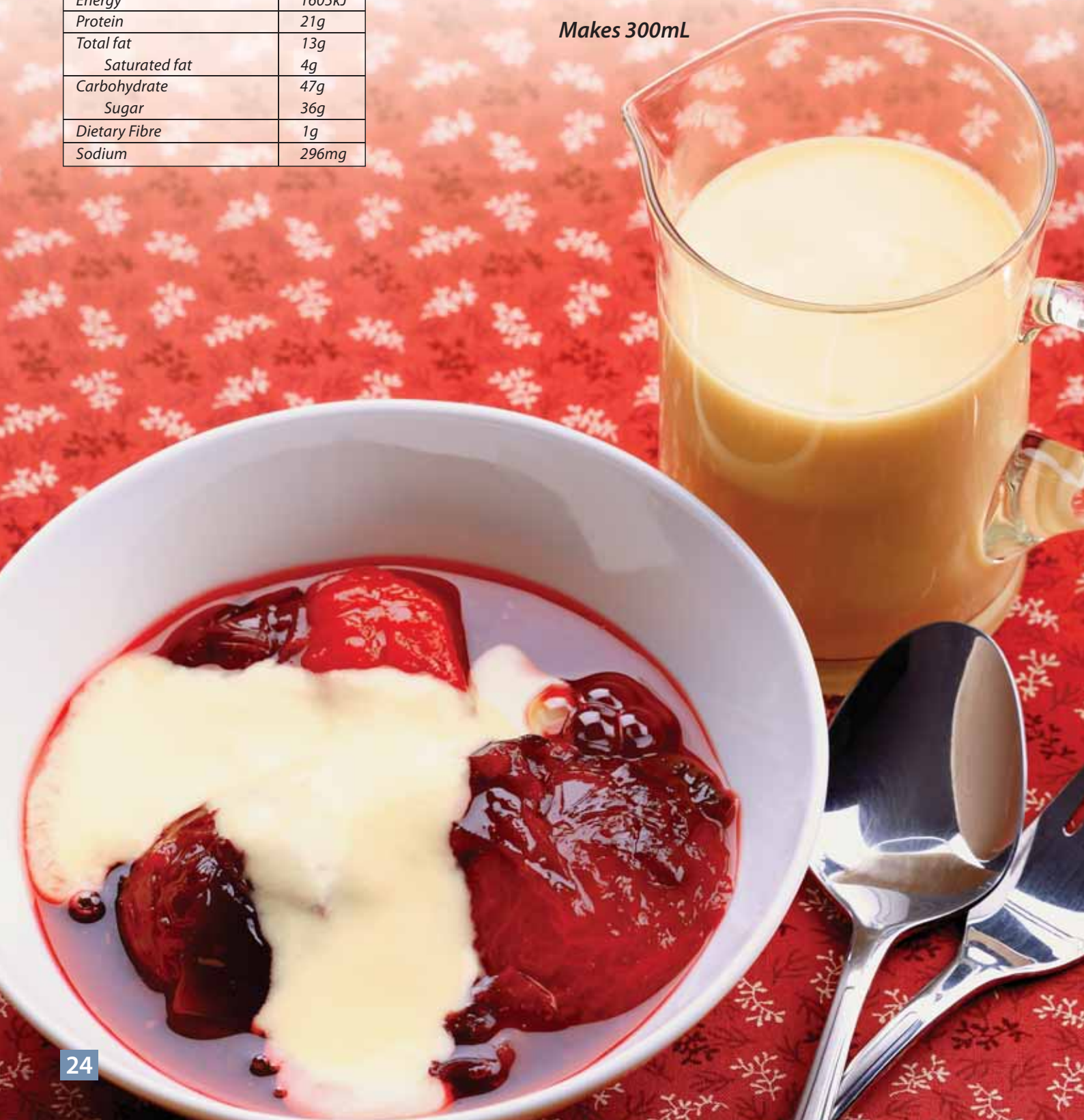
1 cup low fat milk  
1 tablespoon caster sugar  
1 egg  
3 tablespoons **Ensure Vanilla Powder**

Nutrition content for 300mL	
Energy	1605kJ
Protein	21g
Total fat	13g
Saturated fat	4g
Carbohydrate	47g
Sugar	36g
Dietary Fibre	1g
Sodium	296mg

### Method:

Place milk into a small saucepan and heat until hot but not boiling. Whisk together sugar, egg and **Ensure**. Pour on hot milk and whisk to combine. Return to the saucepan and stir over a gentle heat for 1-2 minutes without boiling. Serve hot or cold.

**Makes 300mL**







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Delicious Cream of Mushroom Soup