

## Nutrition Supplement Recipes

During cancer treatment you may need to use liquid nutritional supplements (i.e. Ensure<sup>®</sup>, Boost<sup>®</sup>, Orgain<sup>®</sup>). 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

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