

Soaking Solutions

A soaking solution is made of liquid (i.e. water or juice) thickened with **Resource® ThickenUp®** and poured over different foods such as cakes, sandwiches and biscuits. Soaking solutions alter the consistency of foods making it safer and easier for you to eat.



Soaking Solution Recipe

4 servings

Ingredients:

- 225ml Liquid (milk, juice or water)
- 10g Resource® ThickenUp®

Method:

- Using a fork or small whisk, stir the liquid briskly whilst slowly adding **Resource® ThickenUp®**.
- Place food into the soaking solution or pour the soaking solution over the food using about 50ml per serving.
- Carefully portion food onto plate, cover and refrigerate for at least one hour or until food is completely saturated and the texture has changed.
- Do not attempt to move the soaked food or rearrange as this will spoil its shape.

NB: Food prepared using a soaking solution should not contain seeds, raisins, dates, nuts, coconut or other ingredients that would be suitable for inclusion in a pureed diet.

Denser foods such as biscuits require more standing time to absorb the soaking solution.

Resource® ThickenUp® Recipes

Potato salad

4-6 servings

Ingredients:

- 250g Potato salad
- 50ml Milk
- 2 tsp Resource® ThickenUp®

Method:

- Start to puree the potato salad. When smooth add the milk a little at a time and continue to puree until all lumps are removed and the mixture is smooth.
- Add **Resource® ThickenUp®** and stir briskly until thoroughly mixed. Serve as an accompaniment to a soaked sandwich or with pureed cold meat.
NB: The potato salad used should not contain chives or herbs which are difficult to puree. If using ready made potato salad, it should be passed through a sieve before serving.

Peach Melba

6 servings

Ingredients:

- 6 Slices Madeira Cake cut into approx 5cm rounds, 3/4 cm thick
- 150ml Soaking solution **Topping:** • 250g Pureed tinned peaches mixed smooth with Resource® ThickenUp® • 2 1/2 tbsp Resource® ThickenUp® **Garnish:** • 100ml Smooth Raspberry Coulis whisked smooth with 1 1/2 tbsp Resource® ThickenUp®

Method:

- Soak the cake in the soaking solution. Set out on a plate and spoon over enough of the remaining solution to ensure a thorough soaking takes place. Position a scoop of the thickened pureed fruit neatly on top.
- Spoon or pipe a little of the raspberry coulis over the fruit. Refrigerate this dessert for AT LEAST 2 HOURS. The minimum time must be allowed to ensure that the soaking solution has fully penetrated the sponge.

Peach Melba CONTUNUED

The dessert may be frozen. If freezing, freeze immediately after making and defrost thoroughly in the refridgerator prior to serving. (Do not freeze or refridgerate with the topping in place and garnish prior to serving).

NOTE: This pudding will keep in the fridge for at least 3-4 hours. Different pudding ideas using a different theme could be;

Black Forest

Use plain chocolate cake and a tin of cherries following a similar preparation method as above. Use the juice as a soaking solution and top with a scoop of the pureed thickened cherries. Top with chocolate sauce just prior to serving.

Pear Belle Helene

Use plain chocolate cake soaked in a soaking solution made with drained fruit juice and a little extra apple juice. Use tinned pears for the puree and top with bought chocolate sauce, thickened if required. (Do not use the chocolate sauce that solidifies on contact with cold items).

Pasta Salad

6 servings

Ingredients:

- 250g Pasta Salad
- 50ml Milk
- 3 tsp Resource® ThickenUp®

Method:

- Start to puree the pasta salad. Add the milk a little at a time until a smooth puree is achieved.
- Sieve the salad if required. There should be no residual lumps or fibrous material left.
- Stir in Resource® ThickenUp® until thoroughly mixed. Serve as an accompaniment to a soaked sandwich or as part of a pureed cold meat platter.

Savoury Sandwich Rolls

1 serving

Ingredients:

- *Slices of white or brown bread*
- *Suitable smooth filling*
- *Soaking solution*

Method:

- Spread sliced white or brown bread with a suitable smooth filling. Roll the bread as if making a Swiss roll.
- Anchor carefully all the way along the roll with cocktail sticks at regular intervals about 1cm apart.
- Cut in between each cocktail stick and soak thoroughly with the soaking solution.
- Chill for 2 hours, check thorough soaking has taken place and then serve.

Resource® Dessert Energy Recipes

Black Forest Dessert

2 servings

Ingredients:

- One cup of Resource® Dessert Energy Chocolate flavour
- Tin of black cherries, pureed
- Slice of chocolate cake, soaked in a soaking solution made from the drained juice/ liquid from the cherries

Method:

- Place $\frac{1}{3}$ of the **Resource® Dessert Energy** in the bottom of a small dessert dish.
- Spoon over this a thin layer of a drained pureed tin of black cherries.
- Add a thin slice of the soaked chocolate.
- Repeat this twice more until all of the pudding is used.
- Decorate with a little more cherry puree.

Pear and Ginger Biscuit Layer

1 serving

Ingredients:

- One cup of *Resource*[®] *Dessert Energy*, Vanilla or Caramel
- 2 ginger biscuits
- Pureed pear or any other fruit, i.e. pureed tinned peaches

Method:

- Using a small plastic freezer bag and a rolling pin, carefully crush 2 ginger biscuits.
- Take a suitable glass and place $\frac{1}{4}$ of the crumbs in the bottom using syrup or juice from the tinned fruit to moisten the biscuits or use a soaking solution made with orange juice if preferred.
- Place a small amount of pureed pear on top.
- Place a couple of teaspoons of **Resource**[®] **Dessert Energy** vanilla or caramel flavour over this.
- Repeat until either the glass is full or the dessert is used up.
- Top with pureed peach or pear to decorate before serving.

Fruity Frosty Smoothie

1-2 servings

Ingredients:

- 1 carton *Resource*[®] Shake Summer Fruits flavour
- 2 tablespoons frozen Summer Fruit mixture
- 1 scoop Vanilla ice cream

Method:

- Allow the frozen fruit to defrost for 10 minutes.
- Put all the ingredients together in a liquidiser or food processor and blend until smooth. Serve with ice.

Alternative suggestion:

Resource[®] **Protein** Forest Fruits or Strawberry or **Resource**[®] **2.0 Fibre** Summer Fruits can be substituted for **Resource**[®] **Shake** in this recipe.

Strawberry Ice Cream

1-2 servings

Ingredients:

- 150 ml / 1/4 pint double cream
- 1 carton Resource® Shake Strawberry flavour
- 250g / 8ozs fresh Strawberries, hulled or 1 x 410g tin Strawberries, strained
- 4-5 tablespoons icing sugar to taste

Method:

- Whip the double cream. Gradually whisk in the **Resource® Shake** strawberry flavour and continue to whisk for a further minute.
- Puree the strawberries in a liquidiser or food processor and fold into the cream mixture. Sweeten to taste by folding in icing sugar.
- Pour into a plastic container and chill until set. Leave to stand at room temperature for 10-20 minutes before serving.

Alternative suggestion:

Resource® Protein Forest Fruits or Strawberry or **Resource® 2.0 Fibre** Summer Fruits can be substituted for **Resource® Shake** in this recipe.

Iced Chocolate Soda

1-2 servings

Ingredients:

- 1 carton *Resource*[®] Shake Chocolate flavour
- 1 scoop Vanilla ice cream
- 125ml soda water
- 2 ice cubes

Method:

- Put the **Resource**[®] **Shake** chocolate flavour and ice cream in a liquidiser or food processor and blend until smooth.
- Gradually add the soda water.
- Serve with ice.

Alternative suggestion:

Resource[®] **Protein** Chocolate can be substituted **Resource**[®] **Shake** in this recipe.

Chicken Soup

1-2 servings

Ingredients:

- 1 x 295g tin condensed Chicken Soup
- 1 carton Resource® Shake Vanilla flavour

Method:

- Put the tin of soup into a saucepan. Empty the carton of **Resource® Shake** vanilla flavour into the empty tin and fill to the top with water. Gradually stir into the soup. Heat without boiling.

Alternative suggestion:

Resource® Protein Vanilla or **Resource® 2.0 Fibre** Vanilla can be substituted for **Resource® Shake** in this recipe.

Leek Soup

1-2 servings

Ingredients:

- 150g/6ozs leeks
- $\frac{1}{4}$ of a medium onion peeled and chopped
- 15g/ $\frac{1}{2}$ ozs butter
- 300ml/ $\frac{1}{2}$ pint chicken stock
- Salt and ground black pepper
- $\frac{1}{2}$ carton Resource® Shake Vanilla flavour (approximately 3 fl ozs)

Method:

- Cut the leeks in half lengthways and remove the outer leaves. Rinse well under running water and chop finely. Finely chop the onion.
- Melt the butter in a small saucepan. Add the leeks and onion, cover and cook gently until very soft – about 10 minutes.
- Pour on the stock and season with salt and ground black pepper. Simmer for 20-30 minutes until the leeks are well cooked and the stock reduced.
- Puree in a blender or food processor until smooth. Return to the pan. Stir in half the carton of **Resource® Shake** vanilla flavour and reheat without boiling.

Alternative suggestion:

Resource® Protein Vanilla or **Resource® 2.0 Fibre** Vanilla can be substituted for **Resource® Shake** in this recipe.

Smoked Haddock and Sweetcorn Chowder

1-2 servings

Ingredients:

- 1 small potato
- 15g/1/2 ozs butter
- 1/4 of a medium onion, finely chopped
- 1 stick celery, finely chopped
- 50g/2ozs smoked haddock
- 2 tablespoons whole milk
- 2 tablespoons frozen sweetcorn kernels
- Ground black pepper
- 1 carton Resource® Shake Vanilla flavour

Method:

- Peel the potato and cut into 1cm / 1/4 inch dice. Melt the butter in a small saucepan. Add the onion and cook until soft and transparent. Add potato and celery, cover and cook gently for 10 minutes, stirring occasionally to make sure that the potato does not stick to the bottom of the pan.
- Remove the skin and any bones from the smoked haddock. Cut into pieces of about 2.5cm / 1 inch. Put the fish into the pan with the sweetcorn and milk. Season with black ground pepper. Cover and gently simmer for 10 minutes.
- Stir in the **Resource® Shake** vanilla flavour and reheat without boiling.

Alternative suggestion:

Resource® Protein Vanilla or **Resource® 2.0 Fibre** Vanilla can be substituted for **Resource® Shake** in this recipe.

Poached Pears with Summer Fruits

1-2 servings

Ingredients:

- 1 firm pear
- 150ml / 1/4 pint of lemonade
- 1 carton Resource® Shake
- Summer Fruits flavour

Method:

- Peel the pear and cut into eight. Remove the core and discard. Put into a small saucepan and pour over the lemonade. Bring to the boil and then turn down the heat so that the liquid is only moving a little. Cook for 45 minutes – 1 hour until the pear is tender.
- Allow the pear to cool a little and pour over the **Resource® Shake** Summer Fruits flavour. Serve warm or chilled.

Alternative suggestion:

Vanilla, Banana or Chocolate flavour **Resource® Shake** can be substituted for **Resource® Shake** Summer Fruits in this recipe.

Any flavours of **Resource® Protein** or **Resource® 2.0 Fibre** can be used in this recipe.

Rice Pudding

1-2 servings

Ingredients:

- 7g/1/4 oz butter
- 45g/1 1/2 ozs pudding rice
- 150 ml/1/4 pint whole milk
- 1 tablespoon caster sugar
- 1 carton Resource® Shake Vanilla flavour

Method:

- Set the oven to 150°C /300°F /Gas Mark 2. Grease a 300ml /1/2 pint oven proof dish using the butter. Put the rice in the bottom of the dish.
- Heat the milk until steaming, stir in the sugar and pour over the rice. Bake in the oven for 1 – 1 1/2 hours, stirring occasionally, until the rice has absorbed the milk.
- Pour in the **Resource® Shake** vanilla flavour and return to the oven for 30 – 40 minutes, until the vanilla is slightly absorbed and the pudding creamy.

Alternative suggestion:

Resource® Protein Vanilla or **Resource® 2.0 Fibre** Vanilla can be substituted for **Resource® Shake** in this recipe.

Summer Fruit Cheesecake

1-2 servings

Ingredients:

- 2 ginger biscuits
- 1 tablespoon water
- 1 teaspoon powdered gelatine
- 100g/4ozs cream cheese
- 2 tablespoons double cream
- 1/2 carton Resource® Shake Summer Fruits (approximately 3 fl ozs)
- 2 teaspoons caster sugar

Method:

- Use two ramekin or sundae dishes and put a ginger biscuit in the base of each one.
- Put the tablespoons of water into a small saucepan and sprinkle the spoonful of gelatine on top. Leave to stand for 5 minutes.
- Blend together the cream cheese and double cream. Gradually beat in the Resource® Shake Summer Fruits flavour and the caster sugar.
- Melt the galantine over a low heat without boiling. Cool a little and then pour into the cheesecake mixture stirring all the time. Spoon on top of the ginger biscuits and chill until set.

Alternative suggestion:

Resource® Protein Forest Fruits or Strawberry or **Resource® 2.0 Fibre** Summer Fruits can be substituted for **Resource® Shake** in this recipe.

Winter fruit compote

serves 2

Per serve: Portion size: 1/2 of recipe. Energy: 337kcal, Protein: 9.4g

Ingredients:

- 200ml bottle Clinutren® Fruit - Pear-Cherry flavour
- 225g(8oz) pack of dried fruits (e.g.) apricots, sultanas, figs, dates or prunes

Method:

- Place the dried fruits in a glass bowl and pour over the **Clinutren® Fruit**.
- Cover and place in the refrigerator overnight, to soften the fruit and allow the flavours to mingle.

Alternative suggestion:

Fruit compote mixed with yogurt makes a delicious dessert. Alternatively add to your favourite breakfast cereal and enjoy in the morning.

Banana custard

1-2 servings

Per serve: Portion size: all of recipe. Energy: 448kcal, Protein: 12.6g

Ingredients:

- 200ml cup Clinutren® 1.5 Fibre - Vanilla flavour
- 15ml (1 tbsp) custard powder
- 1 Banana

To serve: chocolate flakes

Method:

- Place the custard powder and 15ml (1 tbsp) water in a small pan, stir in the **Clinutren® 1.5** Fibre and slowly bring to the boil, stirring until the mixture thickens.
- Slice the banana into a serving bowl(s) and pour over the fresh custard and garnish with chocolate flakes.

Alternative suggestion:

Try sliced strawberries as a delicious alternative.

Apricot and raspberry jelly whip

2-4 servings

Per serve: Portion size: 1/2 of recipe. Energy: 211kcal, Protein: 6.8g

Ingredients:

- 200ml cup Clinutren® 1.5 - Apricot Flavour
- 1 packet jelly - Lemon flavour
- Handful of Raspberries

Method:

- Dissolve the jelly in 150ml (1/4 pint) boiling water and leave to cool.
- Blend the **Clinutren® 1.5** raspberries and cooled jelly together until light and frothy.
- Pour into 2 large or 4 small dessert dishes and chill until set.

Alternative suggestion:

Serve with crème fraîche, raspberries and mint leaves.

Jelly fruit pudding

2-4 servings

Per serve: Portion size: 1/2 of recipe. Energy: 190kcal, Protein: 5.8g

Ingredients:

- 200ml bottle Clinutren® Fruit - Raspberry-Blackcurrant flavour
- 1 packet jelly - raspberry flavour
- 200g canned fruits, drained weight

Method:

- Dissolve the jelly in 150ml (1/4 pint) boiling water and leave to cool.
- Pour in the **Clinutren® Fruit** and canned fruits and chill in the refrigerator.

Alternative suggestion:

Use the Jelly fruit pudding as a base for a trifle. Mix together with **Clinutren® Dessert** - Vanilla flavour with ready-made custard and layer on top of the jelly and fruit.

Vanilla rice pudding

1-2 servings

Per serve: Portion size: all of recipe. Energy: 350kcal, Protein: 11.7g

Ingredients:

- 200ml cup Clinutren® 1.5, Clinutren® 1.5 Fibre
- 25g (1oz) pudding rice
- Pinch of ground cinnamon

To serve: ready prepared fresh fruit compote

Method:

- Preheat oven to 160°C/325°F, gas mark 3.
- Lightly grease a 300ml (½ pint) oven proof baking dish. Place the rice into the dish. Pour in the **Clinutren® 1.5/Clinutren® 1.5 Fibre**, stir in the ground cinnamon and bake for 1 - 1½ hours or until rice is tender.
- Serve with a spoonful of fresh fruit compote.

Spiced coffee brioche

2-4 servings

Per serve: Portion size: 1/2 of recipe. Energy: 502kcal, Protein: 15.3g

Ingredients:

- 200ml cup Clinutren® 1.5 - Coffee flavour, chilled
- 5ml (1tbsp) ground mixed Spice
- 1 egg
- 4 slices brioche or fruit bread
- 30ml (2tbsp) butter, for frying

To serve: 30ml (2tbsp) Greek yogurt (optional) and 1 banana, sliced

Method:

- Combine the **Clinutren® 1.5**, mixed spice and the egg in a bowl.
- Dip the brioche slices in the mixture on both sides until well soaked.
- Melt the butter in a pan and fry the soaked brioche until both sides are golden brown. Serve whilst still warm with the Greek yogurt and bananas for a delicious breakfast alternative.

Summer fruits and cranberry smoothie

serves 1

Per serve: Portion size: all of recipe. Energy: 494kcal, Protein: 11.8g

Ingredients:

- 1 scoop raspberry sorbet
- 200ml cup Clinutren® 1.5 - Strawberry-Raspberry flavour, chilled
- 150ml cranberry juice
- 100g frozen mixed summer fruits

Banana smoothie

serves 1

Per serve: Portion size: all of recipe. Energy: 528kcal, Protein: 15.1g

Ingredients:

- 1 banana, sliced
- 1 scoop vanilla ice-cream
- 200ml cup Clinutren® 1.5 - Coffee flavour, chilled

Apricot smoothie

serves 2

Per serve: Portion size: 1/2 of recipe. Energy: 318kcal, Protein: 12.1g

Ingredients:

- 30ml (1 tbsp) Greek yogurt
- Pinch cinnamon
- 200ml cup Clinutren® 1.5 - Coffee flavour, chilled
- 200ml cup Clinutren® 1.5 - Apricot flavour, chilled

Soft fruit smoothie

serves 1

Per serve: Portion size: all of recipe. Energy: 395kcal, Protein: 15.7g

Ingredients:

- 75ml (5 tbsp) milk or water
- 225g (8oz) soft fruits (e.g. strawberries, blueberries, or raspberries)
- 200ml cup Clinutren® 1.5 Fibre - Plum flavour, chilled

To decorate: honey for drizzling

Iced coffee latte

serves 1

Per serve: Portion size: all of recipe. Energy: 433kcal, Protein: 13.9g

Ingredients:

- 200ml cup Clinutren® 1.5 - Coffee flavour, chilled
- 1 scoop vanilla ice-cream
- 6 ice cubes, crushed

To decorate: chocolate flakes

How to prepare smoothies and iced coffee latte

Method:

- Place a tall glass in the fridge to chill.
- Place all the ingredients in a blender and blend until smooth.
- Pour into chilled glass and serve immediately.

Tomato and orange soup

serves 2

Per serve: Portion size: 1/2 of recipe. Energy: 300kcal, Protein: 11.5g

Ingredients:

- 1 small can of condensed tomato soup
- 200ml bottle Clinutren® Fruit - Orange flavour

To serve: freshly grated cheese

Method:

- Heat the soup and the **Clinutren® Fruit**, in a small saucepan, until hot, but not boiling.
- Serve with the grated cheese.

Iced citrus tea

serves 1

Ingredients:

- 1 teabag (herbal or fruit)
- 60ml (4tbsp) hot water
- 6 ice cubes
- 200ml bottle Clinutren® Fruit - Orange flavour
- Lime or lemon juice to taste

Method:

- Put the tea bag in a cup and cover with the hot water. Allow to infuse for one minute.
- Remove the tea bag and add the orange **Clinutren® Fruit**, and lemon or lime juice. Add the ice cubes and serve.

Kiwi cooler

serves 1

Ingredients:

- 1 kiwifruit, peeled and chopped
- 60ml (4tbsp) Greek yogurt
- Lime juice to taste
- 1 bottle Clinutren® Fruit - Pear-Cherry or Raspberry-Blackcurrant flavour

To garnish: lime slices

Method:

- Put the kiwifruit, yogurt, **Clinutren® Fruit** and lime juice into a blender and mix until smooth and frothy.
- Pour into a tall glass or tumbler and serve garnished with a slice of lime.

Caramel and honey baked cheesecake

8-10 servings

Ingredients:

- 100g (4oz) butter
- 225g (8oz) digestive biscuits, crushed
- 60ml (4tbsp) set honey
- 50g (2oz) walnut pieces
- 2 x 200g packets low-fat cream cheese
- 3 x 125g Clinutren® Dessert - Caramel flavour
- 4 eggs, beaten
- 1/4 tbsp grated nutmeg
- Honey for drizzling

Method:

- Preheat oven to 150°C, 300°F, gas mark 2. Melt the butter in a medium pan, remove from heat then stir in the crushed digestives. Mix in half of the honey (2tbsps) and broken walnuts. Press into the base of a spring form 20.5cm (8in) cake tin and chill until firm.
- Place the cream cheese, **Clinutren® Dessert**, eggs, nutmeg and remaining honey in a medium bowl and whisk until smooth and creamy. Pour over the biscuit base, smooth over the top and bake in the oven for 1½ hours until firm.
- Leave to cool in the oven for 30 minutes, then chill until required. Remove from refrigerator 10 minutes before serving, drizzle with honey and dust with cocoa powder and cut into slices

Alternative suggestion:

Try decorating with fresh strawberries.

Fizzy fruit spritzer

serves 1

Ingredients:

- 200ml bottle Clinutren® Fruit - any flavour
- 100ml (3¹/₂ floz) soda water or lemonade

Method:

- Empty the **Clinutren® Fruit** into a tall glass and top up with soda water or lemonade.
- Enjoy!

Honey and pecan nut smoothie

(not suitable for nut allergy sufferers)

serves 1

Ingredients:

- 125ml Clinutren® Dessert - Vanilla flavour
- 75ml (5tbsp) milk
- 2 scoops vanilla ice-cream
- 15ml (1tbsp) clear honey
- 25g (1oz) pecan nuts, chopped
- Extra honey for drizzling
- Cinnamon to dust

Method:

- Place a tall glass in the refrigerator to chill. Meanwhile, whiz the **Clinutren® Dessert**, milk, ice-cream, honey and pecans in a blender.
- Remove the glass from the refrigerator and drizzle honey around the inside of it. Pour in the smoothie mixture. Top with a dusting of cinnamon and a few pieces of chopped pecan nuts and serve with a straw.

Alternative suggestion:

For a thicker, creamier smoothie, simply add more ice-cream before blending.

Peachy ice-cream sundaes

serves 1

Ingredients:

- 125g Clinutren® Dessert - Peach flavour, chilled
- 2 scoops lemon sorbet
- 100g (4oz) prepared mixed berries (e.g. strawberries, raspberries)

To garnish: extra berries and mint leaves

Method:

- In the base of one tall sundae dish, place half the mixed berries, one scoop of sorbet and half the tub of **Clinutren® Dessert**. Then repeat these layers once more.
- Garnish with fresh berries and mint leaves.

Summer float

serves 1

Ingredients:

- 2 scoops vanilla ice-cream
- 200ml cup Clinutren® 1.5 - Vanilla flavour, well chilled
- 4 strawberries

Method:

- Place one scoop of vanilla ice-cream into a tall glass and place in the freezer to chill until required.
- Meanwhile, blend together the **Clinutren® 1.5**, the remaining ice-cream and strawberries in a blender.
- Pour into the frozen glass over the ice-cream. Serve and enjoy!

Alternative suggestion:

Try this recipe with **Clinutren® 1.5** Strawberry-Raspberry flavour.

Chocolate orange whip

2-4 servings

Ingredients:

- 135g pack jelly - Orange flavour
- 2 x 200ml cup Clinutren® 1.5 - Chocolate flavour

To decorate: chocolate flakes

Method:

- Dissolve the jelly in 150ml (1/4 pint) boiling water and leave to cool.
- Blend the **Clinutren® 1.5** and cooled jelly together until light and frothy.
- Pour into 2 large or 4 small dessert dishes and chill until set.
- Sprinkle with chocolate flakes and serve.

Iced coffee frappe

serves 1

Ingredients:

- 2 scoops vanilla ice-cream
- 200ml cup Clinutren® 1.5 - Coffee flavour
- 6 ice cubes, crushed

To decorate: whipped cream and grated chocolate

Method:

- Place once scoop of vanilla ice-cream into a tall glass and place in the freezer to chill.
- Blend together the ice, **Clinutren® 1.5** and the remaining scoop of ice-cream and pour into the chilled glass.
- Top with whipped cream and sprinkle with grated chocolate to serve.

Summer rice pudding

1-2 servings

Ingredients:

- 25g (1oz) pudding rice
- Pinch of ground cinnamon
- 2 x 200ml cup Clinutren® 1.5 - Vanilla flavour

To serve: ready prepared fresh fruit compote

Method:

- Preheat oven to 160°C/325°F, gas mark 3.
- Lightly grease a 300ml (1/2 pint) oven proof baking dish.
- Place the rice into the dish. Pour in the **Clinutren® 1.5**, stir in the ground cinnamon and bake for 1-1½ hours or until rice is tender.
- Serve with a spoonful of fresh fruit compote.