

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 tsp 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.