

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.

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.

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.

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.

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/600zs 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.