

Most people drink nutritional supplements straight out of the bottle. Did you know you can enjoy them in many other ways? Be creative! Use some of these ideas to flavour and add variety to your nutritional supplements.

Too Sweet?

- Blend in soft tofu or plain yogurt.
- Add milk or soy milk.
- Add fruit like strawberries, bananas, papaya, mango, raspberries, blueberries, or peaches. Blend in your blender for a refreshing smoothie! Fruit can be fresh, frozen or canned.
- Refrigerate, or partially freeze, supplements before drinking them.
- Flavour with instant coffee: Dissolve 1 tsp of instant coffee with a small amount of hot water. Add the coffee to the supplement. Or, add the supplement directly into your cup of coffee.

Too Thick?

- Add skim or 1% milk or soy milk. You can also use nut milks but they do not add as much protein or calories.

Prefer Something Hot?

- Warm up the nutritional supplements in the microwave or stovetop. Do not boil them as that will cause the ingredients to separate.
- You can use unflavoured nutritional supplements instead of milk or water when preparing condensed soup, like cream of mushroom or cream of broccoli.
- Add a package of instant soup powder, or 1 teaspoon bouillon mix, to your heated, unflavoured nutritional supplement.
- Add instant coffee to heated vanilla or chocolate nutritional supplements for a café au lait or a café mocha.

Just Want Something Different?

- Add a flavouring syrup like those used at coffee shops (for example hazelnut, blue raspberry, English toffee, or white chocolate) Popular brands include Torani and Matteo's. You can get these in some stores or online.
- Add a scoop of your favourite ice cream and blend to make a milkshake.

Examples of nutritional supplements

Unflavoured: Isosource® 1.2 and 1.5, Jevity, Osmolite.

Flavoured: Compleat, Ensure®, Resource® and Boost®.

Recipe Ideas for Nutritional Supplements

Peach Shake

1 bottle vanilla nutritional supplement

¼ tsp (1 mL) vanilla

¼ tsp (1 mL) cinnamon

½ cup (125 mL) canned peaches in heavy syrup

Place ingredients in blender and blend until smooth.

***Jell-O**

1 package gelatin crystals in your favourite flavor

1 cup (250 mL) boiling water

1 bottle Boost Fruit Beverage

Add gelatin crystals to boiling water. Stir until crystals are dissolved (about 2 minutes). Stir in Boost. Chill until set.

For variety, use different flavours of Jell-O. You can also add fruit, marshmallow, or grated vegetables.

***Banana Orange Shake**

1 bottle Boost Fruit Beverage in orange flavor

300 grams soft tofu

1 small banana

1 tbsp (15 mL) frozen orange juice concentrate.

Put ingredients in blender and blend until smooth

***Compleat Pumpkin Soup**

1 bottle of Compleat 1.5

½ cup canned pureed pumpkin

1/3 cup unsweetened applesauce

1 tsp (5 mL) pumpkin spice blend

Salt, pepper, grated ginger (optional)

Warm in microwave, stirring occasionally. Serve with a spoon of heavy cream.

***Strawberry Almond Shake**

1 bottle strawberry nutritional supplement

300 grams almond flavoured soft tofu

1/3 cup (75 mL) frozen strawberries

Place ingredients in blender and blend until smooth. For variety, add other fruits, like banana or blueberries.

Frozen Delight

1 package instant pudding

2 cups (500 mL) unflavoured supplement

1 cup (250 mL) whipped topping or whipped cream

Prepare pudding as directed on package, substituting the nutritional supplement for milk. Refrigerate for approx. 1 hour. If desired, fold fruit in whipped topping.

Fold this into pudding. Pour into freezer container.

Cover and freeze until firm.

Cream of Chicken Noodle Soup

1 bottle unflavoured nutritional supplement

1 package instant chicken noodle soup mix

Heat nutritional supplement without boiling. Stir in instant soup mix. Set aside until noodles are soft.

***Creamy Fruit Gelatin**

1 package flavoured gelatin crystals

1 cup (250 mL) cold water

1 cup (250 mL) boiling water

1 cup (250 mL) non-dairy whipped topping

1 bottle nutritional supplement

Prepare gelatin as directed on package. Mix in nutritional supplement and whipped topping until smooth. Chill in refrigerator until set.

*These recipes are lactose free and are suitable for lactose free diets