



# Fresubin<sup>®</sup>

## PRO COMPACT Drink

# Recipes



Fresubin<sup>®</sup> PRO COMPACT Drink is a food for special medical purposes, to be used under medical supervision.

***“Who would  
have guessed  
I could make  
such delicious  
treats!”***

***Hannah loves trying new recipes with Fresubin® PRO COMPACT Drink, they are fun and practical and help ensure she gets the nutrition she needs.***

Hannah is a fictional patient used for illustrative purposes.



**04** Melon Saffron Drink

**06** Elderberry Mousse  
with Vanilla Pears

**08** Banana Chocolate  
Soft Serve Ice Cream

# Melon Saffron Drink

## Ingredients

- 200ml of well chilled Fresubin® PRO COMPACT Drink Vanilla
- 1 pinch of Saffron threads or ground saffron
- 1-2 wedges of galia, cantaloupe or other melon (approx. 100g of fruit flesh)
- 1-2 ice cubes
- ½ teaspoon cinnamon
- 1-2 teaspoons honey or sugar to taste

1 Soak the saffron in 2 tablespoons of hot water. Peel the melons and cut them into pieces.

2 Finely puree the fruit pieces, Fresubin® PRO COMPACT Drink Vanilla, ice cubes, saffron water and cinnamon in a blender. Sweeten to taste with a little honey or sugar if necessary.

*The drink can also be enjoyed warm. Delicious! Prepare the drink without ice cubes and gently heat it up to drinking temperature. Gently warm only. Do not boil, as excessive heat may affect nutritional quality.*

## Estimated nutritional information per portion of prepared recipe

Protein	29g
Fat	18g
Carbohydrate	62g

**Total 543kcal (2,273kJ)\***

**Fresubin®**  
**PRO COMPACT**  
Drink  
Vanilla



\*Nutritional information for recipes are estimates and may vary depending upon ingredients. Pictures shown are serving suggestions and for illustration purposes only.

1  
portion



15  
min





# Elderberry Mousse with Vanilla Pears

## Ingredients

- 200ml of well chilled Fresubin® PRO COMPACT Drink Vanilla
- 1 small pear
- 1 small drop of vanilla extract
- 3-4 tablespoons pure elderberry juice\*
- 3-4 teaspoons of food thickening powder/granules
- 1 meringue nest
- Optionally 1-2 teaspoons honey or sugar

*\*Pure elderberry juice is 100 % squeezed juice with nothing added, other than elderberry nectar that also contains water and sweetening ingredients like sugar.*

**1** Peel the pear, cut out the core and dice the flesh. Boil the pear with the vanilla extract and 2 tablespoons of water. Cover and simmer over very low heat for 5-10 minutes depending on the ripeness of the pear. Remove the saucepan from the heat and leave it to cool down. Sweeten to taste with honey or sugar.

**2** Using a hand mixer or whisk, whip *Fresubin® PRO COMPACT Drink Vanilla* with the elderberry juice and the thickening powder for 1 minute until creamy. Stir in honey or sugar to taste. Let the mousse rest for 2-3 minutes. Put the mousse in a bowl and serve it with the vanilla pears or crushed meringues.

*The mousse is particularly quick to make when you use drained and chopped fruit from a can as the topping.*

## Estimated nutritional information per portion of prepared recipe

Protein	29g
Fat	19g
Carbohydrate	66g
<b>Total</b>	<b>568kcal (2,378kJ)*</b>

**Fresubin®**  
**PRO COMPACT**  
Drink  
Vanilla



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# Banana Chocolate Soft Serve Ice Cream

## Ingredients

- 200ml of Fresubin® PRO COMPACT Drink Vanilla
- 1 ripe banana (approx. 150g)
- 1 teaspoon cocoa powder
- 1-2 teaspoons honey or sugar

- 1 Freeze the *Fresubin® PRO COMPACT Drink Vanilla* in an ice cube tray the day before.
- 2 Peel the bananas and slice them. Put the *Fresubin® PRO COMPACT Drink Vanilla* ice cubes,  $\frac{3}{4}$  of the banana slices and the cocoa in a blender and blend well. You can add honey or sugar if you want. Put the ice cream in a bowl and place the remaining banana slices on top of it. Serve immediately.
- 3 For slightly firmer ice cream, put the ice cream in the freezer for 10-20 minutes after you have blended it.

Estimated nutritional information per portion of prepared recipe

Protein	31g
Fat	19g
Carbohydrate	69g

**Total 594kcal (2,484kJ)\***

**Fresubin®**  
**PRO COMPACT**  
Drink  
Vanilla



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1  
portion



35  
min



[www.fresenius-kabi.com/ie/for-patients/nutritional-support/fresubin--pro-compact-drink--patient-resources](http://www.fresenius-kabi.com/ie/for-patients/nutritional-support/fresubin--pro-compact-drink--patient-resources)



## Get creative!

by using different Fresubin® PRO COMPACT Drink flavours to expand upon these recipes!

Explore the online content of Fresubin® PRO COMPACT Drink For further information.



*Food for special medical purposes, to be used under medical supervision. Allergens may be present, please check recipes and individual product ingredients labels. Nutritional information for recipes is estimated and may vary depending upon ingredients. If you have any concerns about the suitability of these recipes please contact your healthcare professional.*



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