

# PRO-CAL™ POWDER RECIPE BOOK



Enhancing Lives Together  
A Nestlé Health Science Company



## WHAT IS PRO-CAL™ POWDER?

**Pro-Cal powder** is a powdered, neutral tasting oral nutritional supplement that can be added to a variety of foods and drinks to increase their energy (calorie) and protein content.

**Pro-Cal powder** can be used to provide additional energy (calories) and protein at times of illness, when your appetite is reduced or when you have experienced unintentional weight loss. It is for the dietary management of disease related malnutrition.

## HOW DO I USE PRO-CAL POWDER?

**Pro-Cal powder** can be added into everyday foods and drinks. This booklet has been designed specifically to help you increase your energy (calorie) and protein intake by using **Pro-Cal powder** in savoury and sweet recipes, as well as drink ideas.

15g of **Pro-Cal powder** provides  
100kcal and 2g protein.

Your Healthcare Professional will advise on the amount of **Pro-Cal powder** you should have each day.

If you are interested in learning more about nutrition support and would like to see more recipe ideas, you can visit [YourNutritionSupport.co.uk](http://YourNutritionSupport.co.uk)



**Pro-Cal powder** is a Food for Special Medical Purposes and must only be used under medical supervision. Pro-Cal powder is for the dietary management of disease related malnutrition. Suitable from 3 years of age onwards. Not suitable as a sole source of nutrition. Pro-Cal powder contains **Milk** (milk protein, skimmed milk powder). The recipes in this booklet have been designed for the dietary management of conditions requiring additional energy and protein, such as disease related malnutrition. Refer to labels for allergens and other product information.

Heating and freezing Pro-Cal powder could affect some of its nutrient levels. Please ask your healthcare team/dietitian for advice to ensure you are meeting all your nutritional needs. The nutrition information on the Pro-Cal powder packaging reflects the nutrient levels when prepared as directed on the packaging. Before preparing a recipe, please consult with your healthcare provider to determine if these recipes and ingredients are appropriate for you / your child.

Pro-Cal powder should be freshly prepared with food and drink items and consumed immediately. If this is not possible, all prepared product recipes should be tightly covered, refrigerated and consumed within 24 hours. Discard any unfinished heated product.

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If you see the 'simply stir' icon by a recipe, this means that **Pro-Cal powder** can be simply stirred into the food or drink. For example, you can simply stir 1-2 sachets/scoops of **Pro-Cal powder** into ready made soups, drinks and sandwich fillers to boost their energy and protein content.

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# CHEESE & MUSHROOM OMELETTE

# CHEESE & MUSHROOM OMELETTE



THIS RECIPE MAKES

1 portion



PREPARATION TIME

10 minutes



COOKING TIME

5-10 minutes

## INGREDIENTS

- 10g Unsalted butter
- 30g Mushrooms, sliced
- 2 Large eggs, beaten
- 1 tbsp Whole milk
- 15g **Pro-Cal powder** (1 sachet)
- 25g Grated cheese

Each portion provides:

Calories (kcal)	Protein (g)
450	23

## HOW TO...

1. Place a small frying pan over a medium heat and add the butter.
2. Once the butter has melted, add the mushrooms and cook for 2-3 minutes until soft.
3. In a bowl, combine the eggs, milk and **Pro-Cal powder** using a balloon whisk until a smooth mixture is made. Then pour the mixture into the pan.
4. Allow to cook for 3-4 minutes.
5. Once the underside of the omelette has set, sprinkle cheese on top and fold over. Cook for a further 3 minutes until the cheese has melted.

## TOP TIP

Add extra vegetables of your choice such as spring onions, sliced bell peppers, courgette, spinach, peas and sweetcorn.



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# VEGETABLE OMELETTE

# VEGETABLE OMELETTE



THIS RECIPE MAKES

1 portion



PREPARATION TIME

5 minutes



COOKING TIME

10-12 minutes

## INGREDIENTS

- 10g Unsalted butter
- 20g Red onion, thinly sliced
- 25g Green pepper, chopped
- 25g Red pepper, chopped
- 2 Large eggs, beaten
- 15g **Pro-Cal powder** (1 sachet)
- 30g Full fat cream cheese

Each portion provides:

Calories (kcal)	Protein (g)
467	24

## HOW TO...

1. Place a small frying pan over a medium heat and add the butter. Once the butter has melted, add the onion and pepper and cook for 2-3 minutes.
2. In a bowl, mix the eggs and **Pro-Cal powder** together with a fork or whisk and pour into a pan. Cook for 3-4 minutes the underside of the omelette is set.
3. Use a spoon to spread the cheese on top of the omelette and fold over. Cook for a further 3 minutes, until cooked through.



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# SCRAMBLED EGG MUFFIN

## SCRAMBLED EGG MUFFIN



THIS RECIPE MAKES

1 portion



PREPARATION TIME

5 minutes



COOKING TIME

3-5 minutes

### INGREDIENTS

- 1 Large egg, beaten
- 1 tbsp Whole milk
- 15g **Pro-Cal powder** (1 sachet)
- 15g Unsalted butter
- 1 White English muffin

Each portion provides:

Calories (kcal)	Protein (g)
475	18

### HOW TO...

1. Place the egg, milk and **Pro-Cal powder** into a bowl and whisk using a fork or a balloon whisk until well combined.
2. Heat a small non-stick saucepan over a low heat. Add 5g butter to the pan. Once melted, pour in the egg mixture and stir to scramble (for approximately 2-3 minutes).
3. Place 2 muffin halves in a toaster and toast to your liking. Spread the remaining butter over the muffin halves and serve the scrambled egg on top.

### TOP TIP

Add black pepper or mixed herbs for flavour.



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# BANANA PANCAKES



# BANANA PANCAKES



## THIS RECIPE MAKES

6 small pancakes  
1 portion = 3 small pancakes



## PREPARATION TIME

5 minutes



## COOKING TIME

10 minutes

## INGREDIENTS

- 1 Large banana, mashed
- 45g **Pro-Cal powder** (3 sachets)
- 2 Large eggs, beaten
- 20g Unsalted butter

Each portion (3 x pancakes) provides:

Calories (kcal)	Protein (g)
337	10

## HOW TO...

1. Place the mashed banana and **Pro-Cal powder** into a bowl and mix well with a fork.
2. Add the beaten eggs and mix.
3. Heat a large frying pan over a medium heat and add half of the butter to the pan. Once melted, use half of the pancake mixture to make 3 small pancakes.
4. Cook each pancake for 2-3 minutes. Once firm and lightly golden on the underside, flip the pancake using a fish slice.
5. Fry for a further 2-3 minutes until cooked through and lightly golden on each side and then serve.
6. Using the remaining half of the pancake mixture, repeat steps 3-5 above to make 3 more small pancakes.

## TOP TIP

Drizzle with your favourite dessert sauce, such as caramel, chocolate or strawberry.



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# OVERNIGHT OATS

## OVERNIGHT OATS



THIS RECIPE MAKES

1 portion



PREPARATION TIME

5 minutes



COOKING TIME

3-5 minutes

### INGREDIENTS

- 30g Porridge oats
- 4 tbsp Whole milk
- 1 tbsp Runny honey
- 15g **Pro-Cal powder** (1 sachet)
- 30g Greek yoghurt
- 1 Medium sliced banana

Each portion provides:

Calories (kcal)	Protein (g)
440	10

### HOW TO...

1. Place the oats in a small bowl or beaker and pour milk over them. Add honey and mix well.
2. Add **Pro-Cal powder** and stir through until evenly mixed.
3. Cover and place in the fridge overnight.
4. Before serving, top with Greek yoghurt, banana slices and additional honey if desired.

### TOP TIP

Mix another 15g sachet of **Pro-Cal powder** into the Greek yoghurt for additional calories and protein.



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# SIMPLY STIR PORRIDGE

## SIMPLY STIR PORRIDGE



Easy porridge recipe - simply add 1-2 sachets/scoops of **Pro-Cal powder** into your porridge to boost its energy and protein content.

### INGREDIENTS

**Porridge**  
27g Porridge Oats

### HOW TO...

1. Prepare your porridge as directed in the manufacturer's instructions.
2. Simply stir 1-2 sachets/scoops of **Pro-Cal powder** into the porridge until fully mixed in.



### TOP TIP

Add cinnamon or honey to sweeten or serve with a portion of fruit.



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# SIMPLY STIR HIGHER ENERGY MILK

## SIMPLY STIR HIGHER ENERGY MILK



Higher Energy Milk - simply add 1-2 sachets/scoops of **Pro-Cal powder** into milk to boost its energy and protein content.

### INGREDIENTS

Full cream milk

### HOW TO...

1. Make a 'paste' using **Pro-Cal powder** and a small amount of milk.
2. This paste can then be mixed into a larger volume of milk, stirring it in well.
3. Use this milk on cereals and in drinks.

### TOP TIP

Use full cream milk instead of skimmed or semi-skimmed milk as this contains more energy (calories).



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# CHEESE & TUNA MELT

## CHEESE & TUNA MELT



THIS RECIPE MAKES

1 portion



PREPARATION TIME

10 minutes



COOKING TIME

5 minutes

### INGREDIENTS

1 Medium slice wholemeal bread

15g **Pro-Cal powder**  
(1 sachet)

65g Ready-made tuna and  
sweetcorn sandwich filler

20g Grated cheddar cheese

Each portion provides:

Calories (kcal)	Protein (g)
380	16

### HOW TO...

1. Toast the bread to your liking.
2. Mix **Pro-Cal powder** into tuna and sweetcorn sandwich filler until combined and spread the mixture evenly over toast.
3. Sprinkle with grated cheese.
4. Preheat the grill to a medium heat.
5. Place the toast onto the grill pan and put under the grill for 2-3 minutes, until the cheese has melted.

### TOP TIP

For extra flavour, add chopped spring onion before grilling.



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# CHICKEN & SWEETCORN PITTA

## CHICKEN & SWEETCORN PITTA



THIS RECIPE MAKES  
1 portion



PREPARATION TIME  
10 minutes



COOKING TIME  
0 minutes

### INGREDIENTS

15g **Pro-Cal powder**  
(1 sachet)

1 tsp Full fat mayonnaise

65g Ready-made chicken and  
sweetcorn sandwich filler  
(with mayonnaise)

1 White pitta pocket

2 Lettuce leaves

Each portion provides:

Calories (kcal)	Protein (g)
440	16

### HOW TO...

1. Mix **Pro-Cal powder** and mayonnaise into the chicken and sweetcorn sandwich filler until combined.
2. Toast the pitta pocket and fill with the chicken mix and lettuce.



### TOP TIP

Swap lettuce for another salad option, and add cheese to increase calorie and protein content further.



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# TUNA & SWEETCORN BAGEL

## TUNA & SWEETCORN BAGEL



THIS RECIPE MAKES

1 portion



PREPARATION TIME

10 minutes



COOKING TIME

0 minutes

### INGREDIENTS

15g **Pro-Cal powder**  
(1 sachet)

65g Ready-made tuna and sweetcorn sandwich filler (with mayonnaise)

1 White bagel

2 Lettuce leaves

Each portion provides:

Calories (kcal)	Protein (g)
410	15

### HOW TO...

1. Mix **Pro-Cal powder** into tuna and sweetcorn sandwich filler until combined.
2. Spread the mixture evenly over one half of the bagel. Add the lettuce leaves and top with the other half of the bagel.

### TOP TIP

Swap lettuce for another salad option, and add cheese to increase the calorie and protein content further.



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# SAUSAGE ROLLS

# SAUSAGE ROLLS



## THIS RECIPE MAKES

6 jumbo or 12 average size sausage rolls  
1 portion = 1 jumbo sausage roll



## PREPARATION TIME

20-30 minutes



## COOKING TIME

30-60 minutes

## INGREDIENTS

### Pastry

400g Puff pastry or rough puff pastry

### Filling

450g Sausage meat

90g **Pro-Cal powder**  
(6 sachets)

A pinch of salt and white pepper

1 tbsp Thyme leaves, finely chopped

60g Pickle (optional)

1 Egg, medium, lightly beaten

Each portion (1 Jumbo sausage roll) provides:

Calories (kcal)	Protein (g)
621	16

## HOW TO...

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Roll out the pastry to a rectangle 60x20cm. Trim edges to tidy. Cut into six even rectangles (or 12 smaller pieces).
3. Mix the sausage meat, **Pro-Cal powder** and thyme in a bowl and season with salt and pepper. Divide the sausage meat into 6 (or 12) even portions. Roll each portion into a sausage shape.
4. Spread a teaspoon of pickle along each pastry rectangle, leaving the edges clear. Place the sausage filling across the top of each pastry rectangle. Roll pastry to enclose filling. Brush pastry edges with beaten egg to seal.
5. Place the sausage rolls on trays lined with parchment / baking paper. Bake for 30 minutes, or until golden-brown and cooked through.



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# SPINACH & CHEESE SAVOURY MUFFINS

## SPINACH & CHEESE SAVOURY MUFFINS



### THIS RECIPE MAKES

12 muffins  
1 portion = 1 muffin



### PREPARATION TIME

5-10 minutes



### COOKING TIME

20-25 minutes

### INGREDIENTS

2 Medium eggs  
150ml Whole milk  
75g Butter, melted  
150g Cheddar cheese, grated  
1 Spring onion, finely chopped  
75g Baby spinach, fresh, chopped  
½ (75g) Red pepper, de-seeded and diced  
160g Self-raising flour  
90g **Pro-Cal powder** (6 sachets)  
½ (4g) Vegetable stock cube  
Salt and pepper to taste (optional)

### EQUIPMENT

12 muffin cases

Each portion (1 muffin) provides:

Calories (kcal)	Protein (g)
216	7

### HOW TO...

1. Preheat the oven to 180°C/160°C fan/gas mark 4 and line a muffin tin with 12 muffin cases.
2. Gently whisk the eggs in a large bowl and stir in milk and melted butter. Mix in grated cheese, spring onion, baby spinach and diced pepper.
3. Finally, add in flour, **Pro-Cal powder**, salt and pepper and crumble in stock cube and mix just enough until all the ingredients have combined.
4. Divide the mixture between the 12 muffin cases and bake in oven for 20-25 minutes until cooked through.



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# SIMPLY STIR SANDWICH FILLERS

## SIMPLY STIR SANDWICH FILLERS



Easy sandwich filler recipes - simply add 1-2 sachets/scoops of **Pro-Cal powder** into ready made sandwich fillers to boost their energy and protein content.

### SUGGESTIONS

#### **Tuna & Sweetcorn**

65g ready-made tuna and sweetcorn sandwich filler

#### **Coronation Chicken**

100g ready-made coronation chicken sandwich filler

#### **Cheese & Onion**

75g ready-made cheese and onion sandwich filler

#### **Cream cheese**

30g, full fat, any flavour

### HOW TO...

1. Simply stir 1-2 sachets/scoops of **Pro-Cal powder** into your favourite ready made sandwich fillers.
2. Fill a bagel, pitta or sandwich and enjoy!



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# SIMPLY STIR SOUPS & NOODLES

## SIMPLY STIR SOUPS & NOODLES



Easy soup and noodles to boost their recipes - simply add 1-2 sachets/scoops of **Pro-Cal powder** into soups to boost their energy and protein content.

### SUGGESTIONS

- Powdered soup
- Homemade soup
- Tinned soup
- Noodles

### HOW TO...

1. Simply stir 1-2 sachets/scoops of **Pro-Cal powder** into your favourite pre-made soup or noodles.

### TOP TIP

Add croutons to the soup to add crunch.



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# SIMPLY STIR COLESLAW

## SIMPLY STIR COLESLAW



Easy Coleslaw - simply add 1-2 sachets/scoops of **Pro-Cal powder** into coleslaw to boost its energy and protein content.

### INGREDIENTS

75g Ready made coleslaw

15g **Pro-Cal powder**  
(1 sachet)

### HOW TO...

1. Simply stir 1-2 sachets/scoops of **Pro-Cal powder** with a dash of hot water to make a paste.
2. Add the paste to one serving of coleslaw, stir well.



### TOP TIP

Use a cheese coleslaw for a different flavour.



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# SIMPLY STIR POTATO SALAD

## SIMPLY STIR POTATO SALAD



Easy Potato Salad - simply add 1-2 sachets/scoops of **Pro-Cal powder** into potato salad to boost its energy and protein content.

### INGREDIENTS

75g Ready made potato salad  
15g **Pro-Cal powder**  
(1 sachet)

### HOW TO...

1. Simply stir 1-2 sachets/scoops of **Pro-Cal powder** with a dash of hot water to make a paste.
2. Add the paste to one serving of potato salad, stir well.



### TOP TIP

Serve with a salad.



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# SHEPHERDS PIE

# SHEPHERDS PIE



THIS RECIPE MAKES

8 portions



PREPARATION TIME

15 minutes



COOKING TIME

1 hour

## INGREDIENTS

### Mince

- 1 tbsp Sunflower oil
- 1 Onion, large, finely chopped
- 180g Carrots, medium, chopped
- 500g Lamb mince
- 60g **Pro-Cal powder** (4 sachets)
- 2 tbsp Tomato puree
- 1 tbsp Worcestershire sauce
- 500ml Beef stock
- 2 tbsp Gravy browning

### Mash

- 900g Potato, cut into chunks
- 85g Butter
- 45ml Whole milk
- 60g **Pro-Cal powder** (4 sachets)
- 40g Cheddar cheese, grated

Each portion provides:

Calories (kcal)	Protein (g)
418	18.5

## HOW TO...

1. Heat the oil in a medium saucepan, add the onion and carrots and cook for a few minutes to soften them.
2. Add mince to a bowl along with 60g **Pro-Cal powder** and mix in well using hands.
3. When the onions and carrots are soft, turn up the heat, crumble in the mince mix and brown it. Tip off any excess fat. Add tomato puree and Worcestershire sauce, cover and fry for 2-3 minutes.
4. Pour in the beef stock and gravy browning, bring to a simmer, cover and cook for 20 minutes, remove the cover and cook for a further 20 minutes.
5. Meanwhile, heat the oven to 180°C/160°C fan/ gas mark 4, then make the mash.
6. Boil potatoes in salted water for 15-20 minutes until soft. Drain the potatoes and mash with the butter, milk and 60g **Pro-Cal powder**.
7. Place mince filling into an ovenproof dish, top with mash and ruffle the top with a fork. Sprinkle grated cheese over the top.
8. Bake for 20-25 minutes until the top is starting to colour and the gravy is bubbling through at the edges. Leave to stand for 5 minutes before serving.



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# SIMPLE BEEF STEW



THIS RECIPE MAKES

10 portions



PREPARATION TIME

15-20 minutes



COOKING TIME

2 hours

## INGREDIENTS

- 900g Stewing steak, diced
- 3 tbsp Vegetable oil
- 4 Beef stock cubes
- 1L Water, boiling
- 1 tsp Dried rosemary
- 1 tsp Dried parsley
- ½ tsp Ground black pepper
- 3 Large potatoes, peeled and cubed
- 4 Carrots, cut into 2.5cm pieces
- 4 Celery sticks, cut into 2.5cm pieces
- 1 Large onion, chopped
- 150g **Pro-Cal powder**  
(10 sachets)
- 200ml Water, room temperature
- 4 tbsp Gravy granules
- 2 tsp Gravy browning

Each portion provides:

Calories (kcal)	Protein (g)
342	24

## HOW TO...

1. Heat the oil in a large pan over a medium heat and then add the beef and cook until browned.
2. Meanwhile, dissolve the stock cubes in boiling water and pour into the pan.
3. Stir in the rosemary, parsley and pepper. Bring to the boil, then reduce the heat, cover and simmer for 1 hour.
4. Add potatoes, carrots, celery and onion into the pan.
5. Mix **Pro-Cal powder** in 200ml of water, then add to the stew and stir thoroughly.
6. Add gravy granules and gravy browning to the stew, cover and simmer for 1 hour.

## TOP TIP

Serve with dumplings or buttered bread.

# SIMPLE BEEF STEW



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# ONION BHAJIS

## ONION BHAJIS



### THIS RECIPE MAKES

6 large or 10 small onion bhajis  
1 portion = 1 large bhaji



### PREPARATION TIME

15-20 minutes



### COOKING TIME

5-6 minutes

### INGREDIENTS

- 2 Eggs, medium
- 3 (120g) Onions, finely sliced
- 120g Plain flour
- 60g **Pro-Cal powder**  
(4 sachets)
- 1 tsp Coriander, ground
- 20g Coriander, fresh,  
finely chopped
- 1 tsp Cumin seeds
- 3 tbsp Vegetable oil, plus  
extra if required

Each portion (1 large bhaji) provides:

Calories (kcal)	Protein (g)
215	6

### HOW TO...

1. Beat the eggs in a bowl.
2. Add onions and mix well.
3. Add flour, **Pro-Cal powder**, ground coriander, fresh coriander and cumin seeds. Stir well to combine.
4. Heat the oil in a deep-sided frying pan over a medium heat (~180°C). When hot, add a large spoonful of the bhaji mixture and fry for 45-60 seconds, until golden-brown.
5. Turn the bhaji over and fry for a further 45-60 seconds, until crisp and golden-brown all over. Remove and drain on kitchen paper.
6. Repeat with remaining bhaji mixture. Replenish the oil in the pan if it runs low and allow it to heat up again for the next set of onion bhajis.



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# YORKSHIRE PUDDINGS

# YORKSHIRE PUDDINGS



## THIS RECIPE MAKES

8 large puddings or 12 small puddings  
1 portion = 1 large pudding



## PREPARATION TIME

5 minutes



## COOKING TIME

20 - 25 minutes

## INGREDIENTS

Oil (1 tbsp) for lining tin

100g Plain flour

75g **Pro-Cal powder**  
(5 sachets)

4 Eggs, medium, beaten

200ml Whole milk

Salt and pepper (to season)

## EQUIPMENT

Yorkshire pudding tray  
or non-stick muffin tin

Each portion (1 large pudding) provides:

Calories (kcal)	Protein (g)
167	6

## HOW TO...

1. Heat the oven to 230°C/210°C fan/gas mark 8.
2. Drizzle a little oil evenly into two 4-hole Yorkshire pudding tins or a 12-hole non-stick muffin tin and place in the oven to heat through.
3. To make the batter, tip the flour and **Pro-Cal powder** into a bowl and beat in 4 eggs until smooth.
4. Gradually add 200mls of milk and carry on beating until the mix is completely lump-free. Season with salt and pepper.
5. Pour the batter into a jug. Remove the hot tins from the oven. Carefully and evenly pour the batter into the holes. The mixture makes 8 larger or 12 smaller puddings.
6. Place the tins back in the oven and leave undisturbed for 20-25 minutes until the puddings have puffed up and browned. Serve warm.

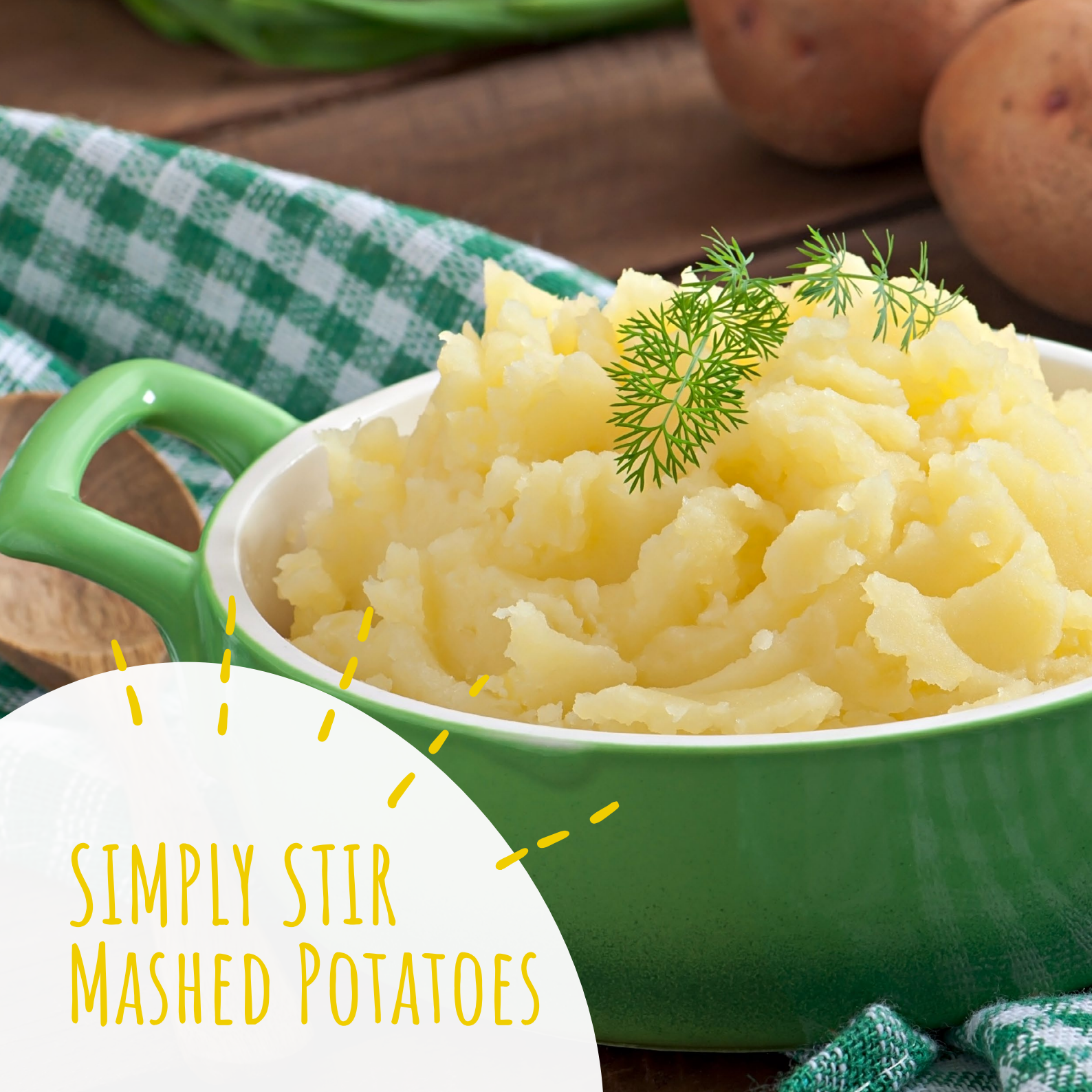
## TOP TIP

Add **Pro-Cal powder**  
to gravy and pour over  
Yorkshire Puddings.



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# SIMPLY STIR MASHED POTATOES

## SIMPLY STIR MASHED POTATOES



Easy mashed potato recipe - simply add 1-2 sachets/scoops of **Pro-Cal powder** into mashed potatoes to boost their energy and protein content.

### INGREDIENTS

Mashed Potatoes

### HOW TO...

1. Simply stir 1-2 sachets/scoops of **Pro-Cal powder** into the mashed potato and stir in well.
2. Enjoy on their own or as a main meal accompaniment.



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# BANANA FLAPJACKS

## BANANA FLAPJACKS



THIS RECIPE MAKES  
9 flapjack squares



PREPARATION TIME  
10 minutes



COOKING TIME  
30-35 minutes

### INGREDIENTS

Butter for greasing  
100g Unsalted butter  
100g Soft light brown sugar  
1 Medium banana, mashed  
100g Porridge oats  
60g **Pro-Cal powder**  
(4 sachets)

Each flapjack square provides:

Calories (kcal)	Protein (g)
222	2

### HOW TO...

1. Pre-heat the oven to 190°C/170°C fan/gas mark 5.
2. Lightly grease a square baking tin (9 inches) and line with baking paper.
3. Place butter into microwave-suitable bowl and heat for approximately 20 seconds until melted.
4. Add sugar to melted butter, stirring until dissolved.
5. Add mashed banana and porridge oats and stir well until combined.
6. Add **Pro-Cal powder** into the mixture and stir until dissolved.
7. Pour the mixture into baking tin and distribute evenly using a fork.
8. Place tin onto middle shelf in oven and bake for 30-35 minutes until mixture is golden brown and firm to touch.
9. Remove the tin from oven and allow to cool for 5 minutes. Cut the mixture into squares and place on a cooling rack.
10. Store in an airtight container.



**Pro-Cal powder** is a Food for Special Medical Purposes and must be used under medical supervision. Suitable from 3 years of age onwards. Refer to labels for allergen and other product information.





# CHOCOLATE BROWNIE IN A MUG

## CHOCOLATE BROWNIE IN A MUG



THIS RECIPE MAKES

1 portion



PREPARATION TIME

10 minutes



COOKING TIME

1 minute (700W/category D microwave)

### INGREDIENTS

- 1 tbsp White self-raising flour
- 2 tbsp Caster sugar
- 1 tbsp Cocoa powder
- 15g **Pro-Cal powder** (1 sachet)
- 1 tbsp Unsalted butter
- 1 tbsp Whole milk

Each portion provides:

Calories (kcal)	Protein (g)
450	7

### HOW TO...

1. Lightly grease a mug with butter.
2. Mix flour, sugar, cocoa powder and Pro-Cal powder in a bowl.
3. Place butter in a microwave-safe dish and heat for 30 seconds until melted.
4. Add melted butter and milk to the dry ingredients, stir to combine.
5. Pour mixture into mug, place in microwave on full power and cook for 1 minute, until risen and springy to touch.
6. Allow to cool. Either tip the brownie out of mug to serve or eat straight from the mug!

### TOP TIP

Try with berries and chocolate sauce.



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# CHOCOLATE MOUSSE

## CHOCOLATE MOUSSE



THIS RECIPE MAKES  
2 portions



PREPARATION TIME  
5 minutes



COOKING TIME  
5 minutes

### INGREDIENTS

- 10g Unsalted butter
- 35g Pink and white marshmallows
- 50g Dark cooking chocolate
- 1 tbsp Water
- 30g **Pro-Cal powder**  
(2 sachets)
- 50g Double cream

Each portion (1 mousse) provides:

Calories (kcal)	Protein (g)
450	4.4

### HOW TO...

1. Place the butter, marshmallows, chocolate and water into a small saucepan. Place over a low heat, stir regularly until melted and a smooth chocolate mixture forms. Set aside to cool.
2. Add **Pro-Cal powder** to cream and whip until thickened using a balloon whisk.
3. Once the chocolate mixture has cooled, fold through the cream until a thickened, glossy mixture is achieved.
4. Divide between 2 small dishes and serve immediately.

### TOP TIP

Serve with spray cream and/or fruit.



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# PEANUT BUTTER & RAISIN COOKIES

# PEANUT BUTTER & RAISIN COOKIES



## THIS RECIPE MAKES

8 cookies  
1 portion = 1 cookie



## PREPARATION TIME

10 minutes



## COOKING TIME

15 minutes

## INGREDIENTS

- 30g Raisins
- 100g Smooth peanut butter
- 100g Caster sugar
- 30g **Pro-Cal powder**  
(2 sachets)
- 1 Large egg, beaten

Each portion (1 cookie) provides:

Calories (kcal)	Protein (g)
170	4.3

## HOW TO...

1. Preheat oven to 190°C/fan 170°C/gas mark 5.
2. Soak raisins in warm (not boiling) water for 10 minutes to soften and prevent burning during cooking.
3. Mix the peanut butter, caster sugar, **Pro-Cal powder** and egg in a bowl using a balloon whisk.
4. Drain the raisins and add to mixture, stirring until evenly distributed.
5. Place a sheet of greaseproof paper onto a large baking tray. Using wet hands, shape mixture into 8 balls, space evenly and flatten slightly on tray.
6. Bake for 15 minutes until puffed up and lightly golden.
7. Leave the cookies to cool on baking tray for 5 minutes and then place on cooling rack using a spatula.
8. Store in an airtight container.

## TOP TIP

Instead of raisins, use any soft dried fruit of choice such as chopped dates or apricots.



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# PINEAPPLE & COCONUT ICE LOLLIES

## PINEAPPLE & COCONUT ICE LOLLIES



### THIS RECIPE MAKES

6 ice lollies  
1 portion = 1 ice lolly



### PREPARATION TIME

10 minutes



### FREEZING TIME

2 hours

### INGREDIENTS

100g Coconut milk  
100ml Pure pineapple juice  
25g Caster sugar  
65g Double cream  
45g **Pro-Cal powder**  
(3 sachets)

### EQUIPMENT

Ice lolly moulds

Each portion (1 ice lolly) provides:

Calories (kcal)	Protein (g)
156	1.4

### HOW TO...

1. Place all ingredients into a blender and blitz for 1 minute until smooth.
2. Pour the mixture into 6 ice lolly moulds (approximately 65ml) and freeze for at least 2 hours\*

\* Once defrosted do not re-freeze



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### TOP TIP

For an alternative flavour, use mango juice or your favourite smoothie.





# FRUIT MOUSSE

# FRUIT MOUSSE



THIS RECIPE MAKES

1 portion



PREPARATION TIME

20 minutes



COOKING TIME

1 hour

## INGREDIENTS

60g Double Cream

30g **Pro-Cal powder**  
(2 sachets)

1 Heaped tsp Sugar

50g Mandarins  
(Drained, tinned in juice)

20ml water

1 Sheet of gelatine (2g)

Each portion provides:

Calories (kcal)	Protein (g)
545	7

## HOW TO...

1. In a bowl, mix double cream with **Pro-Cal powder** and whip using a hand blender.
2. Separately blend the sugar, mandarins and water. Add to the Pro-Cal cream mixture and blend until combined.
3. Add the sheet of gelatine to cold water until it softens. Take gelatine sheet out of water and squeeze excess water off. Dissolve sheet into 10ml of warm water (not boiling), add to the mixture and mix thoroughly until combined.
4. Pour the mixture into ramekin and place in the fridge for 1 hour to set.

## TOP TIP

Place 2 unblended mandarins on top to serve



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# LEMON DRIZZLE CUPCAKE

## LEMON DRIZZLE CUPCAKE



THIS RECIPE MAKES

2 cupcakes  
1 portion = 1 cupcake



PREPARATION TIME

10 minutes



COOKING TIME

18 minutes

### INGREDIENTS

#### Cake

30g White sugar  
30g Unsalted butter  
30g **Pro-Cal powder**  
(2 sachets)  
30g Plain flour  
¼ tsp Bicarbonate of soda  
1 Medium egg, beaten  
1g Lemon zest  
2ml Lemon juice

#### Icing

60g Icing sugar  
7ml Water  
1g Lemon zest (grated)  
3ml Lemon juice

### EQUIPMENT

Cupcake tin lined with  
2 cupcake cases

Each portion (1 cupcake) provides:

Calories (kcal)	Protein (g)
474	7

### HOW TO...

1. Preheat the oven to 200°C/180°C fan/gas mark 5.
2. **For the cupcake;** cream together the sugar and butter in a bowl. Add **Pro-Cal powder**, flour and bicarbonate of soda, mix well.
3. Combine beaten egg with dry ingredients to make a batter. Mix lemon zest and juice in to batter.
4. Spoon half of the mixture into each cupcake case and bake for 15-20 minutes.
5. **For the icing;** mix icing sugar, water, lemon zest and juice together to a paste.
6. Once the cupcakes are baked allow to cool slightly, remove from case and top with icing.

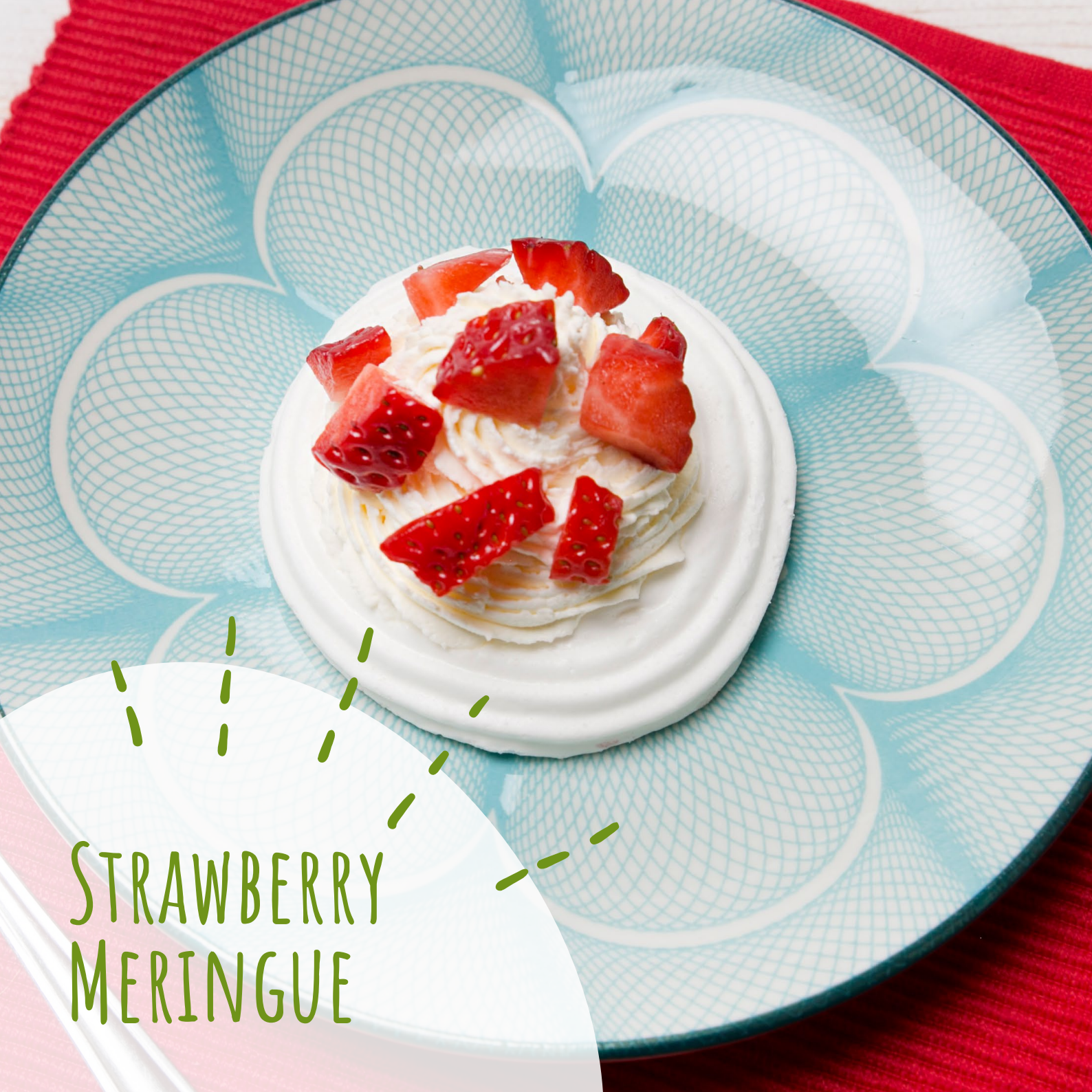
### TOP TIP

Serve with a sprinkle of  
lemon zest on top.



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# STRAWBERRY MERINGUE

## STRAWBERRY MERINGUE



THIS RECIPE MAKES  
1 portion



PREPARATION TIME  
5-10 minutes



COOKING TIME  
0 minutes

### INGREDIENTS

- 30g Double cream
- 15g **Pro-Cal powder**  
(1 sachet)
- 1 Ready-made meringue nest
- 20g Strawberries, sliced

Each portion provides:

Calories (kcal)	Protein (g)
306	3

### HOW TO...

1. Place the double cream into a small bowl and add **Pro-Cal powder**. Mix using a balloon whisk to ensure the mixture is well combined. The mixture will thicken.
2. Spoon the cream mixture into the centre of each meringue nest and arrange strawberries on top of the cream.



### TOP TIP

Swap strawberries for raspberries or mandarins.



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# VANILLA CUPCAKE

# VANILLA CUPCAKE



THIS RECIPE MAKES

2 cupcakes  
1 portion = 1 cupcake



PREPARATION TIME

10 minutes



COOKING TIME

18 minutes

## INGREDIENTS

### Sponge

- 30g White sugar
- 30g Unsalted butter
- 30g **Pro-Cal powder** (2 sachets)
- 30g Plain flour
- ¼ tsp Bicarbonate of soda
- 1 Medium egg, beaten
- ½ tsp Vanilla essence

### Butter Cream Icing

- 50g Icing sugar
- 25g Unsalted butter
- ¼ tsp Vanilla essence

## EQUIPMENT

- Cupcake tin lined with 2 cupcake cases

Each portion (1 cupcake) provides:

Calories (kcal)	Protein (g)
550	7

## HOW TO...

1. Preheat oven to 200°C/180°C fan/gas Mark 5.
2. **For the cupcake;** cream together the sugar and butter in a bowl. Then add **Pro-Cal powder**, flour, bicarbonate of soda to bowl and mix well.
3. Combine the beaten egg and vanilla essence with the dry ingredients.
4. Spoon half of the mixture into each cupcake case and bake for 18 minutes.
5. **For the icing;** cream the butter, icing sugar and vanilla essence until well blended.
6. Once baked allow to cool slightly, remove from case and top with icing.

## TOP TIP

Serve with sprinkles on top.



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# BLUEBERRY MUFFINS

## BLUEBERRY MUFFINS



### THIS RECIPE MAKES

12 muffins  
1 portion = 1 muffin



### PREPARATION TIME

20 minutes



### COOKING TIME

20 minutes

## INGREDIENTS

100g Butter, unsalted, softened  
140g Golden caster sugar  
2 Large eggs  
140g Natural yoghurt  
1 tsp Vanilla extract  
2 tbsp Whole milk  
160g Plain flour  
90g **Pro-Cal powder**  
(6 sachets)  
2 tsp Baking powder  
1 tsp Bicarbonate of soda  
¼ tsp Salt, fine  
125g Blueberries

## EQUIPMENT

12 hole muffin tin, 12 muffin cases

Each portion (1 muffin) provides:

Calories (kcal)	Protein (g)
233	4.5

## HOW TO...

1. Pre-heat oven to 200°C/180°C fan/gas mark 6.
2. Line a 12-hole muffin tin with paper cases. Beat the butter and caster sugar together until pale and fluffy. Add the eggs and beat for 1 minute, then mix in the yoghurt, vanilla extract and milk.
3. Combine flour, **Pro-Cal powder**, baking powder and bicarbonate of soda in a bowl with ¼ tsp salt. Tip this into the wet ingredients and mix well.
4. Fold in the blueberries and divide mixture between muffin cases.
5. Bake for 5 minutes, then reduce oven to 180°C/160°C fan/gas mark 4 and bake for 15-18 minutes more until risen and golden.
6. Cool in the tin for 10 minutes, then carefully lift out onto a wire rack to cool.



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# CLASSIC SCONES

## CLASSIC SCONES



### THIS RECIPE MAKES

6 large scones  
1 portion = 1 scone



### PREPARATION TIME

20 minutes



### COOKING TIME

15-20 minutes

### INGREDIENTS

350g Self-raising flour  
(plus extra for dusting)

120g **Pro-Cal powder**  
(8 sachets)

1 tsp Baking powder

85g Butter, cut into cubes

60g Caster sugar

50g Raisins

190ml Whole milk

1 tsp Vanilla extract

One egg, beaten

### EQUIPMENT

5cm diameter cutter

Each portion (1 scone) provides:

Calories (kcal)	Protein (g)
540	10.5

### HOW TO...

1. Preheat oven to 220°C/fan 200°C/gas mark 7.
2. Add flour, **Pro-Cal powder** and baking powder into a large bowl and mix. Add butter and rub in with your fingertips until the mixture resembles breadcrumbs. Stir in the sugar and raisins.
3. Make a well in the centre of the dry mixture and add the milk and vanilla extract. Combine and knead well with your hands until it forms a dough (add more flour if the dough is too sticky).
4. Dust the work surface with flour and roll out the dough to about 4cm thickness.
5. Dip the cutter into some flour and stamp out rounds. Place onto a baking sheet and brush the tops with the beaten egg.
6. Bake for 15-20 minutes until risen and golden on the top. Eat warm or enjoy these cold.



### TOP TIP

Top with jam and clotted cream.



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# COCONUT SLICES

## COCONUT SLICES



### THIS RECIPE MAKES

12 large slices of cake  
1 portion = 1 slice



### PREPARATION TIME

10-15 minutes



### COOKING TIME

25-30 minutes

## INGREDIENTS

### Sponge

110g Self-raising flour  
1 pinch Salt  
150g Caster sugar  
100g Desiccated coconut  
125g Butter, melted  
125ml Whole milk  
2 Eggs, beaten  
1 tsp Vanilla extract  
180g **Pro-Cal powder**  
(12 sachets)

### Icing

167g Icing sugar  
1 tbsp Butter  
2 tbsp Water, boiling  
1 drop Pink food colouring  
50g Desiccated coconut to decorate

## EQUIPMENT

Baking tray 28cm x 35cm

Each portion (1 slice) provides:

Calories (kcal)	Protein (g)
421	5

## HOW TO...

1. Preheat oven to 180°C/fan 160°C/gas mark 4.
2. Add the flour, salt, sugar, coconut, butter and **Pro-Cal powder** into a bowl. Mix with fingertips until the mixture resembles breadcrumbs.
3. Stir in the milk, eggs and vanilla extract and pour mixture into a baking tray lined with greaseproof paper, and bake for 25-30 minutes then remove from the oven to cool.
4. Meanwhile, to make the icing, place the icing sugar and butter into a bowl.
5. Pour in boiling water and mix to make a thick paste then add the pink food colouring and mix.
6. Spread the icing evenly over the top of the cooled cake and sprinkle with coconut.



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# DATE & MAPLE SYRUP FLAPJACKS

## DATE & MAPLE SYRUP FLAPJACKS



### THIS RECIPE MAKES

6 flapjacks  
1 portion = 1 flapjack



### PREPARATION TIME

10 minutes



### COOKING TIME

20 minutes

### INGREDIENTS

- 115g Porridge oats
- 50g Soft dates, chopped
- 65g Maple syrup or honey
- 75g Unsalted butter
- 45g **Pro-Cal powder**  
(3 sachets)
- 15g desiccated coconut

Each portion (1 flapjack) provides:

Calories (kcal)	Protein (g)
286	4

### HOW TO...

1. Preheat oven to 200°C/180°C fan/gas Mark 5 and grease a silicone baking tray.
2. Melt the butter in a saucepan with the maple syrup and dates, smash the dates into the butter and maple syrup with a wooden spoon.
3. Stir in the desiccated coconut and porridge oats.
4. Press the mixture into the baking tray and bake for 20 minutes.
5. Remove from the oven, after a few minutes, cut into squares. Then allow to cool in the tray.

### TOP TIP

Add different kinds of dried fruit for variety.



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# SIMPLY STIR CUSTARD & RICE PUDDING

## CUSTARD & RICE PUDDING



An easy dessert recipe - simply add 1-2 sachets/scoops of **Pro-Cal powder** into custard or rice pudding to boost its energy and protein content.

### SUGGESTIONS

Custard  
Rice pudding

### HOW TO...

1. Simply stir 1-2 sachets/scoops of **Pro-Cal powder** into ready made custard or rice pudding.
2. Enjoy hot or cold.

### TOP TIP

Add cinnamon or honey to sweeten or serve with a portion of fruit.



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# HOT CHOCOLATE

## HOT CHOCOLATE



THIS RECIPE MAKES  
1 portion (200ml)



PREPARATION TIME  
5 minutes



COOKING TIME  
0 minutes

### INGREDIENTS

#### FOR 200ML SERVING

- 1 tbsp Cocoa powder
- 15g **Pro-Cal powder**  
(1 sachet)
- 1 tsp Caster sugar
- 200ml Whole milk

Per 200ml provides:

Calories (kcal)	Protein (g)
293	11.5

### HOW TO...

1. Mix cocoa powder and **Pro-Cal powder** with 1 tbsp of milk into a smooth paste.
2. Place the remaining milk in a small saucepan and bring to boil.
3. Take the saucepan off the heat and pour over the paste whilst stirring briskly with a fork.
4. Pour into a mug and stir in sugar.



### TOP TIP

Serve with spray cream and marshmallows.



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# AVOCADO SMOOTHIE

## AVOCADO SMOOTHIE



THIS RECIPE MAKES  
1 portion (300ml)



PREPARATION TIME  
10 minutes



COOKING TIME  
0 minutes

### INGREDIENTS

- FOR 300ML SERVING**  
Handful of fresh spinach  
50g Banana, peeled  
½ Avocado, flesh only  
100g Frozen blueberries  
30g **Pro-Cal powder**  
(2 sachets)

Per 300ml provides:

Calories (kcal)	Protein (g)
380	7

### HOW TO...

1. Add all the ingredients to a blender.
2. Blend until smooth, then enjoy!



**Pro-Cal powder** is a Food for Special Medical Purposes and must be used under medical supervision. Suitable from 3 years of age onwards. Refer to labels for allergen and other product information.





# BERRY SMOOTHIE

# BERRY SMOOTHIE



THIS RECIPE MAKES  
1 portion (300ml)



PREPARATION TIME  
10 minutes



COOKING TIME  
0 minutes

## INGREDIENTS

### FOR 300ML SERVING

- 25g Porridge oats
- 100g Tinned mixed berries
- 125ml Whole milk
- 25g Strawberry jam
- 30g **Pro-Cal powder**  
(2 sachets)

Per 300ml provides:

Calories (kcal)	Protein (g)
488	11.5

## HOW TO...

1. Add all the ingredients to a blender.
2. Blend until smooth, then enjoy!

## TOP TIP

If left to chill, this mixture sets to a thick mousse which can be used as a tasty topping for cereals, yoghurts or desserts.



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# CARAMEL COFFEE MILKSHAKE

# CARAMEL COFFEE MILKSHAKE



THIS RECIPE MAKES  
1 portion (150ml)



PREPARATION TIME  
10 minutes



COOKING TIME  
0 minutes

## INGREDIENTS

### FOR 150ML SERVING

- 1 tsp Instant coffee  
(add more or less depending on how strong you like it)
- 20g Tinned caramel
- 100ml Whole milk
- 30g **Pro-Cal powder**  
(2 sachets)

Per 150ml provides:

Calories (kcal)	Protein (g)
324	8.7

## HOW TO...

1. Add all the ingredients to a blender.
2. Blend until smooth, then enjoy!

Please note that children under 12 years of age should not have caffeine containing drinks.



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## TOP TIP

Top with coffee beans for decoration, if desired.



# FRAPPUCCINO



# FRAPPUCCINO



THIS RECIPE MAKES  
1 portion (200ml)



PREPARATION TIME  
10 minutes



COOKING TIME  
0 minutes

## INGREDIENTS

### FOR 200ML SERVING

- 5 Ice cubes
- 1 tsp Instant coffee  
(add more or less depending on how strong you like it)
- 100ml Whole milk
- 1 tbsp Sugar
- 50g Chocolate hazelnut spread
- 30g **Pro-Cal powder**  
(2 sachets)

Per 200ml provides:

Calories (kcal)	Protein (g)
617	10.5

## HOW TO...

1. Add all the ingredients to a blender.
2. Blend until smooth, then enjoy!

Please note that children under 12 years of age should not have caffeine containing drinks.



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# OATY MANGO SMOOTHIE

## OATY MANGO SMOOTHIE



THIS RECIPE MAKES  
1 portion (300ml)



PREPARATION TIME  
10 minutes



COOKING TIME  
0 minutes

### INGREDIENTS

#### FOR 300ML SERVING

- 25g Porridge oats
- 100g Mango, peeled
- 150ml Whole milk
- 15g Honey
- 30g **Pro-Cal powder**  
(2 sachets)

Per 300ml provides:

Calories (kcal)	Protein (g)
479	12.4

### HOW TO...

1. Add all the ingredients to a blender.
2. Blend until smooth, then enjoy!



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# PEANUT BUTTER & CARAMEL MILKSHAKE



## PEANUT BUTTER & CARAMEL MILKSHAKE



THIS RECIPE MAKES  
1 portion (300ml)



PREPARATION TIME  
10 minutes



COOKING TIME  
0 minutes

### INGREDIENTS

#### FOR 300ML SERVING

- 50g Banana, peeled
- 150ml Whole milk
- 30g Peanut butter (smooth)
- 20g Tinned caramel
- 30g **Pro-Cal powder**  
(2 sachets)

Per 300ml provides:

Calories (kcal)	Protein (g)
578	17.7

### HOW TO...

1. Add all the ingredients to a blender.
2. Blend until smooth, then enjoy!

### TOP TIP

Drizzle some tinned caramel around the inside of the glass and serve with whipped cream on top.



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# PINEAPPLE SMOOTHIE

## PINEAPPLE SMOOTHIE



THIS RECIPE MAKES  
1 portion (300ml)



PREPARATION TIME  
10 minutes



COOKING TIME  
0 minutes

### INGREDIENTS

#### FOR 300ML SERVING

- 200g Whole milk yoghurt
- 6 Ice cubes
- 200g Tinned pineapple chunks
- 30g **Pro-Cal powder**  
(2 sachets)

Per 300ml provides:

Calories (kcal)	Protein (g)
452	16

### HOW TO...

1. Add all the ingredients to a blender.
2. Blend until smooth, then enjoy!



**Pro-Cal powder** is a Food for Special Medical Purposes and must be used under medical supervision. Suitable from 3 years of age onwards. Refer to labels for allergen and other product information.



# STRAWBERRY FRAPPÉ



## STRAWBERRY FRAPPÉ



THIS RECIPE MAKES  
1 portion (300ml)



PREPARATION TIME  
10 minutes



COOKING TIME  
0 minutes

### INGREDIENTS

#### FOR 300ML SERVING

1 scoop / 60g of Vanilla ice cream  
100g Tinned strawberries  
20g Strawberry jam  
120ml Whole milk  
30g **Pro-Cal powder**  
(2 sachets)

Per 300ml provides:

Calories (kcal)	Protein (g)
478	10.5

### HOW TO...

1. Add all the ingredients to a blender.
2. Blend until smooth, then enjoy!

### TOP TIP

Add additional strawberries to the glass for decoration.



**Pro-Cal powder** is a Food for Special Medical Purposes and must be used under medical supervision. Suitable from 3 years of age onwards. Refer to labels for allergen and other product information.





# SIMPLY STIR HOT DRINKS



An easy drink recipe - simply add 1-2 sachets/scoops of **Pro-Cal powder** into drinks to boost their energy and protein content.

## SUGGESTIONS

Hot chocolate

Coffee

Malted drinks

## HOW TO...

1. Simply stir 1-2 sachets/scoops of **Pro-Cal powder** into your favourite hot drink.
2. Stir well and enjoy!

SIMPLY STIR  
HOT DRINKS



**Pro-Cal powder** is a Food for Special Medical Purposes and must be used under medical supervision. Suitable from 3 years of age onwards. Refer to labels for allergen and other product information.



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MY RECIPE IDEAS:

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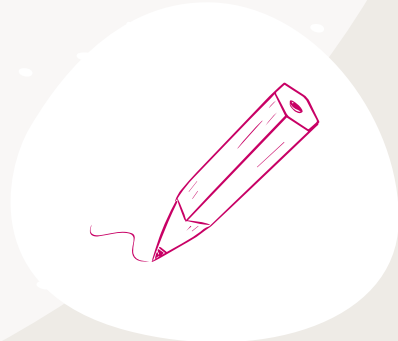
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