

# The **Pro-Cal** Recipe Book

for individuals with kidney disease



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# INTRODUCTION

This booklet details simple recipe ideas that you could try to increase your energy and protein intake using **Pro-Cal**\*\* powder and / or **Pro-Cal** shot\*\*.

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

**Pro-Cal** *shot* is a low volume, energy dense oral nutritional supplement, that provides fat, protein and carbohydrate. **Pro-Cal** *shot* is available in neutral, strawberry and banana flavours.

**Pro-Cal** *powder* and **Pro-Cal** *shot* 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.

The recipes in this booklet have been specifically designed for the dietary management of disease related malnutrition for patients with kidney disease. Refer to labels for allergens and other product information.

Heating and freezing **Pro-Cal** *powder* and **Pro-Cal** *shot* could affect some of the products' nutrient levels. Please ask your healthcare team/dietitian for advice to ensure you are meeting all your nutritional needs. The nutrient information on the **Pro-Cal** *powder* and **Pro-Cal** *shot* packaging reflect the nutrient levels when prepared as directed on the packaging.

Please note that the dietary management of kidney disease is individual to each patients' requirements, so it is essential that you check with your dietitian which recipes are suitable for you.

N.B. The nutritional information provided for each recipe has been calculated using Nutrimen nutritional analysis tool. All values are approximate and may vary depending on the product or brand used. Nutrimen is based on United Kingdom nutritional values for foods<sup>1</sup>.

McCance RA, Widdowson EM. McCance and Widdowson's the Composition of Foods. Royal Society of Chemistry; 2014 Sep 24.

# Porridge



portion of permitted fruit.

# Porridge

Preparation time:	Cooking time:	Recipe makes:
0 minutes	5 minutes	1 portion

# Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
515	11	335 / 11	364 / 9.1	

### Ingredients:

30g Porridge oats

120ml (1 bottle) of Pro-Cal shot (neutral flavour)

### Method:

- 1. Place the porridge oats and Pro-Cal *shot* into a pan and heat gently for 5-10 minutes until thickened.
- 2. Serve warm.



Always check with your Dietitian that this

recipe is suitable for you.

**Pro-Cal** *shot* ™ is a Food for Special Medical Purposes and must be used under medical supervision. Refer to labels for allergen and other product information.



# **Pancakes**



# Pancakes

Preparation time:	Cooking time:	Recipe makes:
10 minutes	2 minutes each	1 portion (2 pancakes)

## Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
328	9	172 / 5.5	197 / 4.9	

# Ingredients:

120ml (1 bottle) of Pro-Cal shot ½ tsp Vanilla extract (neutral flavour) 1 tsp Sunflower oil

1 Small egg

50g Plain flour

#### Method:

- 1. Place the Pro-Cal *shot*, egg, plain flour and vanilla extract into a bowl and mix thoroughly.
- 2. Heat a frying pan or crepe pan on a medium heat. Add the sunflower oil to the pan.
- 3. When the oil is heated, pour half of the batter into the pan and cook for 1-2 minutes on each side until golden.
- 4. Repeat this step with the remaining batter.



recipe is suitable for you.



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and must be used under medical supervision.
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# Scrambled Egg & Muffin



# Scrambled Egg & Muffin

Preparation time:	Cooking time:	Recipe makes:
5 minutes	3-5 minutes	1 portion

## Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
476	18	274 / 8.8	277 / 6.9	

# Ingredients:

1 Large egg, beaten

1 tbsp Whole milk

15g (1 sachet) Pro-Cal powder

15g Unsalted butter

1 White English muffin

#### Method

- 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 and once melted, pour in the egg mixture. 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.



Always check with your Dietitian that this

recipe is suitable for you.



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# **Omelette**



# Omelette

Preparation time:	Cooking time:	Recipe makes:
5 minutes	10-12 minutes	1 portion

### Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
467	24	394 /12.6	400 / 10	

# Ingredients:

10g Unsalted butter 2 Large eggs, beaten

20g Red onion, thinly sliced 15g (1 sachet) Pro-Cal powder

25g Green pepper, chopped 30g Full fat cream cheese

25g Red pepper, chopped

### Method:

- 1. Place a small frying pan over a medium heat and add butter. Once melted, add the onion, 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 until the underside of omelette is set.
- 3. Use a spoon to spread the cheese on top of the omlette and fold over. Cook for a further 3 minutes, until cooked through.





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# Tuna & **Sweetcorn Bagel**



# Tuna & Sweetcorn Bagel

Preparation time:	Cooking time:	Recipe makes:		
10 minutes	0 minutes	1 portion		

## Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
525	17	139 / 4.5	182 / 4.6	

# Ingredients:

15g (1 sachet) Pro-Cal powder

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

1 White bagel

2 Lettuce leaves

#### Method:

- 1. Mix Pro-Cal powder into tuna and sweetcorn sandwich filler until combined.
- 2. Spread the mixture evenly over a halved bagel and add lettuce leaves. Top with the other half of the bagel.



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Always check with your Dietitian that this recipe is suitable for you.



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# Chicken & **Sweetcorn Pitta**



# Chicken & Sweetcorn Pitta

Preparation time:	Cooking time:	Recipe makes:		
10 minutes	0 minutes	1 portion		

## Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium	
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol	
436	16	156 / 5	222 / 5.5		

# Ingredients:

15g (1 sachet) Pro-Cal powder

1 tsp Full fat mayonnaise

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

1 White pitta pocket

2 Lettuce leaves

- 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.



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# **Savoury Muffin**



# Savoury Muffin

Preparation time:	Cooking time:	Recipe makes:
15 minutes	20-25 minutes	2 portions

## Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium	
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol	
374	11	218 / 7	238 / 5.9		

### Equipment:

Large muffin tin lined with 2 large muffin cases

### Ingredients:

50g Full fat cream cheese 30g (2 sachets) Pro-Cal powder

20g Red onion finely chopped ½ tsp Bicarbonate of soda

15g Green pepper 1 Medium egg

4g Fresh coriander, finely chopped 30ml (1/4 bottle) of Pro-Cal shot (neutral flavour)

70g Plain flour

#### Method:

- . Preheat the oven to 200°C/180°C fan/gas Mark 5.
- 2. Mix the cream cheese, onion, pepper and coriander in a bowl.
- 3. Add flour, Pro-Cal *powder*, bicarbonate of soda, egg and Pro-Cal *shot* to a bowl and mix together.
- 4. Pour half of the mixture into each muffin case and place in the oven for 20-25 minutes.





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Dietitians comments	:	

# **Chicken Curry**



# Chicken Curry

Preparation time:	Cooking time:	Recipe makes:		
10-15 minutes	30 minutes	2 portions		

### Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
450	30	375 /12	814 / 20	

<sup>\*</sup> Analysis not including rice

### Ingredients:

2 tbsp Sunflower oil

1 Small white onion, peeled and chopped

2 Garlic cloves, peeled and chopped or ½ tsp garlic granules

1 Red pepper, chopped

2 tsp Curry powder

½ tsp Garam masala

½ tsp Ground ginger

1 Chilli, finely chopped – if desired

2 Small chicken breasts (200g), chopped

120ml (1 bottle) of Pro-Cal shot

(neutral flavour)

Rice (to serve)

#### Method:

- 1. Heat the sunflower oil in a large saucepan over a medium heat. Add the onion, garlic and red pepper and cook until soft.
- 2. Add curry powder, garam masala, ground ginger and chilli (if using) to the pan and cook for 3-4 minutes. Add the chicken and brown off for 5 minutes.
- 3. Add the Pro-Cal *shot* to the pan and simmer gently. Reduce to a medium heat and cook for 10-15 minutes or until the chicken is cooked through.
- 4. Meanwhile, prepare the rice as per manufacturer's instructions.
- 5. When the rice is ready, remove the curry from the heat and serve with a portion of rice.



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Refer to labels for allergen and other product information.

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# **Creamy Chicken**



basil leaves to serve.

# Creamy Chicken

Preparation time:	Cooking time:	Recipe makes:
15 minutes	35 minutes	2 portions

### Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
500	32	414 /13	914 / 23	

<sup>\*</sup> Analysis not including pasta

### Ingredients:

2 tbsp Sunflower oil

1 Medium white onion, peeled and chopped

2 Cloves of garlic, chopped

1 Green bell pepper, chopped

1 Orange bell pepper, chopped

2 Chicken breasts (200g), chopped

A pinch of dried basil

A pinch of dried oregano

120ml (1 bottle) of Pro-Cal shot

(neutral flavour)

30g Full fat cream cheese (with garlic and

herbs)

Pasta (to serve)

#### Method:

- 1. Heat the sunflower oil in a large frying pan over a medium heat and cook the onion, garlic, green and orange peppers for a few minutes until soft.
- Add the chicken to the pan and brown off. Add the basil and oregano then stir. Cover and simmer for about 10 minutes.
- 3. Add the Pro-Cal *shot* to the pan and simmer gently for 5-10 minutes. Add the cream cheese and melt gently.
- 4. Meanwhile, prepare the pasta as per manufacturer's instructions.
- 5. When the pasta is ready, remove the creamy chicken from the heat and serve with a portion of pasta.



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Refer to labels for allergen and other product information.

A meal

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# Pea & Butternut Squash Risotto



# Pea & Butternut Squash Risotto

Preparation time:	Cooking time:	Recipe makes:
10-15 minutes	30-35 minutes	2 portions

### Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
584	13	276 / 8.8	431 / 11	

### Ingredients:

30g Unsalted butter

30g Onion, peeled and finely chopped

60g Butternut squash, finely diced

150g Risotto rice

½ A very low salt vegetable or chicken stock cube

300ml Boiling water

180ml (1 ½ bottles) of Pro-Cal shot (neutral flavour)

75g Frozen green peas

30g Full fat cream cheese with garlic and herbs

#### Method:

- 1. Melt the butter in a wide heavy bottomed pan on medium heat. Add the onion and butternut squash, cook for 5 minutes until softened.
- 2. In a bowl, dissolve the stock cube into the boiling water to make a liquid stock.
- 3. Add the rice to the pan and stir. Add one ladle of stock to the pan, bring to the boil while stirring. Add another ladle when the liquid has been absorbed. Continue in this way until all the stock is used and the rice is just tender.
- 4. Add half of the Pro-Cal *shot* (90ml) to the pan and simmer gently while stirring. Add remaining Pro-Cal *shot* and simmer until reduced and thickened.
- 5. Meanwhile, boil the peas thoroughly in a pan of water.
- 6. Stir the cream cheese into the risotto until just melted. Drain the peas and then add them to the risotto. Continue to cook for 2 minutes before serving.



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Dietitians comments:

# Salmon and Asparagus Quiche



your dietitian.

# Salmon and Asparagus Quiche

Preparation time:	Cooking time:	Recipe makes:
30 minutes	25 minutes	2 portions

### Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium	
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol	
600	23	354 / 11.3	508 / 12.7		

### Equipment:

Oven dish 18cm x 4cm

### Ingredients pastry:

85g Plain flour 25g Unsalted butter (extra for greasing)

15g (1 sachet) Pro-Cal powder 20ml Cold water

### Ingredients filling:

100g Poached Salmon 30g Full fat cream cheese

15g Spring onion 60ml (½ bottle) of Pro-Cal shot

30g (3 spears) Asparagus, chopped

1 Medium egg

(neutral flavour)

Pepper to taste

Dill to garnish

#### Method:

- 1. Preheat the oven to 200°C/180°C fan/gas mark 5.
- 2. **For the pastry**; combine flour with Pro-Cal *powder* in a bowl and rub in the butter until a sandy texture is formed. Add water and mix until a pastry dough is formed. Roll out pastry to fit dish, grease dish and line with pastry.
- 3. For the filling, in a bowl, flake and combine salmon with spring onion and asparagus.
- 4. In a separate bowl, mix the egg, cheese, Pro-Cal *shot* and pepper. Then combine with the salmon mix.
- Pour the mixture into the pastry and garnish with dill. Cook in the oven for 25 minutes





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# Asparagus and Pepper Quiche



your dietitian.

# Asparagus and Pepper Quiche

Preparation time:	Cooking time:	Recipe makes:
30 minutes	25 minutes	2 portions

# Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium	
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol	
473	12	223 / 7.1	327 / 8.2		

### Equipment:

Oven dish 18cm x 4cm

### Ingredients pastry:

85g Plain flour 25g Unsalted butter (extra for greasing)

15g (1 sachet) Pro-Cal *powder* 20ml Cold water

### Ingredients filling:

35g Red pepper, diced 30g full fat cream cheese

15g Spring onion, diced 60ml (½ bottle) of Pro-Cal shot (neutral flavour)

30g (3 spears) Asparagus, trim ends
Pepper to taste

1 Medium egg
Mixed herbs to garnish

#### Method:

- 1. Preheat the oven to 200°C/180°C fan/gas mark 5.
- 2. **For the pastry**; combine flour with Pro-Cal *powder* in a bowl and rub in the butter until a sandy texture is formed. Add water and mix until a pastry dough is formed. Roll out pastry to fit dish, grease dish and line with pastry.
- 3. **For the filling**; place red pepper and spring onion on pastry, lay asparagus lengthways on top.
- 4. In a bowl, mix the egg, cream cheese, Pro-Cal shot and pepper.
- 5. Pour the mixture over vegetables and garnish with mixed herbs. Cook in the oven for 25 minutes.





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Meal meal

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# Fruit Mousse

# Fruit Mousse

Preparation time:	Refrigeration time:	Recipe makes:	
20 minutes	1 hour	1 portion	

# Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium	
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol	
543	7	197 / 6.3	214 / 5.3		

### Ingredients

50g Mandarins (drained, tinned in juice) 60g Double Cream

30g (1 sachets) Pro-Cal powder 20ml water

1 Heaped tsp Sugar 1 Sheet of gelatine (2g)

#### Method:

- 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 the sheet into 10ml of warm water (not boiling), add to the mixture and mix thoroughly until combined.
- 4. Pour the mixture into a ramekin and place in fridge for 1 hour to set.

Always check with your Dietitian that this

recipe is suitable for you.

Dietitians comments:



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Top tip

For a sweeter dessert, add extra sugar when blending the mandarin.

> Serving suggestion

Place 2 unblended mandarins on top to serve.

# Strawberry Meringue Top tip Swap strawberries for raspberries or mandarins. Serving suggestion Add honey, jam or sugar for extra sweetness and calories.

# Strawberry Meringue

Preparation	n time:	Cooking time:	Recipe makes:
5-10 mir	nutes	0 minutes	1 portion

## Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium	
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol	
305	3	100 / 3.2	119 / 3		

### Ingredients

30g Double cream

20g Strawberries, sliced

15g (1 sachet) Pro-Cal powder

1 Ready-made meringue nest

#### Method:

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

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# Lemon Drizzle Cupcake

# Top tip

For a different topping, make icing with orange juice and zest.

# Serving suggestion

Serve with a sprinkle of lemon zest on top.

# Lemon Drizzle Cupcake

Preparation time:	Cooking time:	Recipe makes:
10 minutes	18 minutes	2 portions

### Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
474	7	145 / 4.7	141 / 3.5	

#### Equipment:

Cupcake tin lined with 2 cupcake cases

### Ingredients cupcake:

30g White sugar ½ tsp Bicarbonate of soda

30g Unsalted butter 1 Medium egg, beaten 30g (2 sachets) Pro-Cal powder 1g Lemon zest

30g Plain flour 2ml Lemon juice

### Ingredients icing:

60g Icing sugar 1g Lemon zest (grated)

7ml Water 3ml Lemon juice

#### Method:

- 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 the beaten egg with the dry ingredients to make a batter. Mix the lemon zest and juice into the 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 form a paste.
- 6. Once the cupcakes are baked, allow to cool slightly. Then remove them from the cupcake tin and top with icing.



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Refer to labels for allergen and other product information.



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# Sticky Pudding



For a "gooey" centred pudding bake for just 15 minutes.

# Sticky Pudding

Preparation time:	Cooking time:	Recipe makes:
10 minutes	15-20 minutes	2 portions

### Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
601	9	204 / 6.5	216 / 5.4	

#### Equipment:

2 individual 8cm pudding tins

### Ingredients pudding:

30g Brown sugar ½ tsp Ground ginger

30g Unsalted butter ½ tsp Mixed spice

30g Plain flour 1 Medium egg, beaten

### Ingredients sauce:

25g Unsalted butter 60ml (½ bottle) of Pro-Cal shot (neutral flavour)

25g Brown sugar

#### Method:

- 1. Preheat oven to 200°C/180°C fan/gas mark 5.
- 2. **For the pudding**; cream together the sugar and butter in a bowl. Add Pro-Cal *powder*, flour, ginger, mixed spice and bicarbonate of soda, mix well. Add beaten egg and whisk to combine.
- 3. Pour half of the mixture into each pudding tin. Place tins on baking tray and cook in the oven for 15-20 minutes.
- 4. **For the sauce**; place the butter, brown sugar and Pro-Cal *shot* into a pan. Stirring continuously, simmer until the butter has melted and sugar dissolved.
- 5. Once pudding is baked allow to cool slightly, remove from the tin and pour sauce over to serve.





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# **Vanilla Cupcake**



Vanilla Cupcake

Preparation time:	Cooking time:	Recipe makes:
10 minutes	18 minutes	2 portions

### Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
550	7	148 / 4.7	139 / 3.5	

### Equipment:

Cupcake tin lined with 2 cupcake cases

### Ingredients cupcake:

30g Plain flour

# Ingredients butter cream icing:

50g Icing sugar ¼ tsp Vanilla essence

25g Unsalted butter

#### Method:

- 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.
- 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. Then remove from the cupcake tin and top with icing.



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Refer to labels for allergen and other product information.

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# Blueberry Smoothie



# Blueberry Smoothie

Preparation time:	Cooking time:	Recipe makes:
5 minutes	0 minutes	1 portion

# Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol
417	8	225 / 7.2	278 / 7.0	

### Ingredients:

120ml (1 bottle) of Pro-Cal shot (neutral flavour)

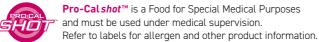
40g Blueberries, frozen

1. Place the ingredients into a blender and blend until smooth.

Always check with your Dietitian that this

recipe is suitable for you.

Dietitians comments:



# Peach Smoothie



# Peach Smoothie

Preparation time:	Cooking time:	Recipe makes:	
5 minutes	0 minutes	1 portion	

# Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium	
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol	
440	8	237 / 7.6	422 / 10		

### Ingredients:

120ml (1 bottle) of Pro-Cal shot (banana flavour)

100g Tinned peaches (drained from juice)

#### Method

- 1. Place the ingredients into a blender and blend until smooth.
- 2. Add sugar to taste, if desired.



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and must be used under medical supervision.
Refer to labels for allergen and other product information.

# Strawberry Smoothie

# Strawberry Smoothie

Preparation time:	Cooking time:	Recipe makes:	
5 minutes	0 minutes	1 portion	

# Each portion provides:

Calories	Protein	Phosphorus	Potassium	Sodium	
(kcal)	(g)	mg/mmol	mg/mmol	mg/mmol	
425	8	239 / 7.7	388 / 9.7		

### Ingredients:

120ml (1 bottle) of Pro-Cal shot (strawberry flavour)

80g Strawberries, chopped

Sugar to taste

#### Method

- 1. Place the ingredients into a blender and blend until smooth.
- 2. Sieve to remove seeds, if desired.

recipe is suitable for you.

Dietitians comments:



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and must be used under medical supervision.
Refer to labels for allergen and other product information.

banana flavour.



For more information about nutrition support and Pro-Cal, including recipe ideas and resources, visit **www.yournutritionsupport.co.uk** 





Pro-Cal *shot* and Pro-Cal *powder* are Foods for Special Medical Purposes and must be used under medical supervision. Pro-Cal *shot* and Pro-Cal *powder* are suitable from 3 years of age onwards. Not suitable as a sole source of nutrition. Pro-Cal *shot* contains **milk** and **soya**. Pro-Cal *powder* contains **milk**.



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