

FORTISIP

'AFTER DARK' RECIPES



CHOCOLATE MOCHA POTS, WHISKY CREAM DREAM, WHITE CHOCOLATE BASKETS

CHOCOLATE MOCHA POTS

Deliciously decadent chocolate pots served in small espresso cups. Accompany with a crispy sweet biscuit. If you only want a chocolate treat omit the coffee and water and replace with an extra tablespoon of brandy.

INGREDIENTS (FOR 4 SERVINGS)

1 tsp coffee granules dissolved in a splash of boiling water
25g/1oz butter
1/2 carton Chocolate Fortisip
50g/2oz muscovado sugar
200g/7oz plain chocolate, broken into chunks
1 x tbsp brandy
4 Cantuccini Almond biscuits

METHOD

1. Place all ingredients in a small pan and stir gently over a low heat until chocolate has fully melted, then beat to a smooth paste.
2. Pour into four espresso size cups and allow to cool. Refrigerate until set.
3. Serve each portion with an almond biscuit.

621kcal and 9.5g protein per serving.

WHISKY CREAM DREAM

Popular alcoholic drink that combines whisky with Vanilla Fortisip. Serve on the rocks for a special nightcap.

INGREDIENTS (FOR 1 SERVING)

2 x tbsp whisky
1 carton Vanilla Fortisip

METHOD

1. Combine ingredients together. Pour over ice to serve.

366kcal and 12g protein per serving.

WHITE CHOCOLATE BASKETS

A very pretty and simple dessert. Make it in minutes.

INGREDIENTS (FOR 2 SERVINGS)

2 chocolate waffle, chocolate cup or brandy baskets
1 sachet instant white chocolate whip
1 carton Neutral Fortisip, chilled
50g/2oz mixed summer berries

METHOD

1. Make up chocolate whip but replace milk with Neutral Fortisip. Pour into the waffle baskets.
2. Chill for five minutes, decorate and serve.

384kcal and 8.9g protein per serving.

Caution

Please check with your healthcare professional to ensure that you are allowed to take alcohol before using the recipes presented on this card.

