

FORTISIP

'BREAKFAST' RECIPES



BANANA HONEY PORRIDGE, ORANGE BREAKFAST DROP SCONES, CAPPUCCINO COFFEE

BANANA HONEY PORRIDGE

Rich, creamy porridge made with whole milk, combined with Neutral Fortisip, pureed banana and honey. You will find yourself making this at all times of the day, not just breakfast time.

INGREDIENTS (FOR 1 SERVING)

40g/1½oz porridge oats
110ml/4fl oz whole milk
½ carton Neutral or Banana Fortisip

To serve

2 x tbsp runny honey
1 small banana, mashed with a fork to a purée
25g/1oz demerara sugar

METHOD

1. Place porridge oats and milk in a medium size pan. Heat gently, for 1 minute, stirring constantly to make a thick paste.
2. Blend in Fortisip a little at a time, to make a smooth porridge. Bring to simmering point and remove from heat immediately.
3. Place porridge into a bowl, stir in honey and banana purée. Top with a sprinkling of sugar.

601kcal and 15.7g protein per serving.

ORANGE DROP SCONES

Drop scones made with Orange Fortisip and raisins. Serve with a drizzle of maple syrup and a spoonful of natural yoghurt for a delicious treat.

Once made, store drop scones in an airtight container. Reheat in the microwave for a few seconds before serving.

INGREDIENTS (FOR 4 SERVINGS)

225g/8oz self raising flour
25g/1oz caster sugar
2 oranges, grated rind of
50g/2oz raisins
2 x tbsp whole milk
1 medium egg
1 carton Orange Fortisip
2 x tbsp light and mild olive oil for frying

} Whisked together

To serve

4 x tbsp maple syrup
110g/4oz full fat natural yogurt

METHOD

1. Place all the dry ingredients into a medium sized bowl, gradually beat in liquid ingredients to make a stiff batter.
2. Add a tablespoon of oil to a non-stick pan and gently heat.
3. Drop tablespoonfuls of mixture onto the heated pan.
4. Cook for 1 to 2 minutes on each side until lightly browned.
5. Re-oil pan between batches.
6. Serve drizzled with maple syrup and a spoonful of thick natural yogurt.

477kcal and 11.7g protein per serving.

CAPPUCCINO COFFEE

Frothy milky coffee, an ideal start to the day!

INGREDIENTS (FOR 1 SERVING)

1 sachet instant cappuccino mix
110ml/4fl oz hot water
2 x tsp granulated sugar
1 carton Neutral Fortisip
1 x tsp cocoa powder

METHOD

1. Place instant cappuccino mix into a jug with hot water, stir together to give a frothy drink.
2. Pour in the Neutral Fortisip, whisk with a fork.
3. Sprinkle with cocoa powder and serve.

408kcal and 14.7g protein per serving.

