

FORTISIP

'CONTINENTAL CAFÉ' RECIPES



DOUBLE HOT CHOCOLATE, MALTESER™ VANILLA SMOOTHY, ICED CAFÉ LATTE

DOUBLE HOT CHOCOLATE

Chocolate Fortisip combined with chocolate powder, topped with whipped cream and sprinkled with mini marshmallows.

INGREDIENTS (FOR 1 SERVING)

1 x tbsp drinking chocolate
1 carton Chocolate Fortisip
30ml/1fl oz aerosol extra thick cream
1 x tsp cocoa powder
15g/1/2oz mini marshmallows

METHOD

1. Place drinking chocolate into a mug and blend with a little Chocolate Fortisip.
2. Warm remaining Chocolate Fortisip, but do not boil. Whisk into powder mix.
3. Top with a generous swirl of cream, sprinkle with sieved cocoa powder and top with marshmallows.

514kcal and 14.7g protein per serving.

MALTESER™ VANILLA SMOOTHY

This delicious combination of Maltesers™ ice-cream and Vanilla Fortisip will appeal to everyone.

INGREDIENTS (FOR 1 SERVING)

1 large scoop vanilla ice cream
1 x tsp natural vanilla essence
1 carton Vanilla Fortisip, chilled
30ml/1fl oz aerosol extra thick cream
25g/1oz crushed Maltesers™

METHOD

1. Place ice cream, vanilla essence and Vanilla Fortisip into a blender. Mix until smooth.
2. Place in a tall glass. Top with whipped cream and sprinkle with crushed Maltesers™.
3. Serve and enjoy immediately.

663kcal and 17.8g protein per serving.

ICED CAFÉ LATTE

Delicious chilled coffee, perfect for warm days.

INGREDIENTS (FOR 1 SERVING)

2 x tsp espresso instant coffee granules
50ml/2fl oz hot water
2 x tsp sugar
1 carton Neutral Fortisip

METHOD

1. Mix hot water with coffee granules and sugar, stir to dissolve. Mix in Neutral Fortisip.
2. Chill until required. Serve plain or topped with whipped cream.

344kcal and 12.7g protein per serving.

