

**FORTISIP**

**'FRUIT SMOOTHY' RECIPES**



**STRAWBERRY FROTH, ELDERFLOWER AND GOOSEBERRY SMOOTHY, PINA COLADA**

## STRAWBERRY FROTH

*The ultimate Strawberry milkshake.*

### INGREDIENTS (FOR 1 SERVING)

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110g/4oz strawberries, roughly chopped  
1 medium scoop strawberry ice cream  
1 carton Strawberry Fortisip, chilled

#### *To serve*

2 strawberries, sliced

### METHOD

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1. Place all the ingredients into a blender and mix until smooth.
2. Pour into a tall glass, decorate with sliced strawberries and serve.

*427kcal and 14.7g protein per serving.*

## ELDERFLOWER AND GOOSEBERRY SMOOTHY

*A creamy thick milkshake that can be enjoyed as a dessert or as a treat at any time of day.*

### INGREDIENTS (FOR 1 SERVING)

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30ml/1fl oz elderflower cordial  
1 lemon, juice of  
80g/3oz drained, canned Gooseberries in syrup  
1 medium scoop vanilla ice cream  
1 carton Vanilla Fortisip, chilled

### METHOD

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1. Blend elderflower cordial with lemon juice and gooseberries until smooth.
2. Add ice cream and combine.
3. Add Vanilla Fortisip and mix to give a frothy foam. Pour into a tall glass and serve.

*505kcal and 14.1g protein per serving.*

## PINA COLADA

*Made with or without white rum this recipe has a wonderful tropical flavour.*

### INGREDIENTS (FOR 1 SERVING)

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150ml/5fl oz chilled pineapple juice  
4 x tbsp coconut cream  
2 x tbsp white rum  
1 carton Tropical Fruit Fortisip, chilled

#### *To serve*

1-2 slices fresh pineapple

### METHOD

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1. Place all ingredients into a blender. Blend until smooth.
2. Pour into a glass and decorate with sliced pineapple. Add a straw and serve.

*559kcal and 13.7g 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.*

