

# Spoonful OF Wellness











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# Eat well. Recover well. Live your best life.

Introduction

— Team  
Fortisip

Welcome to the Fortisip Compact Protein first edition of *Spoonful Of Wellness*, which features a range of recipes from sweet treats to savory snacks to help you rediscover your nutritional balance.

We want to empower you to take control of your health by filling your body with the right balance of nutrients, enjoying an active lifestyle and doing all you can to maximise your recovery and stay well. That's why we created *Spoonful Of Wellness*. Little in size, just like Fortisip Compact Protein, it's packed full of a variety of recipes that are easy to make and delicious to eat!

Each recipe has been specifically designed, tried and tested by a team of nutritionists, to not only help you achieve nutritional balance, but provide you with a variety of fun, easy and delicious ways to incorporate Fortisip Compact Protein into your daily diet.

While Fortisip Compact Protein is easy to drink and tastes great on its own, variety is critical to ensuring you keep taking it... even our taste buds get tired and flavour fatigue is real!

Whether you're recovering from an illness or seeking new ways to fill your body with the right balance of nutrients and achieve a healthy lifestyle, we hope the *Spoonful Of Wellness* recipe book is of benefit to you, and those you love, empowering you to eat well, recover well, and live your best life!

\*Fortisip Compact Protein is a food for special medical purpose and must be used under medical supervision. In addition to being added to these recipes, Fortisip Compact Protein can be enjoyed on its own, preferably chilled.



# Understanding your body's nutritional needs

Making sure your body gets all the nutrients it needs is crucial to living well, especially as you age, when diagnosed with an illness or during recovery.

The right balance of carbohydrates, protein, fat, vitamins and minerals are vital for your body to function at its best and stay healthy.

Good nutrition plays a key role in:

- Keeping you physically strong
- Improving your recovery and immunity
- Keeping you well and energised

During an illness or as you age, your nutritional requirements change. If you are having trouble eating as much or as often as usual, you can increase the energy in your diet by making the food or drink you do consume more nutritious.

Eating nutrient-dense foods high in energy, protein and other nutrients will help your body cope better with the side effects of medical treatments, aid in the recovery from surgery, support your immune system function and improve your overall health and quality of life.

It's important your body gets the essential energy and nutrients it needs.



ENERGY  
(CALORIES)



PROTEIN



MINERALS



VITAMINS














# How to get the right balance of nutrients

Focusing on eating well is crucial to keep your body in the best shape to face any health challenges or lifestyle changes that may arise.

If you are experiencing a decrease in appetite or any unplanned weight loss, there are many ways you can maintain the right balance of nutrients in your diet. Include foods that are high in calories (energy), protein-rich and nutrient dense. You can also ask your doctor to refer you to a dietitian who will be able to suggest the best foods for your needs and give you tips to get the most out of your diet.

## Tips to maintain your health and eat well

-  Make a plan to eat 5-7 smaller meals throughout the day, rather than 3 big meals
-  Choose food and drinks high in calories and protein such as desserts, full cream dairy products and nuts
-  Keep up your fluids – drink water, smoothies, juice, soups
-  Eat foods that are easier to chew or swallow
-  Add spices, garlic and onion to foods to improve taste
-  Keep your fridge, freezer and pantry stocked with snacks, fruits and vegetables so you have options that are ready to eat/need minimal preparation
-  Try to stay active and mobile

If you are still struggling to eat enough calories and protein, speak to your healthcare professional about an oral nutritional supplement such as Fortisip Compact Protein.

The delicious and easy recipes in this book will also help you add variety and keep things interesting when taking your Fortisip Compact Protein!







# Vanilla









# Bread & Butter Pudding



Serves: 3

PREP TIME 30 MINS | COOK TIME 20 MINS

## Ingredients

- 3 teaspoons butter
- 4 slices bread
- 1/2 cup cooked diced apple  
(or tinned peaches, chopped)
- 2 tablespoons raisins
- 3 eggs
- 3 x 125ml Fortisip Compact Protein  
(Vanilla)
- 1 teaspoon cinnamon

## Method

1. Pre-heat oven to 180°C.
2. Lightly spread butter onto each slice of bread. Cut in half diagonally. Arrange bread into a greased baking dish.
3. Spoon over cooked apple and top with raisins.
4. Beat eggs with Fortisip Compact Protein (Vanilla). Pour over bread. Sprinkle with cinnamon.
5. Allow to set for 10-15 minutes.
6. Spoon back over any excess liquid over top.
7. Sprinkle over cinnamon and bake in oven for 20 minutes until cooked through.

**Tip:** Use raisin bread in place of traditional bread for a sweeter treat.

## NUTRITIONAL INFORMATION

Servings per package: 3	Serving size: 270g	
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2420kJ (578Cal)	896kJ (214Cal)
Protein	29.4g	10.9g
Fat, Total	21.0g	7.8g
- Saturated	4.6g	1.7g
Carbohydrate	65.1g	24.1g
Dietary Fibre	3.1g	1.2g
Sodium	410mg	152mg
Potassium	363mg	135mg
Calcium	532mg (66%RDI)	197mg







# Banana Cream Parfait



Serves: 1 (large)

PREP TIME 15 MINS

## Ingredients

1 x 125ml Fortisip Compact Protein (Vanilla), chilled

1 extra-large banana, pre-chopped and frozen

1/3 cup thick Greek style yoghurt

1 oat biscuit

2 tablespoons walnuts, crushed

## Method

1. In a blender combine Fortisip Compact Protein (Vanilla) with frozen banana pieces. Blend until smooth. Be careful not to over blend. Use a spatula to scrape down sides as needed.
2. Fold through yoghurt.
3. Roughly crumble biscuit and mix with crushed walnuts.
4. Add 1/2 of the biscuit walnut crumb to the bottom of a serving glass. Top with half the banana pudding mixture. Layer with remaining biscuit walnut crumb and remaining pudding.

***Tip:** Top with fresh banana slices and/or oat biscuit for a more indulgent dessert.*

## NUTRITIONAL INFORMATION

	Serving size: 427g	
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	3310kJ (791Cal)	775kJ (185Cal)
Protein	29.5g	6.9g
Fat, Total	38.2g	8.9g
- Saturated	9.9g	2.3g
Carbohydrate	79.4g	18.6g
Dietary Fibre	5.3g	1.2g
Sodium	187mg	44mg
Potassium	1050mg	246mg
Calcium	641mg (80%RDI)	150mg





# Overnight Bircher Museli



Serves: 1

PREP TIME 7 HRS

## Ingredients

- 1/2 cup oats
- 1 x 125ml Fortisip Compact Protein (Vanilla)
- 2 tablespoons apple juice
- 1 small apple
- 1/4 cup blueberries
- 1 tablespoon pepitas
- 2 teaspoons dried cranberries

## Method

1. In a small bowl add oats, Fortisip Compact Protein (Vanilla) and apple juice. Cover and refrigerate overnight.
2. Grate 1/2 the apple and chop remaining half. Mix through grated apple into oats.
3. Serve with chopped apple, blueberries, pepitas and cranberries.

*Tip: Drizzle with honey and additional fruit for an extra sweet touch.*

### NUTRITIONAL INFORMATION

	Servings per package: 1	Serving size: 349g
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2770kJ (661Cal)	793kJ (189Cal)
Protein	27.7g	7.9g
Fat, Total	22.2g	6.4g
- Saturated	2.8g	0.8g
Carbohydrate	83.5g	23.9g
Dietary Fibre	6.9g	2.0g
Sodium	59mg	17mg
Potassium	524mg	150mg
Calcium	494mg (62%RDI)	141mg





# Hot Tropical Ginger









# Refreshing Piña Colada Smoothie



Serves: 1

PREP TIME 5 MINS

## Ingredients

- 1 x 125ml Fortisip Compact Protein (Hot Tropical Ginger)
- 1/2 cup frozen pineapple chunks
- 1/4 cup ice
- 1 tablespoon coconut cream

## Method

1. In a blender combine all ingredients until slushy.
2. Serve chilled.

*Tip: In place of coconut cream you can also use Greek style yoghurt.*

### NUTRITIONAL INFORMATION

Servings per package: 1	Serving size: 299g	
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	1640kJ (392Cal)	549kJ (131Cal)
Protein	20.1g	6.7g
Fat, Total	16.8g	5.6g
- Saturated	5.1g	1.7g
Carbohydrate	38.8g	13.0g
Dietary Fibre	1.7g	0.6g
Sodium	61mg	21mg
Potassium	304mg	102mg
Calcium	483mg (60%RDI)	162mg





# Tropical Mousse Dessert



Serves: 1

PREP TIME 5 MINS

## Ingredients

- 2 mango cheeks, pre-chopped and frozen
- 1 x 125ml Fortisip Compact Protein (Hot Tropical Ginger)
- 1/4 cup coconut cream
- Pulp of 1 passionfruit

## Method

1. In a blender combine mango cheeks, Fortisip Compact Protein (Hot Tropical Ginger) and coconut cream until smooth.
2. Pour into a serving glass and top with passionfruit pulp to serve.

*Tip: Serve with toasted coconut for a tropical summer garnish.*

### NUTRITIONAL INFORMATION

Servings per package: 1	Serving size: 383g	
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	1990kJ (475Cal)	520kJ (124Cal)
Protein	14.4g	5.7g
Fat, Total	16.8g	3.8g
- Saturated	2.6g	0.7g
Carbohydrate	60.8g	15.9g
Dietary Fibre	5.4g	1.4g
Sodium	60mg	16mg
Potassium	726mg	190mg
Calcium	477mg (60%RDI)	125mg







# Strawberry









# Breakfast Smoothie Bowl



Serves: 1

PREP TIME 10 MINS

## Ingredients

1 large banana, pre-chopped and frozen.

1/2 cup frozen strawberries

1 x 125ml Fortisip Compact Protein (Strawberry)

1/4 cup Greek style yoghurt

2 tablespoons rolled oats

## Method

1. In a blender combine frozen banana, frozen strawberries, Fortisip Compact Protein (Strawberry), yoghurt and oats.

2. Blend until smooth.

3. Spoon into a serving bowl and top with choice of toppings. Serve chilled or freeze to thicken to liking.

## Your choice of toppings

1/2 cup fresh berries

1/2 banana, sliced

1/4 cup granola

1/4 cup chopped nuts/seeds

1 tablespoon toasted coconut flakes

1 teaspoon peanut butter

*Tip: Add 1/2 cup of frozen mango before blending for extra sweetness.*

## NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 387g

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2450kJ (585Cal)	633kJ (151Cal)
Protein	26.3g	6.8g
Fat, Total	20.6g	5.3g
- Saturated	5.7g	1.5g
Carbohydrate	70.1g	18.1g
Dietary Fibre	5.1g	1.3g
Sodium	91mg	24mg
Potassium	814mg	210mg
Calcium	592mg (74%RDI)	153mg





#### NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 318g

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2530kJ (604Cal)	795kJ (190Cal)
Protein	25.4g	8.0g
Fat, Total	21.9g	6.9g
- Saturated	3.7g	1.2g
Carbohydrate	72.7g	22.9g
Dietary Fibre	6.0g	1.9g
Sodium	64mg	20mg
Potassium	684mg	215mg
Calcium	487mg (61%RDI)	153mg



# Rhubarb & Strawberry Crumble

with Strawberry Custard



Serves: 1

PREP TIME 20 MINS | COOK TIME 20 MINS

## Ingredients

### Topping

- 1/4 cup oats
- 2 teaspoons shredded coconut
- 2 teaspoons ground almonds
- 2 teaspoons slivered almonds
- 2 teaspoons maple syrup

### Filling

- 1 rhubarb stalk, chopped
- 1/3 cup strawberries, chopped
- 2 tablespoons apple juice (or orange juice)
- 2 tablespoons water
- 2 teaspoons corn flour

### Custard

- 1 x 125ml Fortisip Compact Protein (Strawberry)
- 1 teaspoon corn flour
- 1 teaspoon maple syrup
- 1/4 teaspoon vanilla extract

## Method

1. Pre-heat oven to 180°C.
2. In a mixing bowl combine crumble topping ingredients. Set aside.
3. In a small saucepan add rhubarb, strawberries, apple juice and water. Bring to a gentle simmer then reduce heat. Cook over low-medium heat for 2-4 minutes or until rhubarb has softened.
4. Stir in corn flour over low heat. Stir consistently until combined and sauce has thickened.
5. Spoon rhubarb filling into a greased small baking dish. Top with crumble topping. Bake in oven for 10 minutes or until golden on top.
6. Meanwhile, make strawberry custard. In a small saucepan add 2-3 tablespoons of Fortisip Compact Protein (Strawberry) and whisk in corn flour to form a paste. Place saucepan over low heat and gradually pour in remaining Fortisip Compact Protein, whisking to combine. Add maple syrup and vanilla extract. Cook over low heat, stirring continuously for 2-3 minutes or until thickened. Remove from heat.
7. Serve crumble with strawberry custard.

*Tip: Add chopped macadamia nuts to crumble topping for an extra nutty crunch.*







# Yoghurt Berry Popsicles



Serves: 2

PREP TIME 4 HRS 15 MINS

## Ingredients

2 tablespoons Greek style yoghurt

1/4 cup strawberries, hulled

1 x 125ml Fortisip Compact Protein (Strawberry)

1 tablespoon granola or muesli

## Method

1. In a blender combine yoghurt, strawberries and Fortisip Compact Protein (Strawberry) and blend until smooth.
2. Spoon into freezer-safe, large popsicle moulds, leaving enough room for granola. Top with granola. Push popsicle sticks into moulds and freeze for minimum 4 hours or until set.
3. To remove easily from moulds run under water for 20 seconds to loosen.

*Tip: Stir through 1/4 cup frozen blueberries for a mixed berry popsicle.*

## NUTRITIONAL INFORMATION

Servings per package: 2	Serving size: 110g	
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	851kJ (203Cal)	774kJ (185Cal)
Protein	11.0g	10.0g
Fat, Total	8.4g	7.6g
- Saturated	1.8g	1.6g
Carbohydrate	20.4g	18.5g
Dietary Fibre	0.8g	0.7g
Sodium	41mg	37mg
Potassium	156mg	142mg
Calcium	282mg (35%RDI)	256mg





Neutral









# Pumpkin Soup



Serves: 1 (large)

PREP TIME 10 MINS | COOK TIME 25 MINS

## Ingredients

- 2 teaspoons extra virgin olive oil
- 3 tablespoons brown onion, finely chopped
- 1 clove garlic, minced
- 2 cups pumpkin, cut into 2cm cubes
- 1 small potato, peeled, cut into 2cm cubes
- 1 cup salt reduced vegetable stock
- 1/2 teaspoon curry powder
- 1/2 teaspoon cumin
- 1 x 125ml Fortisip Compact Protein (Neutral)
- Pinch sea salt and pepper
- 2 teaspoons pepitas, toasted

## Method

1. In a saucepan, heat olive oil and sauté onion and garlic for 1-2 minutes to soften.
2. Add pumpkin, potato, stock, curry powder and cumin. Bring to a boil. Reduce heat and simmer for 10-13 minutes or until pumpkin and potato is tender.
3. Transfer mixture to a blender (or use a hand-held stick blender) and blend until smooth. (Be careful opening your blender lid when hot).
4. Pour soup back into saucepan and add Fortisip Compact Protein (Neutral). Warm through for 5 minutes on low heat or until slightly thickened. Season to taste.
5. Serve warm, topped with pepitas.

## NUTRITIONAL INFORMATION

	Servings per package: 1	Serving size: 572g
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2570kJ (614Cal)	449kJ (107Cal)
Protein	30.0g	5.3g
Fat, Total	22.4g	3.9g
- Saturated	3.5g	0.6g
Carbohydrate	67.9g	11.9g
Dietary Fibre	8.4g	1.5g
Sodium	896mg	157mg
Potassium	623mg	109mg
Calcium	492mg (61%RDI)	86.0mg

**Tip:** Serve topped with croutons for a crunchy addition.



#### NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 520g

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2740kJ (655Cal)	527kJ (126Cal)
Protein	38.0g	7.3g
Fat, Total	23.4g	4.5g
- Saturated	4.6g	0.9g
Carbohydrate	69.3g	13.3g
Dietary Fibre	6.6g	1.3g
Sodium	791mg	152mg
Potassium	1750mg	337mg
Calcium	494mg (62%RDI)	95.0mg



# Cottage Pie



Serves: 1 (large)

PREP TIME 15 MINS | COOK TIME 50 MINS

## Ingredients

2 medium potatoes. peeled and chopped

1 x 125ml Fortisip Compact Protein (Neutral)

2 teaspoons extra virgin olive oil

1/2 small brown onion, finely chopped

1 clove garlic, minced

1/2 carrot, peeled and finely diced

1/2 celery stick, finely diced

65g beef mince

2 tablespoons tomato paste

1 teaspoon Worcestershire sauce or soy sauce

1 teaspoon corn flour

1/4 cup salt reduced beef stock

Pinch sea salt and pepper

## Method

1. Pre-heat oven to 180°C.
2. In a saucepan add potatoes with 1 cup cold water. Bring to a boil and reduce heat to a rapid simmer, cooking uncovered for 5-7 minutes or until tender (add more water if needed). Drain and return to pan with Fortisip Compact Protein (Neutral). Mash potato with Fortisip Compact Protein until smooth. Set aside.
3. In a saucepan heat olive oil and add onion, garlic, carrot and celery. Stir for 1-2 minutes or until softened. Add beef mince and break up with a fork.
4. Add tomato paste, Worcestershire sauce, corn flour and stir to combine.
5. Add stock and simmer for 5-7 minutes or until mince has cooked through and sauce begins to thicken.
6. Transfer pie filling to a small, single serve pie dish.
7. Top with potato mash. Use a fork to spread potato.
8. Bake in oven for 20-25 minutes or until potato starts to lightly brown on top.
9. Serve warm. Season to taste.

**Tip:** Stir through 1/4 cup frozen peas to cooked mince filling for a naturally sweet flavour.







# Vegetable Frittata



Serves: 1

PREP TIME 10 MINS | COOK TIME 45 MINS

## Ingredients

- 1/4 red capsicum, diced
- 1/2 cup pumpkin, diced (small)
- 1/4 cup cherry tomatoes, halved
- 2 large eggs
- 1 x 125ml Fortisip Compact Protein (Neutral)
- Pinch sea salt
- Pinch pepper
- 1 green spring onion, chopped

## Method

1. Pre-heat oven to 180°C.
2. Place capsicum, pumpkin and cherry tomatoes onto a baking tray and roast for 15-20 minutes or until tender. Set aside.
3. In a large bowl whisk eggs with Fortisip Compact Protein (Neutral), salt and pepper.
4. Mix through roasted pumpkin, capsicum, cherry tomatoes and spring onion.
5. Pour batter into a small round, single serve greased oven proof dish.
6. Cook in oven for 25 minutes or until egg is cooked through.
7. Serve warm.

### NUTRITIONAL INFORMATION

	Servings per package: 1	Serving size: 322g
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2100kJ (501Cal)	651kJ (155Cal)
Protein	33.3g	10.4g
Fat, Total	22.0g	6.8g
- Saturated	4.2g	1.3g
Carbohydrate	40.6g	12.6g
Dietary Fibre	2.7g	0.8g
Sodium	371mg	115mg
Potassium	463mg	144mg
Calcium	517mg (65%RDI)	161mg

**Tip:** Serve warm with crumbled feta for a Mediterranean inspired meal.







# Creamy Potato & Cauliflower Soup



Serves: 1 (large)

PREP TIME 10 MINS | COOK TIME 20 MINS

## Ingredients

2 teaspoons extra virgin olive oil

1/4 cup brown onion, chopped

1 clove garlic, minced

1 cup cauliflower florets, chopped

1 small - medium potato, chopped

3/4 cup salt reduced vegetable stock

1 x 125ml Fortisip Compact Protein (Neutral)

Pinch sea salt and pepper

## Method

1. In a small saucepan, heat olive oil and sauté onion and garlic for 1-2 minutes to soften.
2. Add cauliflower, potato and stock and bring to a boil. Reduce to simmer and continue to cook for 5 minutes or until cauliflower and potato is soft. Add a touch of additional stock if needed.
3. Transfer soup mixture to a blender (or use a hand-held stick blender) and blend until smooth. (Be careful opening your blender lid when hot).
4. Pour soup back into saucepan and add Fortisip Compact Protein (Neutral). Warm through for 1-2 minutes on low heat or until slightly thickened. Season to taste.

## NUTRITIONAL INFORMATION

Servings per package: 1	Serving size: 429g	
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	1910kJ (456Cal)	435kJ (104Cal)
Protein	23.9g	5.4g
Fat, Total	17.6g	4.0g
- Saturated	2.1g	0.5g
Carbohydrate	47.9g	10.9g
Dietary Fibre	3.3g	0.7g
Sodium	787mg	179mg
Potassium	790mg	180mg
Calcium	500mg (63%RDI)	114mg

**Tip:** Serve with 2 teaspoons crushed walnuts for a crunchy topping.





# Mocha







# Creamy Espresso Gelato



Serves: 1

PREP TIME 3 HRS

## Ingredients

- 1 large banana, pre-chopped and frozen
- 1 x 125ml Fortisip Compact Protein (Mocha)
- 1/4 cup (60g) coconut cream

## Method

1. In a blender combine all ingredients and blend until smooth.
2. Transfer to a freezer safe container and freeze for 1 hour. After 1-1.5 hours, stir semi-frozen gelato and return to freezer for a further 1-1.5 hours or until frozen but soft to serve. If freezing for longer, leave out for 10-15 minutes to soften.

*Tip: Top with crushed peanuts for a crunchy addition.*

### NUTRITIONAL INFORMATION

	Serving size: 302g	
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2340kJ (558Cal)	773kJ (185Cal)
Protein	22.0g	7.3g
Fat, Total	27.8g	9.2g
- Saturated	14.9g	4.9g
Carbohydrate	53.2g	17.6g
Dietary Fibre	2.4g	0.8g
Sodium	73mg	24mg
Potassium	561mg	186mg
Calcium	466mg (58%RDI)	154mg







# Mocha Mudslide Smoothie



Serves: 1

PREP TIME 5 MINS

## Ingredients

- 1 medium banana, pre-chopped and frozen
- 1 x 125ml Fortisip Compact Protein (Mocha)
- 1/4 cup unsalted nuts of choice (hazelnuts, mixed nuts, cashews, almonds)
- 1 tablespoon cocoa powder

## Method

1. In a blender combine all ingredients and blend until smooth.
2. Pour into serving glasses and serve chilled.

*Tip: Add shavings of dark chocolate to serve for an extra chocolate treat.*

### NUTRITIONAL INFORMATION

Servings per package: 1	Serving size: 279g	
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	2570kJ (614Cal)	921kJ (220Cal)
Protein	28.1g	10.1g
Fat, Total	30.0g	10.8g
- Saturated	2.9g	1.1g
Carbohydrate	55.0g	19.7g
Dietary Fibre	5.2g	1.9g
Sodium	76mg	27mg
Potassium	891mg	319mg
Calcium	546mg (68%RDI)	196mg







# Tiramisu Espresso Cup



Serves: 1

PREP TIME 1 HR 15 MINS

## Ingredients

- 1 x 125ml Fortisip Compact Protein (Mocha), chilled
- 15ml espresso coffee, chilled
- 1/2 cup thick Greek style yoghurt
- 2 tablespoons mascarpone
- 3 lady finger biscuits
- 1/4 teaspoon cocoa powder

## Method

1. Mix together Fortisip Compact Protein (Mocha) with coffee.
2. Combine yoghurt with mascarpone and 1 tablespoon mocha coffee mixture. Set aside in fridge.
3. Add 1 1/2 lady finger biscuits to a serving glass (break into large pieces to cover the base). Pour over 2/3 of the mocha coffee mixture. Allow biscuits to soak for 3-4 minutes.
4. Spoon 2/3 yoghurt mascarpone mixture over biscuit layer.
5. Soak remaining biscuit (break into large pieces) in remaining mocha mixture for 2-3 minutes. Spoon on top of yoghurt layer. Pour over any remaining mocha coffee mixture.
6. Top with remaining yoghurt and dust with cocoa powder.
7. Refrigerate for 1 hour to thicken. Enjoy chilled.

### NUTRITIONAL INFORMATION

Servings per package: 1

Serving size: 352g

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	3280kJ (782Cal)	931kJ (222Cal)
Protein	28.0g	8.0g
Fat, Total	49.4g	14.0g
- Saturated	25.5g	7.2g
Carbohydrate	56.6g	16.1g
Dietary Fibre	0.5g	0.1g
Sodium	163mg	46mg
Potassium	627mg	178mg
Calcium	698mg (87%RDI)	198mg

*Tip: Add 1/4 cup fresh berries or cherries to the layers for bursts of fruity flavour.*





# About Fortisip Compact Protein

When recovering from an illness or as your lifestyle changes when you age, it can be difficult to continue to eat “normally” and maintain a balanced, healthy diet.

Fortisip Compact Protein is a high energy, high protein nutritional supplement shake that contains 28 vitamins and minerals in a compact ready-to-drink 125ml bottle. It can be consumed as part of your daily diet, to help meet your daily nutritional needs when your usual diet is not enough helping you to build and maintain your weight and muscle strength, as well as provide nutrients to support your immune system.

## Frequently Asked Questions

### 1. What flavour does Fortisip Compact Protein come in?

Fortisip Compact Protein is available in 5 delicious flavours – vanilla, mocha, strawberry, hot tropical ginger and neutral.

### 2. Where can Fortisip Compact Protein be purchased from?

Fortisip Compact Protein can be purchased from our online store at [www.nutriciastore.com.au](http://www.nutriciastore.com.au) or via calling our **Customer Support Team on 1800 884 367**.

### 3. Is it safe to consume Fortisip Compact Protein with other medications?

You should be able to take Fortisip Compact Protein with most medications. For any medication that specifies to be taken on an empty stomach, do not take these with Fortisip Compact Protein. Interactions between medications and food and drink may exist. If you are unsure or have questions, ask your prescribing doctor about whether Fortisip Compact Protein can be taken with your medication.

### 4. Where can i find out more?

For more information visit our website [www.fortisip.com.au](http://www.fortisip.com.au) or call our **Customer Support Team on 1800 438 500**.

*Fortisip Compact Protein is a food for special medical purpose and must be used under medical supervision. In addition to being added to these recipes, Fortisip Compact Protein can be enjoyed on its own, preferably chilled.*

**NUTRICIA**  
**Fortisip®**

Spoonful  
OF  
Wellness

## STRONGER WITH EVERY SIP

Fortisip® Compact Protein helps you to meet your daily nutritional needs when your usual diet is not enough.

*Note: Cooking may reduce the nutritional content of an oral nutrition supplement.  
If you have any concerns, please speak to your healthcare professional for advice.  
Oral nutrition supplements must be consumed within 24 hours after opening.*



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