



# The Ensure Recipe Book

Recipes to help keep you strong and healthy

 **Abbott**  
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For more information and recipes  
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## What is Ensure?

ENSURE HELPS KEEPS YOU STRONG AS YOU AGE.  
Add it to your favourite meals to support your health.<sup>1</sup>

### Ensure Powder contains:

-  Protein\* and vitamin D to support muscle function<sup>1-4</sup>
-  Calcium necessary for normal bone strength<sup>1,5</sup>
-  Complete and balanced nutrition<sup>1</sup> you can rely on every day
-  28 essential vitamins and minerals<sup>1</sup>
-  Antioxidants to support immune health<sup>1</sup>

\*As the main role to support muscle mass.<sup>1,2</sup>

**References:** **1.** Ensure® Product Label. **2.** National Health and Medical Research Council, Australian Government, New Zealand Ministry of Health, Nutrient Reference Values – Protein; 2014. Available at: <https://www.nrv.gov.au/nutrients/protein>. Accessed: 19 January 2022. **3.** National Health and Medical Research Council, Australian Government, New Zealand Ministry of Health, Nutrient Reference Values – Vitamin D; 2014. Available at: <https://www.nrv.gov.au/nutrients/vitamin-d>. Accessed: 19 January 2022. **4.** Wagatsuma A, et al. *Biomed Res Int.* 2014;2014:121254. **5.** National Health and Medical Research Council, Australian Government, New Zealand Ministry of Health, Nutrient Reference Values – Calcium; 2014. Available at: <https://www.nrv.gov.au/nutrients/calcium>. Accessed: 19 January 2022.

**Food for Special Medical Purposes. Use only under medical supervision.**

# Ensure Neutral Powder Recipes

The Ensure Recipe Book - Recipes to help keep you strong and healthy



# Skillet Shepherd's Pie with Protein

**Preparation time** 10 minutes      **Cooking time** 45 minutes      **Serves** Serves 6

## Ingredients

### The Base

- 500 g lean lamb mince
- 500 g frozen peas, carrot and corn
- 1 medium-sized onion, diced
- 5 celery stalks, finely chopped
- 4 garlic cloves, diced
- 230 g thick tomato paste
- 2 tbsp Worcestershire Sauce
- 1 tsp dried rosemary
- 2 tsp olive oil

### The Mash

- 6 medium-sized white potatoes, peeled and diced into 2 x 2 cm cubes
- 6 scoops Ensure Neutral Powder
- 1 tbsp margarine
- ½ tsp salt

## Method

1. Preheat the oven to 200°C.
2. In a large pot, cover potatoes with water. Bring to a boil and boil the potatoes until soft when pierced with a fork. Strain potatoes and add them back into the pot. Add Ensure Powder, margarine and salt and mash using a potato masher until smooth and creamy.
3. Meanwhile, in a separate large skillet, cook garlic, onion and celery over medium heat for 1-2 minutes or until celery begins to soften.
4. Add lamb mince and sauté until lamb begins to brown. Use a spatula to break up the lamb into small pieces to help with even browning and cooking. Add the rest of the base ingredients and cook until the vegetables have softened.
5. Assemble the Shepherd's Pie by layering the mash on top of the meat mixture in the skillet, using a spatula to spread it to the edges. Bake in the oven until slightly golden, about 25-30 minutes.

## Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
410 cal	28 g	13 g	4 g	41 g	14 g	7 g	620 mg





# Mushroom Omelette with Protein

**Preparation time**  
3 minutes

**Cooking time**  
5 minutes

**Serves**  
Serves 1

## Ingredients

- 3 eggs
- ¼ cup grated cheddar cheese
- 1 cup mushrooms, sliced
- 1 scoop Ensure Neutral Powder
- 1 tsp olive oil spread
- 1 tbsp chopped fresh chives
- Salt and pepper

## Method

1. Add mushrooms to a hot frying pan and a pinch of salt and pepper. Fry and toss around until golden and remove from the pan and set aside. Turn the heat down to medium.
2. Meanwhile, crack the eggs into a mixing bowl with the Ensure Powder and a pinch of salt and black pepper. Beat well with a fork.
3. Add oil to the pan then add the eggs and move the pan around to spread them out evenly. When the omelette begins to cook and firm up, but still has a little raw egg on top, sprinkle over the cheddar cheese, chives and add the mushrooms.
4. Using a spatula, ease around the edges of the omelette, then fold it over in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette onto a plate.

## Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
386 cal	27 g	27 g	10 g	6 g	3 g	1 g	591 mg

# Wholemeal Cheese & Chive Scones with Protein

**Preparation time** 10 minutes      **Cooking time** 25 minutes      **Serves** Serves 9

## Ingredients

- 1 ½ cups self-raising wholemeal flour
- 20 g butter, chopped
- 6 scoops Ensure Neutral Powder
- 150 g grated cheese of choice (e.g. cheddar)\*
- 2 tbsp fresh chives, finely chopped
- ½ cup milk of choice\*
- ½ cup natural yoghurt\*

## Method

1. Preheat the oven to 220°C. Line a large baking tray with non-stick baking paper. Combine flour and Ensure Powder in a large bowl. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.
2. Stir in yoghurt, cheese and chives. Make a well in the centre.
3. Pour milk into well and stir with a flat-bladed knife until dough almost comes together. Turn onto a lightly-floured surface. Knead gently for 1 minute or until smooth (do not overmix).
4. Roll dough out to a 2 cm-thick rectangle. Cut dough into 9 squares.
5. Place scones 1 cm apart on the tray. Bake for 10-12 minutes or until light golden and hollow when tapped. Serve warm.

*\*Analysed using low-fat dairy. If using full-fat dairy or alternatives, nutrition information will vary.*

## Nutrition Information - Per 1 Serve (1 Scone)

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
180 cal	9 g	6 g	3 g	21 g	4 g	3 g	383 mg





# Coconut Curry Lentil Soup with Protein

**Preparation time**  
10 minutes

**Cooking time**  
30 minutes

**Serves**  
Serves 5

## Ingredients

- 8 scoops Ensure Neutral Powder
- 1 tsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp fresh ginger, minced
- 400 g can diced tomatoes
- 1 tbsp curry powder
- 1 L salt-reduced vegetable stock
- 400 ml low-fat coconut milk
- 1½ cups dry red lentils
- Coriander to serve

## Method

1. In a stockpot, heat the olive oil over medium heat and stir-fry the onion, garlic and ginger until the onion is translucent, a couple of minutes.
2. Add the curry powder and cook for another minute.
3. Add the vegetable stock, coconut milk, diced tomatoes and lentils. Cover and bring to the boil, then simmer on low heat for 20 minutes, stirring occasionally, until the lentils are very tender.
4. Remove from heat and allow to cool for 10 minutes before stirring in the Ensure Powder.
5. Before serving, garnish with coriander.

## Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
352 cal	18 g	11 g	6 g	41 g	10 g	10 g	658 mg



# Turkey Patties with Protein

**Preparation time** 15 minutes    **Cooking time** 15 minutes    **Makes** Makes 8    **Serves** Serves 4

## Ingredients

- 500 g lean turkey mince
- 2 medium-sized carrots, grated
- 1 egg
- ¼ cup breadcrumbs
- 6 scoops Ensure Neutral Powder
- 4 spring onion stalks, finely chopped
- 2 tsp garlic powder
- 2 tsp dried mixed herbs
- 5 pinches salt
- 5 pinches pepper
- 2 tsp olive oil (for frying)

## Method

1. In a large bowl combine turkey, grated carrot, egg, breadcrumbs, spring onion, garlic powder, herbs, salt, pepper and Ensure Powder. Mix well using your hands.
2. Roll and flatten mixture into 8 equal-sized patties (approx. 80 g per patty).
3. Heat 1 teaspoon of olive oil in a large, non-stick frying pan over medium-low heat and cook half the patties for about 4-5 minutes on each side or until browned and cooked through. Repeat with the remaining oil and patties and transfer to a heat-proof tray.

## Serving Suggestion

Make this into a healthy burger or serve with rice and salad.

## Nutrition Information - Per 1 Patty

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
151 cal	18 g	4 g	1 g	10 g	5 g	2 g	213 mg



# Ensure Chocolate Powder Recipes



# Banana & Choc Chip Loaf with Protein

**Preparation time** 10 minutes    **Cooking time** 45-50 minutes    **Makes** Makes 10 Slices    **Serves** Serves 5

## Ingredients

- 6 scoops Ensure Chocolate Powder
- 2 overripe bananas (or 2 frozen bananas, thawed)
- 1 cup wholemeal self-raising flour
- 1 cup fat-free natural yoghurt
- 2 eggs
- 50 g dark chocolate chips

## Method

1. Preheat the oven to 180°C.
2. Line a loaf tin with baking paper.
3. Place bananas in a mixing bowl and mash until you have a thick pudding-like consistency. Add all remaining banana bread ingredients to the bowl and mix until well combined.
4. Add the mixture to the loaf tin and bake for 45-50 minutes or until a toothpick pulls out clean when tested.

Nutrition Information - Per 1 Serve (2 Slices)

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
294 cal	14 g	8 g	4 g	38 g	10 g	6 g	288 mg





# Peanut Caramel Smoothie with Protein

**Preparation time**  
2 minutes

**Cooking time**  
3 minutes

**Serves**  
Serves 1

## Ingredients

- 1 ½ cups milk of choice\*
- 6 scoops Ensure Chocolate Powder
- 2 tsp peanut butter
- 2 dates, softened in hot water
- ½ cup crushed ice

## Method

1. Blitz all ingredients in a blender. Enjoy!

*\*Analysed using low-fat dairy. If using full-fat dairy or alternatives, nutrition information will vary.*

## Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
510 cal	25 g	18 g	5 g	27 g	27 g	2 g	143 mg

# Ensure Vanilla Powder Recipes



# Carrot Cake Overnight Oatmeal with Protein

**Preparation time** 10 minutes      **Cooking time** Overnight      **Serves** Serves 1

## Ingredients

- ½ cup milk of choice\*
- ⅓ cup low-fat cottage cheese
- ⅓ cup rolled oats
- 1 small carrot, grated
- 4 scoops Ensure Vanilla Powder
- 5 walnuts, coarsely chopped
- 1 tsp ground cinnamon
- 1 tsp honey

## Method

1. Place all ingredients, except walnuts, in a bowl and stir.
2. Place in the refrigerator overnight.
3. Top with walnuts before serving.

*\*Analysed using low-fat dairy. If using full-fat dairy or alternatives, nutrition information will vary.*

## Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
490 cal	24 g	18 g	3 g	53 g	25 g	9 g	352 mg





# Frozen Yoghurt Berry Tarts with Protein

**Preparation time**  
15 minutes

**Cooking time**  
1 hour

**Makes**  
Makes 6

## Ingredients

- 2 pitted medjool dates, chopped
- 80 g almond nuts
- 5 scoops Ensure Vanilla Powder
- 1 cup frozen (or fresh) mixed berries
- 1 cup low-fat natural yoghurt
- ½ cup low-fat ricotta cheese

## Method

1. Use a food processor to blend almonds and dates into a chunky mixture.
2. Tightly pack the almond mixture into the bottom of a muffin/cupcake tray to form the bottom layer of six treats.
3. Again, using the food processor, combine the yoghurt, Ensure Powder, ricotta cheese and ¾ cup berries until a smooth cream is formed.
4. Scoop yoghurt mixture evenly into the muffin/cupcake tray. Top with remaining berries for garnish.
5. Freeze for a minimum of 1 hour. Remove from the freezer and enjoy.

## Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
171 cal	8 g	8 g	1 g	14 g	11 g	3 g	80 mg

# Mango & Passionfruit Smoothie with Protein

**Preparation time** 2 minutes      **Cooking time** 3 minutes      **Serves** Serves 1

## Ingredients

- 2 scoops Ensure Vanilla Powder
- 1 cup sliced frozen mango
- 1 cup milk of choice\*
- ½ cup low-fat natural yoghurt
- Pulp of 1 passionfruit
- ½ cup crushed ice

## Method

1. Blend ingredients in a blender. Enjoy!

*\*Analysed using low-fat dairy. If using full-fat dairy or alternatives, nutrition information will vary.*

## Nutrition Information - Per 1 Serve

ENERGY	PROTEIN	TOTAL FAT	SATURATED FAT	CARBS	SUGARS	FIBRE	SODIUM
405 cal	20 g	8 g	4 g	61 g	52 g	3 g	254 mg







For more information and recipes  
visit [ensure.com.au](http://ensure.com.au)

Ensure is available in your local pharmacy in Neutral, Vanilla and Chocolate Powder.



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**Food for Special Medical Purposes. Use only under medical supervision.**

Please note that when cooking with Ensure there may be minor loss of some nutrients.

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