



DELICIOUS RECIPES WITH THE
**NUTRITIONAL
BENEFITS** OF

**Ensure[®]
GOLD[™]**



COMPLETE, BALANCED NUTRITION IN EVERY GLASS

As we get older, our nutritional needs change. While requirements for certain nutrients reduces with age, requirements for other essential nutrients actually rises. Changes in lifestyle, appetite and taste buds can all make it more challenging for you to get the nutrition you need from your usual diet. Illness or chronic conditions can further contribute to the problem.

It's important to use every meal and snack as an opportunity to maximise your nutrition. You can do this by using a wide variety of nutrient-rich ingredients in every meal. You can also get a helping hand by enriching meals with a complete, balanced oral nutritional supplement such as Ensure® Gold™. Fortifying a meal with Ensure® Gold™ is a quick and simple way to boost its nutritional value and make sure you get the essential nutrients you need to stay healthy or recover from illness.

In this booklet we offer you 3 breakfast, 3 mains & 3 dessert recipes. These are delicious and diverse recipes with the added nutritional boost of Ensure® Gold™, to help you make the most of every meal, be it sweet or savoury.

We hope you will enjoy trying these delicious and nourishing recipes.



References: *CaHMB (or Calcium-hydroxy -Methylbutyrate) is needed by the body to support tissue building. 1. Berton L et al., Plos ONE 2015, 10 (11); e0141757. Measured by leg strength as early as 8 weeks, when taken twice a day along with light exercise. 2. BK McFarlin et al., Journal of Dietary Supplements 10 (3), 171 (2003). As measured by self-reported upper respiratory symptoms in marathon runners.

ENSURE[®] GOLD[™] HELPS KEEPS YOU STRONG AS YOU AGE.



CaHMB & High Quality Protein.

Helps to regain strength and supports tissue building. Protein helps build body tissues.



YBG (Yeast Beta Glucan).

Beta Glucan from yeast may help to support immune system associated with colds.



Omega -3.

Plant-based fat blend with Omega-3.



28 Vitamins & Minerals.

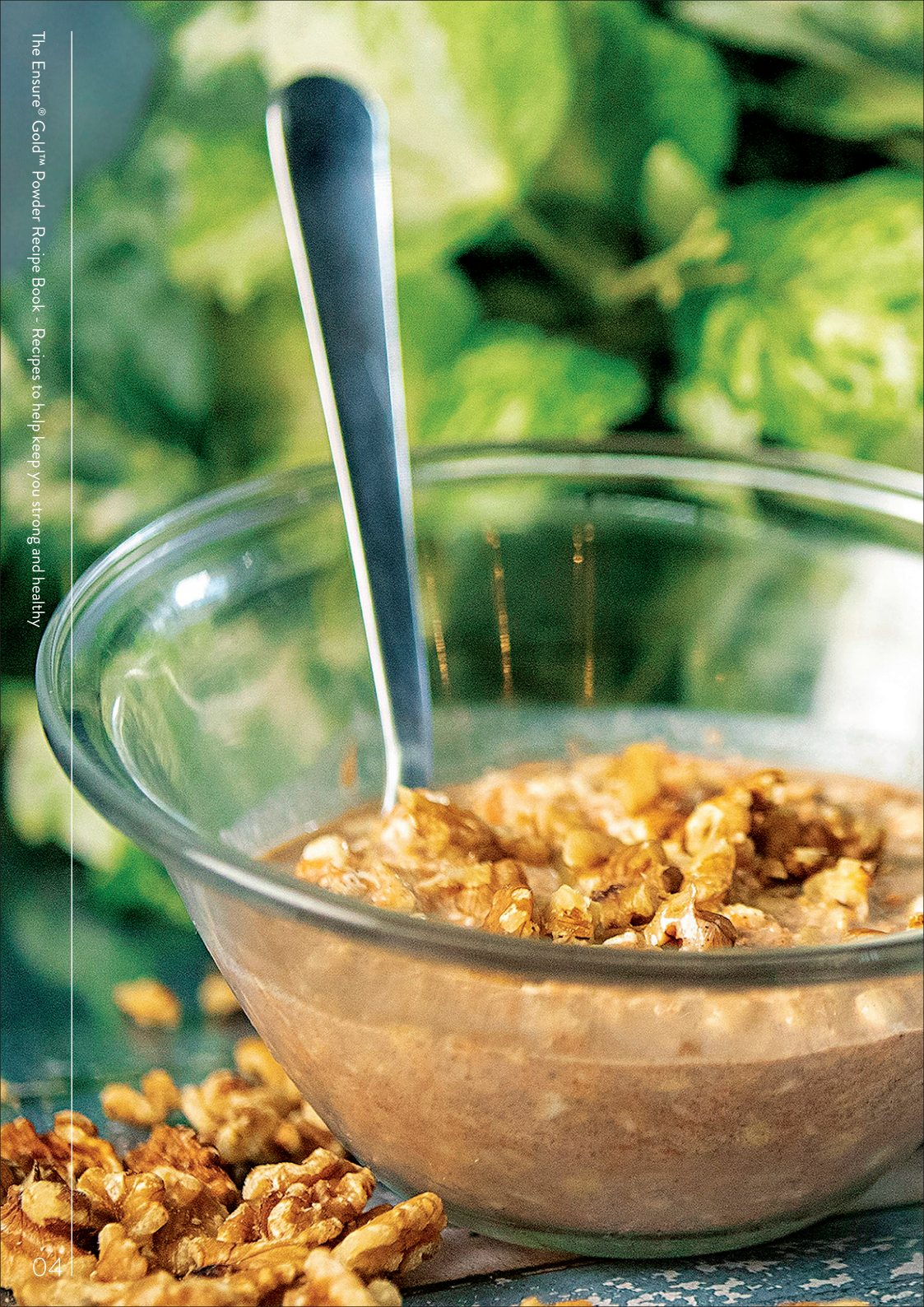
To support daily activity.



Vitamin D & Calcium.

To support strong bones.

Please note that when cooking with or freezing Ensure[®] Gold[™] powder there may be minor losses or some nutrients





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Cottage Cheese Breakfast Jars

Preparation Time

10 Minutes

Serves

Server 4

Ingredients:

- 3 scoops Ensure® Gold™ Vanilla powder
- 1½ cups (135g) rolled oats
- 2 cups (400g) reduced-fat cottage cheese
- 250g blueberries
- 1 cup (150g) Pomegranate seeds
- ⅓ cup (45g) chopped roasted hazelnuts
- ¼ cup (10g) flaked coconut, toasted
- 1 tablespoon pure maple syrup

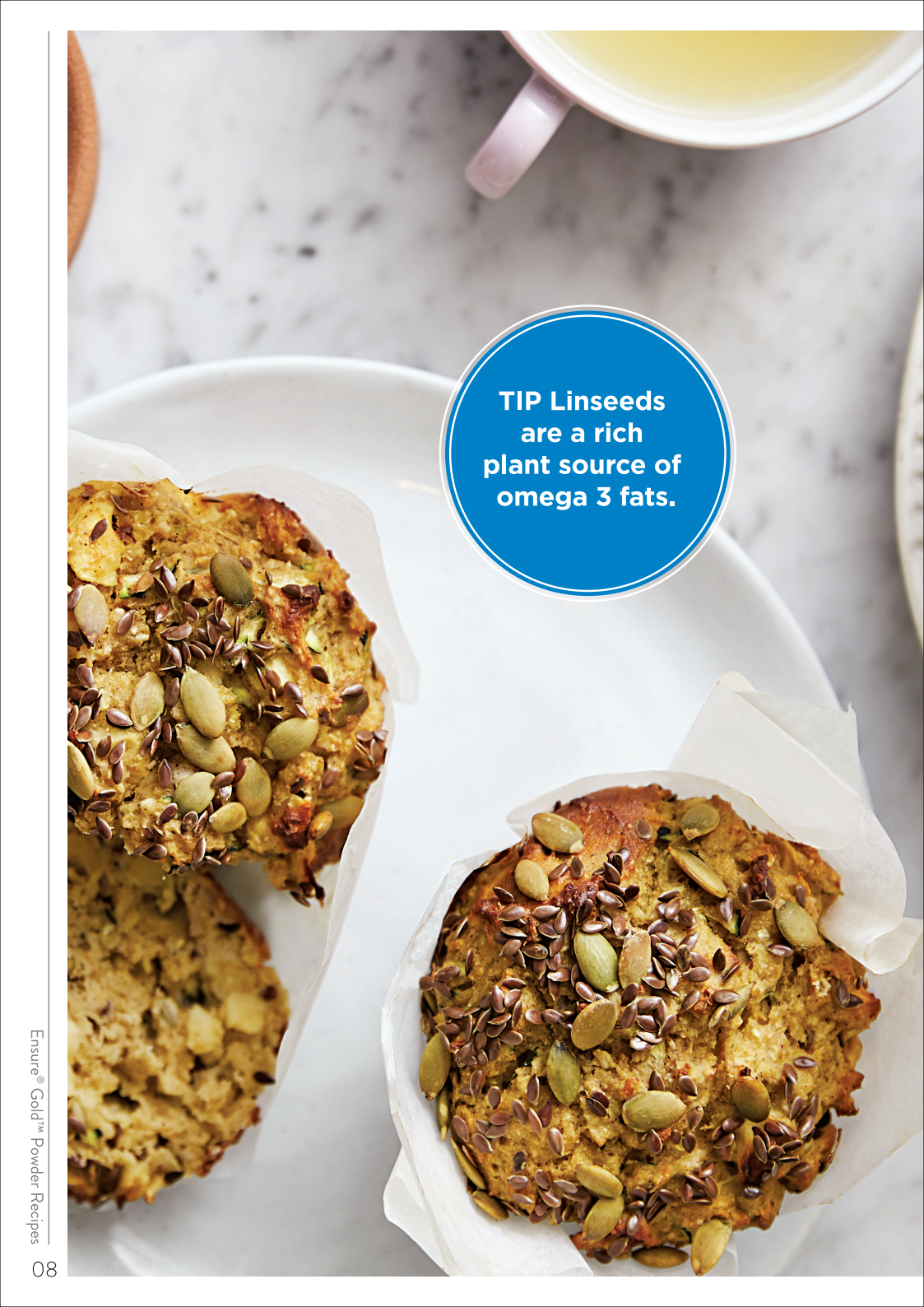
Method

1. Whisk 2 scoops of the Ensure® Gold™ Vanilla powder and 1 cup (250ml) water in a medium bowl. Stir in oats. Stand for 1 hour or overnight (see tip). Divide oat mixture among four 1½-cup (375ml) glass jars.
2. In a food processor, process cottage cheese and remaining 1 scoop of Ensure® Gold™ Vanilla powder until smooth.
3. Top oat mixture in jars with cottage cheese mixture, blueberries and pomegranate seeds. Sprinkle with hazelnuts and coconut flakes, then drizzle with maple syrup to serve.



**TIP Oats can
be left to soak
overnight in the
fridge, if you like.**





**TIP Linseeds
are a rich
plant source of
omega 3 fats.**

Earl Grey, Apple & Zucchini Muffins

Preparation Time
10 Minutes

Cooking Time
40 Minutes

Serves
Server 4

Ingredients:

- 1 earl grey tea bag
- 80g (2½oz) dried apples, chopped finely
- ½ cup (45g) rolled oats
- 1 medium zucchini (120g), grated, squeezed lightly
- 10 scoops Ensure® Gold™ Vanilla powder
- 1 egg
- 1 tablespoon pure maple syrup
- 1 cup wholemeal self-raising flour
- 1 teaspoon baking powder
- 2 teaspoons mixed spice
- 1 tablespoon linseeds (flaxseeds) (see tip)
- 1 tablespoon pepitas (pumpkin seed kernels)
- ⅔ cup (185g) plain yoghurt, to serve

Method

1. Preheat oven to 200°C. Line 4 holes of a ¾-cup (180ml) texas muffin tray with non-stick cafe-style muffin cases or squares of baking paper.
2. Place tea bag in 1 cup (250ml) boiling water for 5 minutes. Place apples, oats and tea in a medium bowl; mix well. Stand for 20 minutes or until most of the liquid is absorbed. Stir in zucchini, 8 scoops Ensure® Gold™ Vanilla powder mixed with ½ cup (125ml) water, the egg and maple syrup.
3. Sift flours, baking powder and spices into a large bowl; return husks to the bowl. Make a well in the centre; stir in zucchini mixture with half each of the linseeds and pepitas. Mixture will be quite thick. Spoon mixture evenly into paper cases, sprinkle with remaining linseeds and pepitas.
4. Bake muffins for 30 minutes or until a skewer inserted in the centre of a muffin comes out clean. If muffins start to overbrown, cover loosely with foil. Stand for 5 minutes before placing on a wire rack to cool.
5. Combine yoghurt and 2 scoops Ensure® Gold™ Vanilla powder in a small bowl. Serve with warm muffins.

Lentil Omelettes with Braised Capsicum & Watercress

Preparation Time
10 Minutes

Cooking Time
40 Minutes

Serves
Server 2

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 small red and yellow (300g) capsicums, seeded, sliced thinly
- ½ x 400g can salt- reduced lentils, drained, rinsed
- ⅓ cup soft fetta
- 3 eggs
- 2 teaspoons ground cumin
- 6 scoops Ensure®Gold™ Vanilla powder watercress, cherry, tomatoes and toast, to serve

Method

1. Heat half the oil in a large heavy-based saucepan over low-medium heat. Cook capsicum, covered, stirring occasionally, for 15 minutes or until very soft and golden brown.
2. Mash lentils and 2 tablespoons fetta in a large bowl. Add eggs, cumin and Ensure®Gold™ Vanilla powder mixed with ⅓ cup (80ml) water; season. Whisk well to combine.
3. Heat half of remaining oil in a small non-stick frying pan over medium heat. Add half of the egg mixture; cook for 2 minutes, using a spatula to pull egginwards from edge of the pan towards the centre to create folds, letting raw egg mixture fill any gaps.
4. Sprinkle half of the capsicum mixture and remaining fetta over one half of the omelette. Cook for 1 minute; flip uncovered half over top to cover capsicum mixture. Slide carefully onto a plate. Repeat with remaining oil, egg mixture, capsicum and fetta to make second omelette.
5. Serve omelettes with watercress, tomatoes and toast.









Red Curry Beef

Preparation Time
10 Minutes

Cooking Time
30-40 Minutes

Serves
Server 5

Ingredients:

- 4 scoops Ensure® Gold™ Vanilla powder
- 500g beef strips
- 1 brown onion, sliced
- 1 garlic clove, finely chopped
- 1 red capsicum, diced
- 1 head broccoli, cut into small florets
- 1 carrot, peeled, thinly cut into half moons
- 100g green beans, halved
- 100g snow peas, trimmed, halved
- 1 zucchini, thinly cut into half moons
- 2 tbsp red curry paste
- 400ml coconut milk
- 2 tbsp peanut oil
- Juice from 1 lime
- ½ tbsp brown sugar
- 2 tsp fish sauce
- ½ cup water
- Finely chopped fresh coriander to garnish

Method

1. Heat half the oil in a wok over a high heat. Sear beef for 1-2 minutes or until just browned. Transfer to a plate.
2. Heat remaining oil in the same wok over a medium-high heat. Add onion and garlic and cook for 1 minute.
3. Add other vegetables and cook for 5 minutes, stirring, or until vegetables soften.
4. Add curry paste and cook for 1 minute.
5. Whisk together Ensure® Gold™ powder and coconut milk and combine well.
6. Add coconut milk, water, lime juice, sugar and fish sauce and simmer for 10 minutes.
7. Return beef strips to wok and cook for 2 minutes to warm through.
8. Serve with basmati rice and lime wedges and garnish with coriander.

Asian-Style Omelette

Preparation Time
10 Minutes

Cooking Time
30 Minutes

Serves
Server 2

Ingredients:

- 2 scoops Ensure® Gold™ Vanilla powder
- 2 tbsp peanut oil
- 4 eggs, lightly beaten
- ½ long chilli, deseeded, finely chopped
- 2 spring onions, thinly sliced
- 1 garlic clove, finely chopped
- 1 tbsp ginger, finely chopped
- 150g mixed mushrooms, sliced pinch of chinese five spice
- 2 leaves bok choy, finely sliced
- ½ tbsp salt reduced soy sauce
- Sesame seeds to garnish

Method

1. Add half the oil to a frying pan and heat over a medium heat.
Add the spring onions, chilli, garlic and ginger and cook for 1 minute.
2. Add mushrooms, bok choy and Chinese five spice to the pan and cook for 2-3 minutes or until mushrooms are soft and tender.
Transfer mixture to a plate.
3. Whisk Ensure® Gold™ Vanilla powder in 2 tablespoons of water and combine with lightly beaten eggs.
4. Heat remaining oil in the same pan and pour in egg mixture.
Swirl to cover the base evenly.
5. Cook for 30 seconds or until base is set. Return mushroom mixture to one half of the pan. Fold omelette in half and cook for 30 seconds.
6. Flip omelette and cook for a further 30 seconds or until lightly golden.
7. Serve on brown rice and top with soy sauce and pea sprouts.
Garnish with sesame seeds.









Prawn Chee Curry

Preparation Time
10 Minutes

Cooking Time
30 Minutes

Serves
Server 6

Ingredients:

- 2 tablespoons vegetable oil
- ¼ cup (75g) thai red curry paste
- 1kg green prawns, shelled and deveined with tails intact
- 6 fresh kaffir lime leaves
- 270ml can coconut milk
- 6 scoops Ensure® Gold™ Vanilla powder
- 1 cup (250ml) chicken stock
- 1 tablespoon fish sauce
- 1 tablespoon lime juice
- 250g grape tomatoes
- 1 cup (170g) chopped pineapple
- Microwave brown rice, sprinkled with toasted coconut, to serve

Method

1. Heat oil in a wok over medium-high heat. Add curry paste; cook, stirring, for 2 minutes. Add prawns and 3 crushed lime leaves; cook, stirring, for 2 minutes.
2. Add coconut milk and Ensure® Gold™ Vanilla powder mixed with chicken stock; simmer for 5 minutes or until prawns are just cooked.
3. Add fish sauce and lime juice. Stir in tomatoes and pineapple; cook for a further 2 minutes or until warmed through.
4. Finely shred remaining lime leaves; sprinkle over curry. Serve curry with brown rice topped with toasted coconut.

Fudgy Sweet Potato Brownies

Preparation Time
10 Minutes

Cooking Time
1½ Hours

Serves
Server 14

Ingredients:

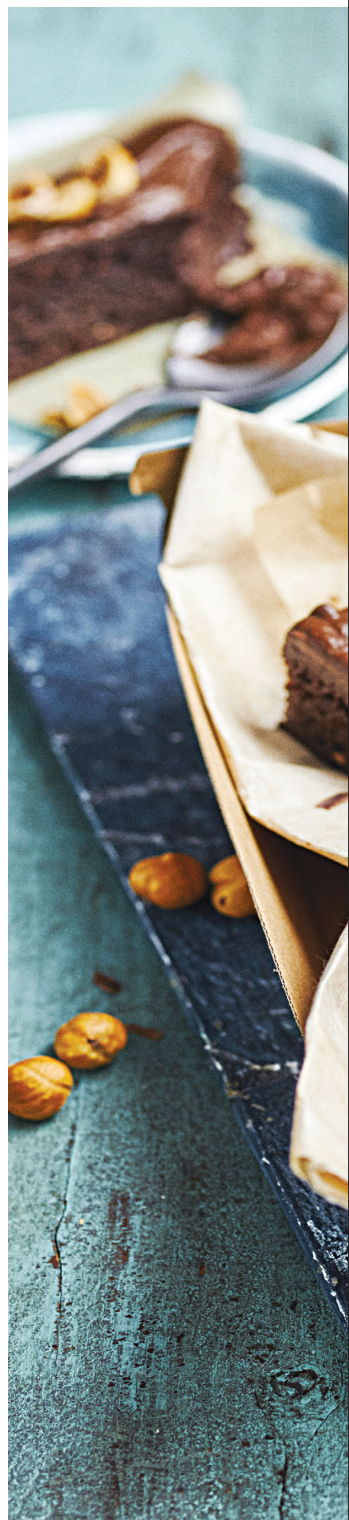
- 1 medium orange sweet potato (400g), chopped coarsely
- 180g dark chocolate (70% cocoa), chopped
- 1 cup (220g) caster sugar
- 6 scoops Ensure® Gold™ Vanilla powder
- 1 cup (120g) hazelnut meal
- ¼ teaspoon bicarbonate of soda
- ½ cup (70g) chopped roasted hazelnuts

Avocado Icing

- 1 large ripe avocado (320g)
- 2 scoops Ensure® Gold™ Vanilla powder
- 2 tablespoons cocoa
- 2 tablespoons coconut oil, melted
- 2 tablespoons honey

Method

1. Place sweet potato in a medium saucepan with enough cold water to cover; bring to the boil. Cook, covered, for 20 minutes or until soft; drain. Return to pan; mash until smooth.
2. Meanwhile, preheat oven to 180°C. Lightly grease a deep 20cm square cake pan; line base with baking paper.
3. Place chocolate, sugar and Ensure® Gold™ Vanilla powder mixed with ¼ cup (60ml) water in a large heatproof bowl over a saucepan of simmering water; stir until melted and smooth. Remove from heat; stir in the mashed sweet potato. Add hazelnut meal and bicarbonate of soda; mix well. Pour mixture into pan.
4. Bake for 1 hour or until firm to touch. Cool completely in pan. Refrigerate brownies until chilled.
5. To make avocado icing, process ingredients until smooth and glossy.
6. Spread brownie with avocado icing and scatter with hazelnuts. Cut into rectangles; serve immediately.



A photograph of several rectangular brownies in a brown paper tray. The brownies are topped with a layer of chocolate, hazelnuts, and chocolate shavings. The tray is placed on a dark blue wooden surface. In the background, there is a glass jar of honey and a green ceramic cup. A blue circular callout box with white text is overlaid on the image.

TIPS Brownie will keep refrigerated for up to 3 days in an airtight container. Almonds can be substituted for hazelnuts.





Banana & Choc Chip Loaf with Protein

Preparation Time
10 Minutes

Cooking Time
30-40 Minutes

Serves
Server 5

Ingredients:

- 6 scoops Ensure® Gold™ Vanilla powder
- 2 overripe bananas (or 2 frozen bananas, thawed)
- 1 cup wholemeal self-raising flour
- 1 cup fat-free natural yoghurt
- 2 eggs
- 50g 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.
4. Add all remaining banana bread ingredients to the bowl and mix until well combined.
5. Add the mixture to the loaf tin and bake for 45-50 minutes or until a toothpick pulls out clean when tested.

Frozen Yoghurt Berry Tarts with Protein

Preparation Time
15 Minutes

Cooking Time
1 Hour

Serves
Server 6

Ingredients:

- 2 pitted medjool dates, chopped
- 80g almond nuts
- 5 scoops Ensure® Gold™ 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® Gold™ Vanilla 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.







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