

Healthy Indulgence Recipes

Be in Control with

Glucerna[®]



People often worry that having diabetes means going without food that they enjoy! The good news is that you can still enjoy your favourite food by simply making them healthier and managing the portion. Giving you control to keep your blood sugar in check.

With this in mind, Glucerna® and Georgen Cooking have co-developed this recipe book filled with delicious, nutritious and diabetes-friendly recipes. Just as its name suggests, let us show you how to indulge in these healthy recipes and be in control of your diabetes at the same time!



GEORGEN THYE

Consultant Dietitian
Founder of Georgen Cooking

Georgen is a practising dietitian and a healthy cooking enthusiast with eight years of experience in the field of Nutrition & Dietetics. He is the founder of Georgen Cooking which aims to share the knowledge to make healthy eating fun and easy!

Georgen is also the council member of the Malaysian Dietitians' Association (2019-2021) and the International Medical University (IMU) alumnus award 2017 recipient.

Glucerna®

Chocolate Orange Oatmeal Cookies

Ingredients

Make 40 cookies

- A** • 5 scoops Glucerna® chocolate powder
- 150g butter, room temperature
- 35g granulated sugar
- 35g brown sugar
- Zest of 1 orange
- B** • 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 1/2 cup rolled oats

Methods

1. Preheat the oven to 150°C.
2. Mix A in a large bowl using a mixer on medium speed until creamy.
3. In a separate bowl, combine B except for the rolled oats.
4. Slowly incorporate B mixture into the dough.
5. After everything is mixed together well, mix in oats, 1/2 cup at a time.
6. Once mixed well, place a baking sheet on a baking tray.
7. On the baking sheet, place heaping 1 tsp balls of dough with 5cm space in between each ball.
8. Using a fork, mash the batter down until 1/2 inch high.
9. Bake for 15 minutes, take them out from the oven and let cool on the baking sheet and then serve!

NUTRITION FACTS

3 cookies: (1 serving, 3 cookies)

Calorie (Kcal)	193
Carbohydrate (g)	21.1
Fat (g)	10.3
Protein (g)	3.1
Fibre (g)	1.9



Glucerna®

Red Bean Popsicle

Ingredients

Make 2 servings

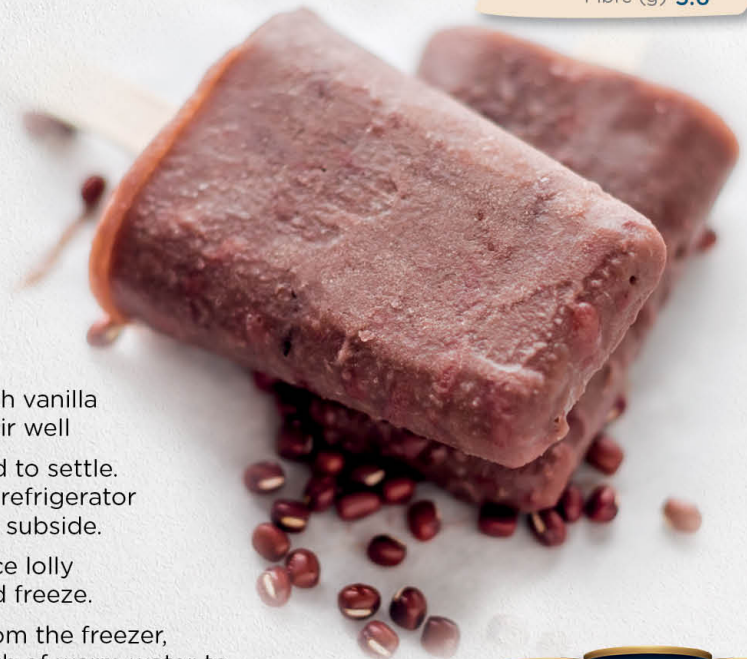
- 5 scoops Glucerna® chocolate powder
- 180ml boiled, cooled water
- 1 teaspoon low-calorie sweetener
- 6 tablespoons boiled red beans, drained
- 1/2 teaspoon vanilla essence

Methods

1. In a mixing bowl, add water, Glucerna® chocolate powder and low-calorie sweetener. Mix well to dissolve the powder.
2. In the same mixing bowl, add 4 tablespoons boiled red beans and blend well using a food processor or hand blender.
3. Add the remaining whole red bean into the prepared mix.
4. Flavour with vanilla essence. Stir well
5. Allow liquid to settle. Chill in the refrigerator till bubbles subside.
6. Pour into ice lolly moulds and freeze.
7. Remove from the freezer, dip in a bath of warm water to remove from mould and serve immediately.

NUTRITION FACTS (1 serving)

Calorie (Kcal)	182
Carbohydrate (g)	24.0
Fat (g)	4.4
Protein (g)	8.7
Fibre (g)	5.6



Glucerna®

Chocolate Pudding

Ingredients

Make 4 servings

- 5 scoops Glucerna® chocolate powder
- 2 eggs
- 4 tablespoons water
- 4 tablespoons unsalted butter
- A pinch of sea salt

Methods

1. Separate the egg whites and yolks. In a large bowl, beat the egg whites using a food processor or hand mixer until stiff peaks.
2. Combine the Glucerna® chocolate powder, water, butter and salt in a saucepan and bring to simmer over medium heat. Stir until all ingredients combine smoothly.
3. Remove from the heat and beat in the egg yolks.
4. Add the egg whites and fold gently until the pudding is uniform in texture.
5. Pour the pudding into serving cups or glasses and chill it for a few hours.

Suggestion:
May top with
fresh fruits

NUTRITION FACTS (1 serving)

Calorie (Kcal)	206
Carbohydrate (g)	6.6
Fat (g)	17.2
Protein (g)	5.6
Fibre (g)	1.2



Glucerna®

Mixed Berries Yoghurt

Ingredients Make 2 servings

- 5 scoops Glucerna® vanilla powder
- 1 cup plain low-fat yoghurt
- 1/2 cup fresh berries
- 3-4 mint leaves

Methods

1. In a medium bowl, pour Glucerna® vanilla powder in.
2. Add in the yoghurt slowly, stirring constantly until a smooth consistency is reached.
3. Transfer to a serving cup, top with fresh berries and garnish with mint leaves before serving.



NUTRITION FACTS (1 serving)

Calorie (Kcal)	219
Carbohydrate (g)	27.3
Fat (g)	6.1
Protein (g)	11.9
Fibre (g)	4.2



Glucerna®

Matcha Latte

Ingredients

Make 1 serving

- 5 scoops Glucerna® vanilla powder
- 200ml hot water, not boiling
- 1 teaspoon matcha powder
- 60ml hot water

Methods

1. Sift 1 teaspoon of matcha powder into a cup.
2. Melt matcha by adding 60ml hot water and stirring until matcha become a smooth paste
3. Add Glucerna® vanilla powder into 200ml hot water and stir completely until dissolved. Then pour Glucerna® into the cup containing the dissolved matcha (optional: pour matcha to a small saucepan with the Glucerna® and heat (not boil) until mixture bubbles around the edges. If you prefer a frothy latte, whip up some foam after it's done heating)
4. Serve warm.

Suggestion:
Dust with some
matcha powder
on top of the
drink and
enjoy!

NUTRITION FACTS (1 serving)

Calorie (Kcal)	228
Carbohydrate (g)	26.1
Fat (g)	8.7
Protein (g)	10.2
Fibre (g)	3.9



Glucerna®

Breezy Bandung

Ingredients

Make 1 serving

- 5 scoops Glucerna® vanilla powder
- 200ml ice water
- 1/2 teaspoon rose essence
- 1 drop of red food colouring (optional)

Methods

1. Add Glucerna® vanilla powder into ice water and stir till completely dissolve.
2. Add rose essence and stir till well blended.
3. Add red food colouring (optional).
4. Serve chilled.



NUTRITION FACTS (1 serving)

Calorie (Kcal)	228
Carbohydrate (g)	26.1
Fat (g)	8.7
Protein (g)	10.2
Fibre (g)	3.9



Glucerna®

Black Sesame Drink

NUTRITION FACTS (1 serving)

Calorie (Kcal)	289
Carbohydrate (g)	28.2
Fat (g)	13.2
Protein (g)	11.8
Fibre (g)	5.0

Ingredients

Make 1 serving

- 5 scoops Glucerna® vanilla powder
- 200ml hot water, not boiling
- 1 tablespoon black sesame powder

Methods

1. Add Glucerna® vanilla powder into hot water and stir until completely dissolved.
2. Add black sesame powder and stir till well blended. Use a blender if required.
3. Serve warm.



Glucerna®

Caffè Latte or Caffè Mocha

Ingredients

Make 1 serving

- 5 scoops Glucerna® vanilla powder or Glucerna® chocolate powder
- 1 teaspoon coffee powder
- 200ml hot water, not boiling

Methods

1. Place Glucerna® vanilla powder in a coffee mug or glass
2. In a separate cup, dissolve coffee in hot water.
3. Slowly add hot coffee mixture to cup containing Glucerna® powder, stirring thoroughly with each addition.
4. Serve immediately
5. Options: Replace the Glucerna® vanilla with Glucerna® chocolate to make it a caffè mocha.

NUTRITION FACTS (1 serving)

	Caffè latte	Caffè mocha
Calorie (Kcal)	242	240
Carbohydrate (g)	28.3	27.5
Fat (g)	8.7	8.7
Protein (g)	10.6	10.6
Fibre (g)	3.9	4.8



Suggestion:
Serve it cold by dissolving coffee powder in 3 tablespoons of hot water and add 150ml cold water before adding to Glucerna® powder.

Glucerna®

Oats Porridge

Ingredients

Make 1 serving

- 5 scoops Glucerna® vanilla powder
- 50g instant oats
- 100ml plain water

Methods

1. In a medium saucepan, add the water and instant oats.
2. Heat gently, stirring constantly.
3. Slowly add in Glucerna® vanilla powder until the desired texture is reached (do not boil).
4. Transfer to a bowl and serve.

Suggestion:
May top with
some fresh fruits
and a handful of
nuts

NUTRITION FACTS (1 serving)

Calorie (Kcal)	418
Carbohydrate (g)	55.1
Fat (g)	13.1
Protein (g)	15.7
Fibre (g)	8.7



Glucerna®

Steamed Egg with Hon-shimeji Mushrooms & Spring Onions

Ingredients

Make 2 servings

- 6 scoops Glucerna® vanilla powder
- 240ml water
- 2 eggs
- 25g Hon-shimeji mushrooms
- 2g spring onion
- A pinch of salt

Methods

1. Add Glucerna® vanilla powder into 240ml water and stir completely until dissolved.
2. In a large bowl, beat eggs, Glucerna® and salt together.
3. Pour into desired mould or bowls. Cover with cling wrap and steam for 15 minutes.
4. Blanch mushrooms and arrange them on top of the steamed egg.
5. Thinly slice spring onion. Garnish with spring onion and serve.

NUTRITION FACTS (1 serving)

Calorie (Kcal)	216
Carbohydrate (g)	16.2
Fat (g)	10.6
Protein (g)	12.7
Fibre (g)	2.5



Glucerna®

Cream Corn Fish

NUTRITION FACTS (1 serving)

Calorie (Kcal)	271
Carbohydrate (g)	17.9
Fat (g)	12.0
Protein (g)	21.8
Fibre (g)	2.2

Ingredients

Make 5 servings

- 5 scoops Glucerna® vanilla powder
- 500g fish fillet, patted dry, cut into 2-inch wide strips
- 1 egg, beaten
- 1/2 teaspoon white pepper
- 1/4 teaspoon salt
- 1/2 cup corn starch
- 3 tablespoons vegetable oil
- 1 cup chicken stock, low sodium
- 1 can cream corn
- Corn Starch Water (1/2 tsp corn starch + 2 tsp water)



Methods

1. Marinate fish fillets with white pepper, salt, and 1/2 of the egg for 15 minutes and then coat them with a thin layer of corn starch evenly.
2. Heat up vegetable oil in a non-stick pan over medium heat, pan-fry the fish fillet until both sides turn golden brown, remove from the pan and then set aside.
3. Dilute Glucerna® vanilla powder with chicken stock in a bowl. In the same pan, pour in cream corn, diluted Glucerna® and bring to a boil.
4. Mix in the remaining egg, and corn starch water to thicken the gravy.
5. Remove from heat and pour the gravy on the fish fillet and then serve!



Glucerna®

Butter Cereal Prawn

Ingredients

Make 4 servings

- 5 scoops Glucerna® vanilla powder
- 500g prawns, washed and patted dry
- 1/4 cup vegetable oil
- 1/2 cup rolled oats
- 1/2 teaspoon white pepper
- 2 tablespoons butter
- 5 cloves garlic, finely chopped
- 1 stalk curry leaves
- 1 bird's eye chilli, finely chopped

Methods

1. In a frying pan, heat up vegetable oil over medium heat until hot.
2. Fry prawns over moderately high heat until just cooked (~2 minutes), drain and set aside.
3. In a mixing bowl, mix together rolled oats and white pepper.
4. In another pan, heat butter until melted. Add curry leaves, garlic, and chili.
5. Fry over medium heat until fragrant and the curry leaves should crisp up.
6. Add in rolled oats, stir for 1 minute.
7. Add prawns and toss until well mixed, turn off the heat once rolled oats turns fully golden brown.
8. Sprinkle Glucerna® vanilla powder on top and continue to stir until well coated and then serve!

NUTRITION FACTS (1 serving)

Calorie (Kcal)	225
Carbohydrate (g)	11.4
Fat (g)	11.5
Protein (g)	18.3
Fibre (g)	1.7



Glucerna®

Easy Masala Chai

NUTRITION FACTS (1 serving)

Calorie (Kcal)	228
Carbohydrate (g)	26.1
Fat (g)	8.7
Protein (g)	10.2
Fibre (g)	3.9

Ingredients

Make 1 serving

- 5 scoops Glucerna® wheat powder
- 200ml water
- 1 red tea bag
- 1 slice fresh ginger
- 1 small cinnamon stick
- 2 cloves
- 2 cardamoms
- 1 star anise

Methods

1. Lightly crush the whole dry spices in a pestle and mortar.
2. In a medium saucepan, bring the water to boil with the tea bag, ginger and all the dry spices, then let steep for 5 minutes.
3. Strain the spice mixture with a strainer.
4. Place Glucerna® wheat powder in a tea cup or mug.
5. Slowly add the hot spice mixture into the cup containing Glucerna® wheat powder, stirring thoroughly with each addition.
6. Serve immediately.



Glucerna®

Crustless Spinach Chickpeas and Mushroom Quiche

NUTRITION FACTS (1 serving)

Calorie (Kcal)	315
Carbohydrate (g)	28.5
Fat (g)	13.4
Protein (g)	16.8
Fibre (g)	6.7

Ingredients Make 4 servings

- 5 scoops Glucerna® wheat powder
- 200ml water
- 2 teaspoons vegetables oil
- 1 clove garlic
- 1/2 medium onion
- 300g spinach, shredded
- 4 mushrooms, sliced
- 1 can chickpeas, drained
- 3 eggs, beaten
- 2 tablespoons raisins
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup shredded cheddar cheese

Methods

1. Preheat the oven at 180°C.
2. Add Glucerna® wheat powder into 200ml water and stir completely until dissolved, then set aside.
3. Heat oil in a non-stick pan over medium heat, sauté garlic and onion for 1 minute until fragrant.
4. Stir in spinach and mushroom, cook until spinach is wilted, about 3-4 minutes, then transfer to a large bowl.
5. Squeeze extra moisture from spinach mixture as much as possible with the help of a sieve or piece of cheese cloth.
6. Stir in Glucerna®, chickpeas, egg, raisins, salt and black pepper until well combined.
7. Spoon the mixture into a baking tray, bake in the preheated oven for 20 minutes.
8. Take the tray out, top with cheddar cheese and continue baking for another 10 minutes until the quiche is golden brown. Let cool slightly before cutting into slices.



Glucerna®

Crispy Apam Balik with Banana Slices

Ingredients

Make 10 8-inches pieces

Batter

- 5 scoops Glucerna® wheat powder
- 100g all-purpose flour
- 60g rice flour
- A pinch of salt
- 30g sugar
- 1/2 teaspoon baking soda
- 1 large egg
- 250ml water

Methods

1. In a large bowl, mix Glucerna® wheat powder, all-purpose flour, rice flour, salt, sugar and baking soda.
2. Add in the egg and water, whisk to combine. Strain the batter to get rid of any lumps.
3. Preheat a non-stick 8-inches pan over very low heat. Rub the pan with a paper towel dipped in a bit of vegetable oil.
4. Add about 3-4 tablespoons of batter and swirl the pan so that batter is coating the base of the pan evenly.
5. Cook for about 1 minute, as the batter sets and forms small bubbles, loosen the edges with a palette knife.
6. Sprinkle with the crushed peanuts.
7. Continue to cook until the pancake is light golden brown in colour, about 3-4 minutes.
8. Top it with 1 tablespoon cream corn and some banana slices. Lift the pancake from the pan, fold into half and leave to cool. (it will be crispy as soon as it gets cold)

NUTRITION FACTS (1 serving)

Calorie (Kcal)	175
Carbohydrate (g)	27.3
Fat (g)	4.7
Protein (g)	4.8
Fibre (g)	2.2



THIS RECIPE BOOK
IS CO-DEVELOPED BY

Glucerna[®]

&

GEORGEN  COOKING
Healthy Eating Made Easy

GLUCERNA HELPS SUPPORT DIABETES MANAGEMENT AND PROVIDE COMPLETE NUTRITION FOR PEOPLE WITH DIABETES

WITH 30 YEARS OF SCIENTIFIC EVIDENCE FROM MORE THAN 30 CLINICAL STUDIES

USAGE OF *Glucerna*®

UNDERWEIGHT BMI <18kg/m ²	NORMAL WEIGHT BMI 18 - 23kg/m ²	OVERWEIGHT BMI >23kg/m ²
2 SERVINGS A DAY TO SUPPLEMENT DIET EG: MORNING SNACK AND SUPPER SUPPLEMENT	1 SERVING A DAY AS PARTIAL MEAL REPLACEMENT EG: BREAKFAST SUPPLEMENT	2 SERVINGS A DAY AS MEAL REPLACEMENT EG: BREAKFAST AND SNACK REPLACEMENT

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*Based on Abbott Regional HCP Tracking for ADAT NUTRITION conducted by IQVIA from Apr - Sep 2019 among 191 HCPs in Peninsular Malaysia.

*When used as part of a diabetes management plan (including prescribed medication, diet and exercise).
+Compared to previous version of Glucerna

