

# SIMPLE FOOD FORTIFICATION TECHNIQUES WITH ALTRAPLEN COMPACT

Altraplen Compact is delicious on its own but why not try to include Altraplen Compact into your daily meals?

- ◆ Try adding Altraplen Compact Vanilla to your tea during the day for a delicious sweet tea
- ◆ Gently warm a bottle of Vanilla and add a teaspoon of instant coffee and hot milk for a latte or use as a milk substitute in your usual coffee order
- ◆ Mix into pouring custard for your desserts (try Vanilla or Banana flavours, they are our favourites!)
- ◆ Add to ice cream or smoothies in a blender
- ◆ Add it to single or double cream, whip it and use with desserts and snacks; e.g. cakes, scones or fresh fruit
- ◆ Add into any desired flavour of Angel Delight. Stir into your yogurt and rice pudding or other milk puddings
- ◆ Substitute for milk in your baked goods recipes such as banana bread and cupcakes
- ◆ Add a drop of fresh milk and warm before bed
- ◆ Pour over cereals such as cornflakes or rice snaps with fresh fruit
- ◆ Use to make delicious flavoured porridges
- ◆ Pour it directly over your sponge cake for dessert

Just be careful not to boil!



## Add Altraplen Compact to your meals and snacks

**It is very important that you try to eat regular small meals and snacks.**

**You should take oral nutritional supplements, such as Altraplen Compact, as well as normal meals - not as a replacement for meals.**

- ✓ Available in Hazel Chocolate, Vanilla, Strawberry and Banana flavours
- ✓ Altraplen Compact is a nutritionally complete in 4 bottles
- ✓ Contains 300kcal and 12g protein
- ✓ Small volume of 125ml
- ✓ Naturally Level 2 (UK) or Grade 2 (ROI) in thickness
- ✓ Altraplen Compact is also gluten free and lactose free

## Milky Ice Lollies

### Ingredients:

- ◆ 125ml Altraplen Compact (any flavour)
- ◆ Fresh fruit

### Makes 1 lolly

Pour any flavoured Altraplen Compact into each compartment of an ice lolly tray. Place some fresh fruit into the containers also. Place in the freezer for a few hours, then enjoy as a nice cool and refreshing treat on a warm day!

TIP: Try our Special 'Strawberries & Cream' Ice lollies by half filling the mold with Vanilla Altraplen Compact and freeze. Then fill to the top with Strawberry Altraplen Compact and freeze again.



Nutritional Information (per serving): 320kcal, 12g protein

## Hazel Hot Chocolate

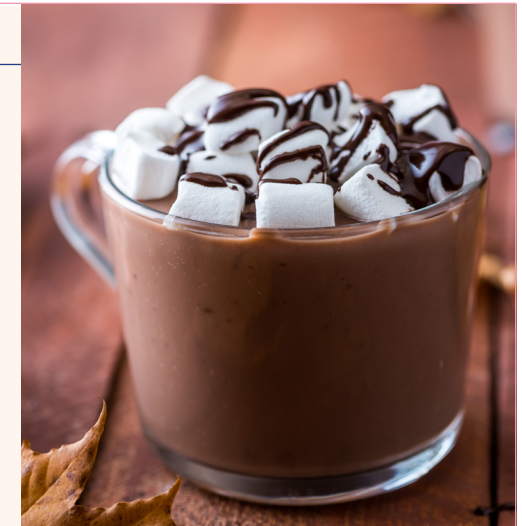
### Ingredients:

- ◆ 125ml Altraplen Compact Hazel Chocolate
- ◆ 100ml whole milk
- ◆ 50ml whipped cream to garnish
- ◆ 8 mini marshmallows

### Makes 1 serving

Pour Hazel Chocolate Altraplen Compact into a saucepan with whole milk and heat gently, stirring all the time but do not boil! Once it has been heated pour into a mug and garnish with whipped cream and mini-marshmallows sprinkled on top.

TIP: Add a teaspoon of instant coffee to make a tasty Mocha!



Nutritional Information (per serving): 575kcal, 16.9g protein

## Hazel Hot Chocolate and Banana Overnight Oats

### Ingredients:

- ◆ 125ml Hazel Chocolate Altraplen Compact
- ◆ 100ml whole milk
- ◆ 1 small ripe banana, roughly chopped
- ◆ 50g porridge
- ◆ 5g honey

### Makes 1 serving

Mix Altraplen Compact with whole milk. Add to oats in a bowl or mason jar, mix thoroughly, cover and leave overnight in refrigerator. Top with chopped banana and honey to serve the next morning.



Nutritional Information (per serving): 654kcal, 22g protein, 4.1g fibre

## Pancakes

### Ingredients:

- ◆ 125ml Altraplen Compact (any flavour)
- ◆ 50g self raising flour
- ◆ 1 tablespoon sugar (15g)
- ◆ 25g butter
- ◆ 1 egg
- ◆ 1 teaspoon baking powder (5g)
- ◆ Oil for cooking

### Makes 1 serving

In a medium bowl, melt the butter. Then add the egg and sugar and mix well with a fork. Slowly add the self-raising flour and baking powder to this mixture; slowly continuing to whisk until smooth. Add the Altraplen Compact stirring continuously to avoid lumps. Remember this mixture should be quite thick as we want them to be fluffy. Pour some oil into a pre-heated pan, medium heat so not to burn. Pour a thick layer of your mixture into the pan. Cook for 2 minutes and flip, cooking the other side for a further 2 minutes.



Nutritional Information (per serving): 800kcal 23.8g protein