

SIMPLE FOOD FORTIFICATION TECHNIQUES WITH NATURAL FOODLINK COMPLETE

Did you know? You can mix Natural Foodlink Complete directly into everyday foods?

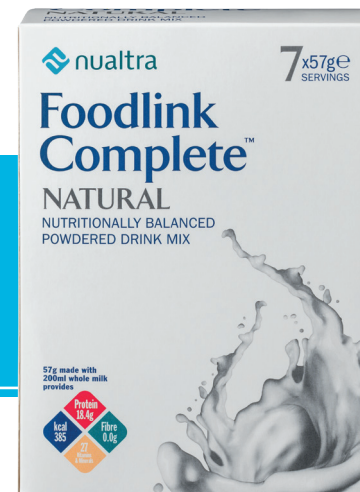
SWEET THINGS

- ◆ Mix into pouring custard for desserts *(see our suggested recipe overleaf)*
Eat on its own, or have with sponge cake, apple tart or stewed apple!
- ◆ Add it to milkshakes or fruit smoothies
- ◆ Add it to single or double cream, whip it and use with desserts and snacks, e.g. cake, scones or fresh fruit
- ◆ Use it in rice pudding for extra taste and creaminess or in 'Angel Delight' *(see our suggested recipe overleaf)*

SAVOURY FOODS

- ◆ Mix it with coconut milk and add to your favourite curry, e.g. creamy chicken korma *(see our suggested recipe overleaf)*
- ◆ Mix it into sauces for main meals; by adding it to instant or homemade gravies or other sauces, e.g. cheese sauce, white sauce, parsley sauce, mushroom sauce, that can be used for pastas, fish in sauces, pies, creamy dishes, and cauliflower cheese!
- ◆ For a quick and easy meal, mix it into tinned soups, e.g. carrot and coriander, sweet potato, lentil, tomato *(see our suggested recipe overleaf)*

Just be
careful not
to boil!



Add Natural Foodlink Complete to your milk!

In the morning, mix your Foodlink Complete into a pint of whole milk

Leave in the refrigerator, ready-to-use when you need it

- ✓ Use it on your cereal
- ✓ In your porridge
- ✓ In tea and coffee throughout the day
- ✓ To cream your mashed potato
- ✓ Why not make a hot chocolate as a drink
- ✓ Or warm the rest before bed (why not try with a teaspoon of honey?)



You can double up the recipe if needed!

Angel Delight

Ingredients:

- ◆ 57g Natural Foodlink Complete
- ◆ 250ml whole milk
- ◆ 1 sachet strawberry Angel Delight (or any of your preferred flavours)

Makes 4 servings

Mix the milk and Foodlink Complete together with a small whisk. Sprinkle sachet of Angel Delight in and blend until smooth and creamy. Leave to thicken for 5 minutes before serving and chill the leftovers. Serve with fresh cream.



Nutritional Information (per serving): 210kcal, 6.9g protein

Quick Pouring Custard

Ingredients:

- ◆ 57g Natural Foodlink Complete
- ◆ 290g of pouring custard

Makes 2 servings

Gently heat the custard in a pan. Pour the Foodlink Complete into the pan gradually, stirring continuously. Be careful not to bring to the boil. Serve on its own or over a sponge cake!

Tip: try the Banana Foodlink Complete for a delicious flavoured custard!



Nutritional Information (per serving): 270kcal, 10.2g protein

Easy Carrot and Coriander Soup

Ingredients:

- ◆ 57g Natural Foodlink Complete
- ◆ 400g tin of carrot and coriander soup

Makes 1 serving

Gently heat the soup in a pan. Pour the Foodlink Complete into the pan gradually, stirring continuously. Be careful not to bring to the boil and serve!

Tip: also goes great with tomato and basil, or lentil soup



Nutritional Information (per serving): 560kcal, 14g protein

Creamy Chicken Korma

Ingredients:

- ◆ 57g Natural Foodlink Complete
- ◆ 500g chicken breast (diced)
- ◆ 200ml water
- ◆ 1 tsp chicken bouillon
- ◆ 1 large pepper (chopped)
- ◆ 1 large onion (chopped)
- ◆ 3 garlic cloves (crushed)
- ◆ 10g paprika
- ◆ 40g curry powder
- ◆ 400g chopped tomatoes
- ◆ 100ml coconut milk

Makes 4 servings

Add the chicken bouillon to 200ml of hot water. Add the chicken to a pan and cook until brown. Slowly add the bouillon to the pan.

While the chicken is cooking, add the onion, garlic and paprika. Simmer for 20 minutes. Mix in the curry powder.



Nutritional Information (per serving): 532kcal 39g protein (without rice)

Add the chopped pepper and tomatoes and cook for a further 20 minutes. Stir in the coconut milk and simmer for another 10 minutes. During this time, slowly add the Foodlink Complete to the curry, stirring continuously.