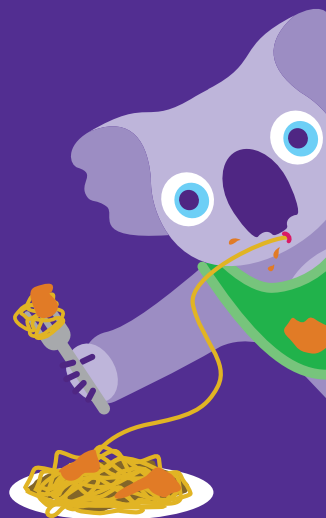


FORTINI RANGE RECIPE BOOK



This recipe book is intended for Parents or Carers of children who have been prescribed a product from the Fortini range by a Healthcare Professional.

The Fortini range are Foods for Special Medical Purposes for the dietary management of disease related malnutrition and growth failure in children from one year onwards, and must be used under medical supervision.

Accurate at time of publication, November 2020.

NUTRICIA
Fortini



INTRODUCTION

If your child is unwell and has faltering growth or disease related malnutrition, there may be times when it is difficult for them to eat the right amount of food that their body needs.

For this reason, your child has been prescribed oral nutritional supplements from the Fortini range, to help boost their nutritional intake. The Fortini range includes:

- Fortini Smoothie Multi Fibre
- Fortini Creamy Fruit*
- Fortini Compact Multi Fibre
- Fortini
- Fortini 1.0 Multi Fibre*
- Fortini Multi Fibre

Fortini has been designed for children who are having difficulties maintaining their weight or are not eating enough food. Improving the intake of protein, calories, vitamins and minerals can help your child to meet their nutritional requirements.

Fortini is best served chilled, but can also be used in meals and treats. Fortini can be easily added to your child's favourite recipes to enhance the nutritional content.



Your Dietitian or other Healthcare Professional can provide advice on the suitability of these recipes for your child. We hope you enjoy these recipes as much as we enjoyed creating them.

Do not boil Fortini as it may destroy some of the vitamins and minerals. Always test the temperature of food before serving.

If you are making more than 1 portion, the clean unused portions should be stored in the refrigerator for a maximum of 24 hours.

These recipes must be prepared under the supervision of an adult.

* Only available in the UK & NI

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* Only available in the UK & NI

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This recipe booklet contains some ideas for breakfast, lunch, dinner and sweet treats. **It has been designed to incorporate different products from the Fortini range so please select recipes suitable for the product your child has been prescribed.**

* Only available in the UK & NI



WAKE UP TO BREAKFAST

**FORTINI MULTI FIBRE UNFLAVOURED /
FORTINI COMPACT MULTI FIBRE NEUTRAL**
can be substituted for milk on breakfast cereals.

You can introduce a variety of flavours by also adding mashed banana, honey, berries or stewed fruit to porridge, Ready Brek® or Weetabix®

BANANA HONEY PORRIDGE

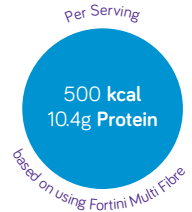


1 portion

This rich cream porridge can be made with

- Fortini Multi Fibre Unflavoured, Vanilla or Banana
- Fortini 1.0 Multi Fibre Vanilla or Banana*
- Fortini Compact Multi Fibre Neutral

*This product is only available in the UK and NI



Ingredients**

200ml Fortini Multi Fibre Unflavoured /
Vanilla / Banana or Fortini 1.0 Multi Fibre
Vanilla / Banana or Fortini Compact Multi
Fibre Neutral

30g Porridge Oats
1-2 tsp Runny Honey
½ Small Banana, Mashed
½ tsp Sugar (optional)

**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Place the porridge oats in a medium saucepan and add the Fortini flavour of your choice.
2. Allow the porridge oats to warm and stir until thickened.
3. Place the porridge oats in a bowl, stir in the honey and banana.
4. Just before serving sprinkle the top of the porridge with sugar.

TASTY TIPS

To vary the taste, add apple purée, blueberries, raspberries or strawberries.

Serving suggestion



WARM WEETABIX®

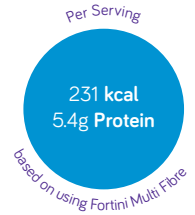


1 portion

This warm, sweet breakfast option can be made with

- Fortini Multi Fibre Unflavoured or Vanilla
- Fortini 1.0 Multi Fibre Vanilla*
- Fortini Compact Multi Fibre Neutral

*This product is only available in the UK and NI



Ingredients**

100ml Fortini Multi Fibre Unflavoured /
Vanilla or
Fortini 1.0 Multi Fibre Vanilla or Fortini
Compact Multi Fibre Neutral

1 Weetabix® Biscuit
½ tsp Sugar (optional)

**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Warm your Fortini product in a saucepan.
2. Pour the warm Fortini over the Weetabix® biscuit.
3. Before serving, sprinkle sugar over the top.

TASTY TIPS

To vary the taste, add apple purée, blueberries, raspberries or strawberries.

Serving suggestion



SCRAMBLED EGGS



2 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

This recipe for fluffy and buttery scrambled eggs can be made with

- Fortini Multi Fibre Unflavoured
- Fortini Compact Multi Fibre Neutral

*This product is only available in the UK and NI

per Serving

531 kcal
20g Protein

based on using Fortini Multi Fibre

Ingredients*

200ml Fortini Multi Fibre Unflavoured or
Fortini Compact Multi Fibre Neutral
4 Eggs

50g Butter
Parsley for Garnishing (optional)

*Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Whisk eggs and the Fortini in a bowl.
2. Heat the butter in a saucepan and gradually add the egg mixture into the pan. Continue to heat, gently stir until the egg has scrambled.
3. Garnish with parsley and serve with toast or brown soda bread.

TASTY TIPS

Grated cheese
or diced ham can be added
for extra flavour.

Serving suggestion



CREAMY FRUIT PORRIDGE



1 portion

This fruity breakfast recipe can be made with

- Fortini Creamy Fruit Berry Fruit*
- Fortini Creamy Fruit Summer Fruit*

*This product is only available in the UK and NI

Per Serving

318 kcal
10.8g Protein

based on using Fortini Multi Fibre

Ingredients**

1 Pot Fortini Creamy Fruit Berry Fruit / Summer Fruit	20g Porridge Oats 150ml Full Fat Milk
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**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Add the oats and milk to a saucepan***.
2. Bring to the boil. Once boiled turn down the heat and simmer for 3-4 minutes whilst stirring constantly.
3. Pour the porridge into a bowl, stir in 1 pot of Fortini Creamy Fruit and serve.

***The porridge oats can also be cooked in the microwave. Mix the oats and milk in a microwave safe bowl and microwave on high for 3 minutes, stirring halfway through. Leave to stand for 2 minutes before adding the Fortini Creamy Fruit.

TASTY TIPS

If a smooth texture is required, blend the oats to a fine powder before using



Serving suggestion

OVERNIGHT OATS



1 portion

This trendy dish gives all the benefits of oats without the hassle of cooking in the morning! This recipe can be made easily the night before with

- Fortini Creamy Fruit Berry Fruit*

*This product is only available in the UK and NI

Ingredients**

1 Pot Fortini Creamy Fruit Berry Fruit

20g Frozen Mixed Berries

20g Porridge Oats

**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Stir the porridge oats, frozen berries and Fortini Creamy Fruit together in a bowl.
2. Cover and place in the fridge overnight.
3. Simply stir and serve!***

***If a smooth texture is required, blend the oats to a fine powder before using. Also defrost the fruit, blend and sieve to ensure all pips are removed.

Per Serving

234 kcal
5.84g Protein

based on using Fortini Multi Fibre

TASTY TIPS

Try frozen mango and pineapple mixed with Fortini Creamy Fruit Summer Fruit.

Serving suggestion





TASTY SAVOURY DISHES

**FORTINI MULTI FIBRE UNFLAVOURED /
FORTINI COMPACT MULTI FIBRE NEUTRAL**
are ideal to incorporate into savoury dishes.

HAM & TOMATO OMELETTE



2 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

This recipe, perfect for any meal, can be made with

- Fortini Multi Fibre Unflavoured
- Fortini Compact Multi Fibre Neutral

Ingredients*

100ml Fortini Multi Fibre Unflavoured or
Fortini Compact Multi Fibre Neutral

2 Eggs

20g Chopped Ham

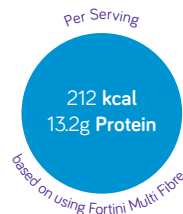
20g Chopped Tomato

1 tsp Oil

*Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Beat the eggs in a bowl together with the Fortini.
2. Pour the oil into a small frying pan and when the oil is hot pour the mixture in (please ensure the pan is suitable to place under a grill).
3. After 5 seconds move the edges of the setting omelette to the centre of the pan with a fork. At the same time, tilt the pan quickly in all directions so that the uncooked egg flows to the edges. Continue until the mixture is lightly set and the top is moist.
4. Add ham and tomato to the mixture and place under a grill to cook the top.
5. Once golden brown, fold the omelette in half and serve.



TASTY TIPS

Experiment by adding a selection of extra ingredients to make a range of omelettes, such as:

- 30g Grated Cheese
- 50g Cooked Chopped Mushrooms
- 30g Cooked Smoked Bacon
- 30g Prawns



Serving suggestion

TOMATO SOUP



2 portions

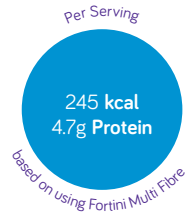
Store remaining portion in the refrigerator for a maximum of 24 hours

This great tasting creamy soup can be made with

- Fortini Multi Fibre Unflavoured
- Fortini Compact Multi Fibre Neutral

Ingredients*

200ml Fortini Multi Fibre Unflavoured or Fortini Compact Multi Fibre Neutral	295g Can of Condensed Tomato Soup 50ml Hot Water
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**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Pour the condensed soup into a saucepan and add hot water.
2. Heat the soup gradually on low heat while continually stirring.
3. When the soup is thoroughly warmed, remove from the heat.
4. Pour the Fortini into the soup and stir.
5. Return the soup to the heat and warm gently to serving temperature.
6. For a creamier taste, add a dollop of cream.

TASTY TIPS

Try this recipe with any other condensed soup to create a variety of great tasting soups.



Serving suggestion

ULTIMATE CREAMY MASH



2 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

This buttery mash can be made with

- Fortini Multi Fibre Unflavoured
- Fortini Compact Multi Fibre Neutral

Ingredients*

60ml Fortini Multi Fibre Unflavoured or
Fortini Compact Multi Fibre Neutral

350g Potatoes, Halved
1 tbsp Butter

*Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Fill the pan with water; add the potatoes and a pinch of salt, cover with a lid and bring to the boil.
2. Cook the potatoes for about 20 to 25 minutes or until they are tender.
3. Drain and mash the potatoes with a potato masher. Once mashed, add the butter and the Fortini.
4. Continue mashing until smooth.

Per Serving

228 kcal
4.2g Protein

based on using Fortini Multi Fibre

TASTY TIPS

Adding 50g Grated Cheese makes a tasty cheese mash.



Serving suggestion

CHEESY SCONES



6 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

per Serving

338 kcal
9.6g Protein

based on using Fortini Multi Fibre

These delicious savoury scones can be made with grated cheese and either

- Fortini Multi Fibre Unflavoured
- Fortini Compact Multi Fibre Neutral

Ingredients*

200ml Fortini Multi Fibre Unflavoured or
Fortini Compact Multi Fibre Neutral
275g Self-Raising Flour

50g Butter at Room Temperature
75g Grated Cheddar Cheese
1 Egg, Beaten

*Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Sieve the flour into a bowl. Rub the butter in lightly until the mixture looks crumbly. Once the mixture resembles a crumb, add in the grated cheese.
2. Add the beaten egg and the Fortini to this mixture and mix into a dough. Allow to rest for 10-15 minutes.
3. Turn the dough out onto a lightly floured working surface. Roll it out to approximately 2.5cm thick and cut out scones using a cutter.
4. Place the scones on a lightly greased baking sheet and bake in a preheated oven at 220°C/425°F/Gas mark 7 for approximately 10 minutes, or until they are well risen and golden brown.
5. Allow to cool and serve.

TASTY TIPS

Keep your scones fresh; once made, scones should be stored in an airtight container. Any leftover scones can be frozen for up to 3 months.



Serving suggestion

MACARONI CHEESE



2 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

Per Serving

772 kcal
27.1g Protein

based on using Fortini Multi Fibre

This delicious, easy to make dish, comes with a versatile cheese sauce you can use in other recipes. You can make this cheese sauce with either

- Fortini Multi Fibre Unflavoured
- Fortini Compact Multi Fibre Neutral

Ingredients*

200ml Fortini Multi Fibre Unflavoured or
Fortini Compact Multi Fibre Neutral

25g Butter / Margarine

25g Flour

50ml Full Fat Milk

300g Macaroni

100g Grated Cheese

Salt and Pepper

*Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Cook the macaroni in a pan of salted boiling water. Once cooked, place it in an oven dish.
2. Melt the butter in a non-stick saucepan and stir in the flour until the mixture forms a smooth paste.
3. Gradually add milk while stirring continuously.
4. Gradually pour in the Fortini and add 75g of cheese.
5. Stir over low heat allowing the mixture to thicken.
6. Pour the cheese sauce over the pasta and add 25g of grated cheese on the top.
7. Place the macaroni under the grill and cook until the cheese is golden brown.



Serving suggestion

TUNA PASTA BAKE



2 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

This scrumptious, savoury dish that can be made with

- Fortini Multi Fibre Unflavoured
- Fortini Compact Multi Fibre Neutral

Ingredients*

125ml Fortini Multi Fibre Unflavoured or
Fortini Compact Multi Fibre Neutral

200g Pasta

20g Butter

20g Plain Flour

80ml Full Fat Milk

100g Cheddar Cheese

1 x 160g Tin of Tuna

2 tbsp of Sweetcorn

Parsley

Salt and Pepper to Taste

Per Serving

809 kcal
4.87g Protein

based on using Fortini Multi Fibre

*Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Heat oven to 180°C/fan 160°C/gas 4.
2. Boil the pasta as per pack's instructions.
3. To make the sauce, melt the butter in a saucepan and stir in the flour. Cook for 1 minute, then gradually stir in the milk and the Fortini on a low heat to make a thick white sauce. Do not boil the Fortini.
4. Remove from the heat and stir in all but a handful of cheese.
5. Drain the pasta, add to the white sauce, along with the tuna, sweetcorn, parsley and seasoning. Mix well until all the ingredients are combined.
6. Transfer to a baking dish and top with the rest of the grated cheese. Bake for 15-20 minutes until the cheese on top is golden and starting to brown.



Serving suggestion

SPAGHETTI BOLOGNESE



3 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

This mouth-watering pasta dish with beef mince can be made with

- Fortini Multi Fibre Unflavoured
- Fortini Compact Multi Fibre Neutral

Ingredients*

200ml Fortini Multi Fibre Unflavoured or Fortini Compact Multi Fibre Neutral

50ml Olive Oil or Vegetable Oil

200g Beef Mince

1 Onion (Finely Chopped)

1 Garlic Clove or 1 tsp Garlic Pureé

1 tsp Tomato Purée

1 tsp Mixed Herbs

200g Can of Chopped Plum Tomatoes

300g Spaghetti (or 100g Portion with 1/3 of the Sauce)

25g Parmesan Cheese

*Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Heat the oil in a heavy-based saucepan; add the onions and garlic, frying until softened.
2. Increase the heat and add the mince and fry until brown, breaking down any chunks of meat with a wooden spoon.
3. Add the tomato purée, mixed herbs and chopped tomatoes and cook on low heat for 30 minutes, stirring occasionally.
4. Cook the spaghetti in a pan of salted boiling water.
5. Remove the sauce from the heat and add the Fortini, then return to the heat and warm to serving temperature.
6. Once cooked drain the spaghetti and add the bolognese sauce.
7. Serve with a sprinkle of grated parmesan cheese.

Per Serving

662 kcal
26.9g Protein

based on using Fortini Multi Fibre

TASTY TIPS

If you're short on time this recipe can be made with ready-to-use pasta sauce. Cook the pasta sauce as per the instructions on the jar. Once cooked, stir in Fortini and warm to serving temperature.



Serving suggestion

TRADITIONAL YORKSHIRE PUDDING



4 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

Per Serving

218 kcal
7.6g Protein

based on using Fortini Multi Fibre

This simple savoury dish can be made with

- Fortini Multi Fibre Unflavoured
- Fortini Compact Multi Fibre Neutral

Ingredients*

200ml Fortini Multi Fibre Unflavoured or
Fortini Compact Multi Fibre Neutral
80g Plain Flour

2 tsp Cooking Oil
2 Eggs
A Pinch of Salt

*Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Pre-heat the oven to 220°C/425°F/gas mark 7.
2. Pour the cooking oil in a Yorkshire Pudding tin and place in the oven for 10 minutes.
3. Whisk the eggs while gradually adding the Fortini then whisk for another minute.
4. Add flour and salt to the eggs, whisking until the batter is smooth and fluffy.
5. Remove the Yorkshire Pudding tin from the oven and pour the batter into the hot oil.
6. Place the Yorkshire Pudding tin back in the oven and cook for 20-25 minutes until golden brown.



Serving suggestion



SAVOURY SAUCES

CREAMY WHITE SAUCE

This tasty white sauce is perfect for cauliflower or other seasonal vegetables and can be made with

- Fortini Multi Fibre Unflavoured
- Fortini Compact Multi Fibre Neutral

Ingredients*

200ml Fortini Multi Fibre Unflavoured or
Fortini Compact Multi Fibre Neutral
25g Flour

25g Butter / Margarine
50ml Full Fat Milk

Per Serving
659 kcal
11.4g Protein
Based on using Fortini Multi Fibre

*Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Melt the butter in a non-stick saucepan.
2. Stir in the flour until the mixture forms a smooth paste.
3. Gradually add milk while stirring continuously, then pour in the Fortini.
4. Stir over low heat allowing the mix to thicken, add salt and pepper to taste and then serve

TASTY TIPS

To make a cheese sauce, simply add 75g of grated cheese. To make a parsley sauce add 1 tbsp of freshly chopped parsley to the Creamy White Sauce.



Serving suggestion

MUSHROOM SAUCE

This hearty sauce is perfect to add to meat or pasta dishes and can be made with

- Fortini Multi Fibre Unflavoured
- Fortini Compact Multi Fibre Neutral

Ingredients*

200ml Fortini Multi Fibre Unflavoured or Fortini Compact Multi Fibre Neutral

Mushrooms

25g Flour

25g Butter / Margarine

50ml Full Fat Milk

*Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Slice the mushrooms and fry in butter until soft and turning golden-brown.
2. In a separate non-stick saucepan, melt the butter.
3. Stir in the flour until the mixture forms a smooth paste.
4. Gradually add milk while stirring continuously, then pour in the Fortini.
5. Add the mushrooms and stir over low heat allowing the mixture to thicken.
6. Add salt and pepper to taste and then serve.

Per Serving
612 kcal
10.7g Protein
based on using Fortini Multi Fibre



Serving suggestion



TEMPTING SWEET TREATS

The Fortini Range includes:

**FORTINI, FORTINI MULTI FIBRE, FORTINI COMPACT MULTI FIBRE, FORTINI
1.0 MULTI FIBRE*, FORTINI SMOOTHIE MULTI FIBRE AND FORTINI
CREAMY FRUIT*.**

Available In A Variety Of Popular Flavours:

**UNFLAVOURED, NEUTRAL, VANILLA, BANANA, STRAWBERRY,
CHOCOLATE, SUMMER FRUIT AND BERRY FRUIT.**

This opens up a world of possibilities for making a variety of sweet treats.

* Only available in the UK & NI

STRAWBERRY DELIGHT



2 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

This ice-cream dessert with fresh strawberries can be made with

- Fortini Multi Fibre Strawberry
- Fortini 1.0 Multi Fibre Strawberry*
- Fortini Strawberry
- Fortini Compact Multi Fibre Strawberry

*This product is only available in the UK and NI

Ingredients**

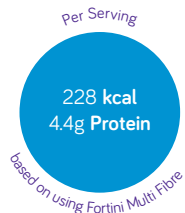
200ml Fortini or Fortini Multi Fibre
or Fortini 1.0 Multi Fibre or
Fortini Compact Multi Fibre Strawberry
100ml Whipped Cream

2 Wafers
50g Fresh Chopped Strawberries (optional)
1 tbsp Strawberry Syrup (optional)

**Allergens may be present, please check individual product and ingredient labels.
If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Stir the Fortini into the whipped cream and place in the freezer for 6 hours or overnight.
2. Remove from the freezer and leave to stand at room temperature for 2-3 minutes.
3. Place the ice-cream in a serving dish and top with wafers, strawberries and syrup.



TASTY TIPS

Make a banana split by adding Fortini Multi Fibre Banana or Fortini 1.0 Multi Fibre Banana to the whipped cream and serve with chopped banana, walnuts and chocolate sauce. Make a chocolate sundae by adding Fortini Multi Fibre Chocolate or Fortini 1.0 Multi Fibre Chocolate to the whipped cream and serve with chocolate chips and chocolate sauce.



Serving suggestion

MILKY ICE-LOLLIES



2 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

This delicious treat can be made with any flavour of

- Fortini Multi Fibre
- Fortini 1.0 Multi Fibre*
- Fortini
- Fortini Compact Multi Fibre
- Fortini Smoothie Multi Fibre

Per Serving

158 kcal
3.6g Protein

based on using Fortini Multi Fibre

*This product is only available in the UK and NI

Ingredients**

200ml Fortini Multi Fibre or
Fortini 1.0 Multi Fibre or Fortini or Fortini
Compact Multi Fibre or Fortini Smoothie
Multi Fibre

Chopped Fruit (optional)

**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Pour the Fortini into ice-lolly moulds with any chopped fruit.
2. Freeze for at least 4 hours.



Serving suggestion

SUMMER FRUIT JELLY



2 portions

Store remaining portion in the refrigerator
for a maximum of 24 hours

This light, healthy dessert can be made with any flavour of

- Fortini Multi Fibre
- Fortini 1.0 Multi Fibre*
- Fortini
- Fortini Compact Multi Fibre
- Fortini Smoothie Multi Fibre

Per Serving

201 kcal
4.6g Protein

based on using Fortini Multi Fibre

*This product is only available in the UK and NI

Ingredients**

200ml Fortini Multi Fibre or
Fortini 1.0 Multi Fibre or Fortini or Fortini
Compact Multi Fibre or Fortini Smoothie
Multi Fibre

50ml Boiling Water

½ Pack Strawberry or Raspberry Flavoured
Jelly

100g Mixture of Fresh Summer Fruits, Such
as Strawberries, Raspberries, Blackcurrants,
Redcurrants and Blackberries

**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens
please contact your Healthcare Professional.

Instructions

1. Cut the jelly into cubes and place in a bowl.
2. Add the boiling water and stir to dissolve the jelly.
3. When the jelly has cooled, pour in the Fortini, add the
fruit and place in the fridge to set.

TASTY TIPS

Serve with whipped fresh
cream and fresh fruit.

Serving suggestion

Serving suggestion



ANGEL DELIGHT®



3 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

This much loved family favourite can be made with any flavour of

- Fortini Multi Fibre
- Fortini 1.0 Multi Fibre*
- Fortini
- Fortini Compact Multi Fibre

*This product is only available in the UK and NI

Ingredients*

200ml Fortini Multi Fibre or Fortini 1.0 Multi Fibre or Fortini or Fortini Compact Multi Fibre
50ml Full Fat Milk
1 Packet Strawberry, Banana, Vanilla or Chocolate Angel Delight® Powder

**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Pour the Fortini and milk into a bowl.
2. Gradually add the Angel Delight® powder and whisk well until frothy.
3. Place the mixture in the fridge to set for 30 minutes and serve.

Per Serving

187 kcal
3.3g Protein

based on using Fortini Multi Fibre

TASTY TIPS

Even better served with whipped cream and fresh fruit.



Serving suggestion

CREAMY CUSTARD



2 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

This quick easy recipe for custard can be made with

- Fortini Vanilla
- Fortini 1.0 Multi Fibre Vanilla*
- Fortini Multi Fibre Unflavoured / Vanilla
- Fortini Compact Multi Fibre Neutral

*This product is only available in the UK and NI

Ingredients*

200ml Fortini Vanilla or Fortini 1.0 Multi Fibre Vanilla or Fortini Multi Fibre Unflavoured / Vanilla or Fortini Compact Multi Fibre Neutral

30g Custard Powder

100ml Full Fat Milk

**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Mix the custard powder with 3 tbsp of milk to form a smooth paste.
2. Pour the remaining milk into a saucepan and bring to boil, gradually stirring in the milk paste.
3. Gently stir over a medium heat and pour in the Fortini gradually until thickened.

Per Serving
235 kcal
5.2g Protein
based on using Fortini Multi Fibre

TASTY TIPS

For delicious chocolate custard, add 30g of drinking chocolate to the custard powder and use Fortini Multi Fibre Chocolate or Fortini 1.0 Multi Fibre Chocolate.



Serving suggestion

CHOCOLATE OR VANILLA DROP SCONES



6 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

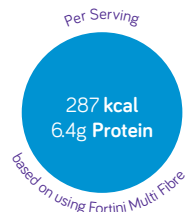
These delicious scones are perfect for tea time.

Vanilla scones can be made with:

- Fortini Vanilla
- Fortini Multi Fibre Vanilla
- Fortini 1.0 Multi Fibre Vanilla*

Chocolate scones can be made with:

- Fortini Multi Fibre Chocolate
- Fortini 1.0 Multi Fibre Chocolate*



*This product is only available in the UK and NI

**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Ingredients**

200ml Fortini Vanilla or Fortini Multi Fibre Vanilla / Chocolate or Fortini 1.0 Multi Fibre Vanilla / Chocolate

225g Self-Raising Flour

25g Caster Sugar

50g Raisins or 35g Cocoa Powder

50ml Full Fat Milk

1 Medium Egg

2 tbsp Vegetable Oil

Instructions

1. Place the self-raising flour and caster sugar in a bowl.
2. Gradually stir in the Fortini, milk and egg to form a dough.
3. Add raisins to the mixture (for chocolate scones use a chocolate flavoured Fortini and replace the raisins with cocoa powder).
4. Heat 2 tbsp of vegetable oil in a non-stick pan.
5. Place a tbsp of the scone mixture in the heated pan and fry for 1 to 2 minutes on each side until lightly brown.
6. As necessary add additional vegetable oil to the pan.

TASTY TIPS

For a yummy treat, drizzle maple syrup and add a spoonful of natural yogurt before serving. Once made, scones should be stored in an airtight container. If cold, reheat in the microwave for a few seconds before serving. Any leftover scones can be frozen for up to 3 months.

Serving suggestion

KNICKERBOCKER GLORY



2 portions

Store remaining portion in the refrigerator for a maximum of 24 hours

This fruity treat perfect for the summer can be made with

- Fortini Creamy Fruit Summer Fruit*

* This product is only available in the UK and NI

Ingredients**

1 Pot Fortini Creamy Fruit Summer Fruit*

50g Tinned Peaches in Juice

1 tbsp Raspberry Sauce or Puree

25ml Squirty Cream

1 Glacé Cherry

**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Put 1 pot of Fortini Creamy Fruit in the freezer for a minimum of 4 hours before you start to assemble the Knickerbocker Glory.
2. Chop the tinned peaches into small bite sized pieces and put into a tall sundae glass.
3. Pour over half of the raspberry sauce.
4. Next, add the frozen Fortini Creamy fruit, followed by remaining raspberry sauce.
5. Top with cream and finally a single glacé cherry.
6. Serve immediately.

Per Serving

305 kcal
4.4g Protein

based on using Fortini Multi Fibre

Serving suggestion



BERRY CRUMBLE



1 portion

This crumble is a great way to finish any meal, it can be made with

- Fortini Creamy Fruit Berry Fruit*

*This product is only available in the UK and NI

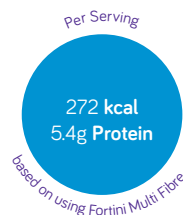
Ingredients**

Crumble Topping (10 portions)

150g Porridge Oats
1 tbsp Vegetable Oil
60ml Maple Syrup
½ tsp Vanilla Extract
50g Dried Cranberries
20g Desiccated Coconut

Fruity Base

1 Pot Fortini Creamy Fruit Berry Fruit*
20g Frozen Mixed Berries



** Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Preheat oven to 150°C/300°F/gas mark 2 and line a baking tray with baking paper.
2. Mix the porridge oats, oil, maple syrup and vanilla extract together in a bowl, pour onto the baking tray and spread out evenly with the back of a wooden spoon or spatula.
3. Bake in the oven for 15 minutes. Pour back into the bowl and stir in the desiccated coconut and dried cranberries, then spread out into the baking tray again.
4. Bake for a further 10-15 minutes, until golden brown.
5. Allow to cool completely before transferring to an airtight container. The crumble topping can be kept for up to 1 month.
6. Add the frozen berries to a saucepan and heat gently for 4-5 minutes, until soft.
7. Empty 1 pot of Fortini Creamy Fruit Berry Fruit into a small bowl or ramekin.
8. Pour over the cooked berries, and top with around a spoonful of the crumble topping before serving.



Serving suggestion



DELICIOUS DRINKS

The Fortini Range is best served chilled.

To add variety to the diet, they can be
incorporated into a variety of cold or
warm drinks.

SCRUMPTIOUS SMOOTHIES



1 portion

This delicious treat made with fresh strawberries can be made with

- Fortini Smoothie Multi Fibre

Ingredients**

- 200ml Fortini Smoothie Multi Fibre
- 1 Medium Scoop Strawberry or Vanilla Ice-cream
- 12 Strawberries (Fresh or Frozen)

* Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Place all the ingredients into a blender and blend until smooth.

Per Serving

449 kcal
9.8g Protein

based on using Fortini Multi Fibre

TASTY TIPS

Experiment with different fruit and Fortini flavours to create a range of smoothies. Ice-cream can also be replaced with natural or frozen yogurt.



Serving suggestion

CHOCOLATE MILKSHAKE



1 portion

Per Serving

337 kcal
7.1g Protein

based on using Fortini Multi Fibre

This refreshing chocolate treat can be made with

- Fortini Compact Multi Fibre Neutral

Ingredients*

1 Bottle Fortini Compact Multi Fibre Neutral 25ml Crusha** Chocolate

* Allergens may be present, please check individual product and ingredient labels.

If concerned about allergens please contact your Healthcare Professional.

** Crusha is a registered trademark of the Silver Spoon Company.

Instructions

1. Pour the bottle of Fortini into a large cup or glass.
2. Add the Crusha Chocolate Flavour to the glass and with a spoon stir well until mixed.
3. Serve and enjoy.

TASTY TIPS

To make it an extra special yummy treat, add a scoop of chocolate ice-cream, blend in a blender and top with some chocolate sprinkles.

Serving suggestion



TOFFEE MILKSHAKE



1 portion

per Serving

350 kcal
7.3g Protein

based on using Fortini Multi Fibre

This tasty toffee treat can really add some variety to finish a meal. It can be made with

- Fortini Compact Multi Fibre Neutral
- Fortini Multi Fibre Unflavoured / Vanilla

Ingredients*

Fortini Compact Multi Fibre Neutral

1 Bottle (125ml)

15ml of Askeys Treat Toffee Flavour Topping**

Fortini Multi Fibre Unflavoured /Vanilla

1 Bottle (200ml)

20ml of Askeys Treat Toffee Flavour Topping**

*Allergens may be present, please check individual product and ingredient labels.

If concerned about allergens please contact your Healthcare Professional.

**Askeys is a registered trademark of the Silver Spoon Company.

Instructions

1. Place the Fortini in a plastic shaker.
2. Add the toffee flavour topping to the shaker.
3. Shake until smooth (approx. 1-2 minutes) or blend in a smoothie maker for 30 seconds.
4. Pour the toffee milkshake into a glass and enjoy.

TASTY TIPS

To make it an extra special yummy treat add a scoop of vanilla or caramel ice-cream and blend. Also, you can top it off with some whipped cream and an extra drizzle of toffee sauce.



Serving suggestion

HOT CHOCOLATE



1 portion

A quick and easy recipe, including cream, that can be made with

- Fortini Multi Fibre Chocolate
- Fortini 1.0 Multi Fibre Chocolate*

*This product is only available in the UK and NI

Ingredients**

200ml Fortini Multi Fibre Chocolate or
Fortini 1.0 Multi Fibre Chocolate flavour
30g Squirty Cream

Chocolate Flake
Marshmallows

**Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your Healthcare Professional.

Instructions

1. Warm the Fortini in a saucepan but do not boil.
2. Once warmed pour into a mug and top with cream, a chocolate flake or marshmallows.

Per Serving

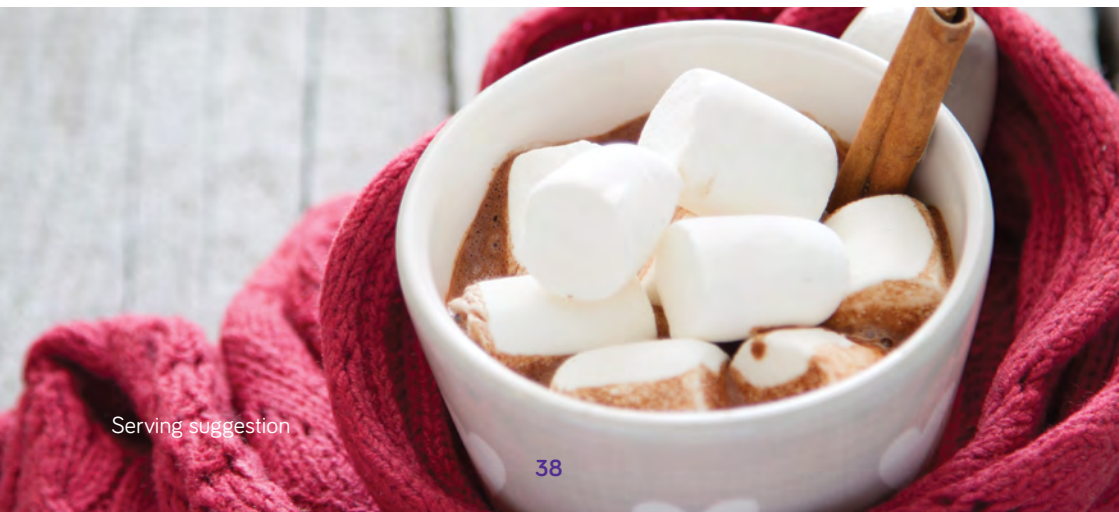
548 kcal
9.3g Protein

based on using Fortini Multi Fibre

TASTY TIPS

Fortini can be used to make a range of hot and cold drinks. Simply add to any malt drink or drinking chocolate. When using Fortini in combination with a powdered drink mixture, it is best to pour 50ml of the Fortini and then add the powdered mixture. Mix with a spoon until the powder has completely dissolved into a paste, then add the remaining Fortini.

Serving suggestion



Shopping List

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