

Creative Nutritional Supplement Ideas



Nutritional supplements are an easy and convenient way to increase energy and protein intake, but some people may find them too sweet or become tired of the taste. However, there are some strategies to help overcome these obstacles. There are also other ways to use nutritional supplements rather than just drinking them directly out of the bottle or can. In this handout, you will find tips to enjoy nutritional supplements on their own, as well as creative ways to try supplements rather than drinking them right out of the can or bottle.

Tips to enjoy nutritional supplements:

- If you find nutritional supplements too sweet, try diluting them with ice, milk, soy milk (or other milk alternative), or blend with soft tofu or plain yogurt.
- Often people find nutritional supplements taste best when very cold.
- Alternatively, you can try them heated up. Heat supplements in a mug in the microwave or in a saucepan on the stove (do not bring to a boil as this will cause separation of the ingredients).
- If you are tired of the taste, add a few drops of flavour extract(s) to make your own unique flavour. Try vanilla, almond, cinnamon, coconut, lemon, or orange; the possibilities are endless!

Creative ways to use nutritional supplements:

- Use a vanilla-flavoured nutritional supplement in place of milk in cold cereal, hot cereal, or coffee.
- Replace milk in recipes with supplements when making soups, puddings, and baked goods. Try the recipes on the back of this handout to get started!
- Blend supplements with frozen fruit, yogurt, and/or ice cream to make a refreshing smoothie.
- Freeze supplements in popsicle molds to make popsicles.
- Add instant coffee powder (dissolve coffee powder in small amount of hot water first) to make a delicious coffee beverage; try it hot or cold!



References

Abbott Nutrition. (2011). *Recipes and Tips: A healthy guide to better nutrition*. Saint Laurent, Quebec, Canada: Author.

BC Cancer Agency. (2003). *Oncology Nutrition: Flavouring suggestions for high calorie, high protein supplements*. Retrieved May 6, 2012, from <http://www.bccancer.bc.ca/NR/rdonlyres/7C545587-9100-4302-BA80AA56F846910C/56328/FlavouringSuggestionsHiCalHiProSupplements.pdf>

Vanilla Oatmeal



Ingredients:

½ cup oats (rolled, quick-cooking, or instant)
1 bottle (235 ml) vanilla Ensure
Optional: dried fruit (i.e. raisins, cranberries), fresh fruit (i.e. diced apples, pears), nuts

Directions:

- 1.) Prepare oats according to package directions in the microwave or on the stovetop, replacing the water with vanilla Ensure.
- 2.) If desired, stir in nuts and/or fruit.

*If you like your oatmeal thicker, use less supplement and/or more oats to achieve desired consistency.

Fuzzy Navel



Ingredients:

1 bottle (235 ml) cold vanilla Ensure
½ cup (125 ml) canned sliced peaches (in heavy syrup)
¼ tsp. vanilla extract
¼ tsp. cinnamon
2 drops yellow food coloring (optional)

Directions:

- 1.) Blend all ingredients together in a blender until smooth; pour into a glass and enjoy!

Source: Abbott Nutrition. (2011). *Recipes and Tips: A healthy guide to better nutrition.*

Apple Harvest Cake



Ingredients:

1 ¼ cups Granny Smith apples, peeled and diced	1 tsp. baking soda
1 ¼ tsp. apple pie spice, divided	1 tsp. baking powder
1 cup plus 1 Tablespoon sugar	1/3 cup vegetable oil
2 cups cake flour	2 large eggs (or 1/3 cup egg substitute)
½ cup whole wheat flour	1 tsp. vanilla extract
¼ tsp. salt	1 cup butter pecan Ensure
	1 medium Granny Smith apple, sliced thinly (for top of cake)

Directions:

- 1.) Preheat oven to 350°F (180°C).
- 2.) Spray a 20cm X 20cm (8" X 8") baking pan with vegetable oil spray.
- 3.) In a microwave-safe container, microwave diced apples for 2 minutes. Allow apples to cool.
- 4.) In a small mixing bowl, combine ¼ tsp. apple pie spice and 1 Tbsp. sugar to make a sugar-spice blend and set aside (to be used as topping for the cake).
- 5.) In another small mixing bowl, combine flours, salt, baking soda, baking powder, and 1 tsp. apple pie spice. Set aside to be used for the batter.
- 6.) In a large mixing bowl, whisk together the oil and 1 cup of sugar for 1 minute. Add the eggs (or egg substitute) and vanilla, and whisk for another minute.
- 7.) Add 1/3 of the dry ingredient mixture. Mix in 1/3 of the Ensure. Repeat this 2 times, adding 1/3 of the dry ingredient mixture and 1/3 of the Ensure at a time.
- 8.) Scrape the sides of the large bowl and fold in the diced apples.
- 9.) Pour the batter into the prepared baking pan.
- 10.) Assemble the sliced apples on top of the cake batter and sprinkle with the sugar-spice blend.
- 11.) Bake for 40-45 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- 12.) Transfer cake to a wire rack and allow cake to cool. Slice and serve!

Source: Abbott Nutrition. (2011). *Recipes and Tips: A healthy guide to better nutrition.*