

Ensure Top 10 Recipes

For recipes that are as great-tasting as they are nutritious, we've turned to the members of our Ensure Healthy Matters community. So, if you're looking for a refreshing beverage, a satisfying breakfast, a delicious lunch idea, or sweet treat after dinner, check out their 10 favorites.

Something to Drink

Key Lime Frost

Makes: 2 servings

Ingredients

- 1 cup Vanilla Ensure Original* Nutrition Shake
- 1/4 cup fresh or bottled Key lime juice
- 1/2 cup peeled and diced Granny Smith apple
- 1/2 cup ice
- 2 teaspoons granulated sugar (or 2 packages of sugar substitute used for baking)

Directions

Combine all ingredients together in a blender. Blend on high until smooth.



Nutrition Facts	
Serving Size 1 cup	
Calories 170	Calories From Fat 30
Amount Per Serving	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Total Carb. 31g	10%
Dietary Fiber <1g	<4%
Sugars 19g	
Cholesterol 5mg	2%
Protein 5g	10%
Sodium 100mg	4%
Potassium 255mg	7%
Vitamin A	15%
Vitamin C	45%
Calcium	15%
Iron	15%

*This recipe can be prepared with Ensure Original, Ensure Plus, Ensure Active High Protein for Muscle Health, or Ensure Complete. Nutrition information will vary with product used. *Percent Daily Values are based on a 2,000-calorie diet.

Find more nutritious recipes at EnsureHealthyMatters.com.

Something to Drink

Uplifting Punch

Makes: 6 servings

Ingredients

- 2 bottles Blueberry Pomegranate Ensure Active Protein Drink, chilled
- 1 20-oz can pineapple in juice, drained and diced
- 1 cup frozen raspberries
- 2 cans (24-fl-oz) ginger ale or lemon-lime soda, chilled (If desired, substitute with diet soda.)
- 2 cups rainbow sherbet

Directions

In large punch bowl, combine Active Protein Drink, pineapple, raspberries, and soda. When ready to serve, top with dollops of sherbet. Serve over ice if desired. When serving a large crowd, just double each ingredient quantity for more punch!



Nutrition Facts	
Serving Size 1 cup	
Calories 280	Calories From Fat 10
Amount Per Serving	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	
Trans Fat 0g	0%
Total Carb. 65g	22%
Dietary Fiber 3g	12%
Sugars 54g	
Cholesterol 5mg	2%
Protein 4g	8%
Sodium 45mg	2%
Potassium 180mg	5%
Vitamin A	10%
Vitamin C	45%
Calcium	8%
Iron	10%

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Something to Start Your Day

Dark Chocolate Waffles

Makes: Eight 4-1/2" x 4-1/2" waffles

Ingredients

- 1-1/2 cups Bisquick Heart Smart®* or low-fat waffle/pancake baking mix
- 1/2 cup whole-wheat flour
- 1/3 cup dark natural unsweetened cocoa
- 1/4 cup sugar
- 1 large egg
- 1 cup Dark Chocolate Ensure Original[†] Nutrition Shake
- 1/2 cup skim milk
- 1 teaspoon pure vanilla extract
- 1 cup non-fat whipped dairy topping
- 2 cups mixed berries
- Confectioners' sugar for dusting (optional)

Directions

Preheat waffle iron to medium. In a large mixing bowl, combine Bisquick, flour, cocoa, and sugar. Set aside. In a small bowl, whisk together egg, Ensure Shake, milk, and vanilla extract. Pour into flour mixture and stir to combine. Pour half of the batter onto hot iron and cook until waffles are crisp. Repeat the process with the remaining batter. Serve each waffle with 2 tablespoons non-fat whipped topping and mixed berries. Lightly dust with confectioners' sugar if desired. Waffles may be frozen and reheated in the toaster.



Nutrition Facts	
Serving Size 1 waffle	
Calories 220	
Calories From Fat 40	
Amount Per Serving	% Daily Value [‡]
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Total Carb. 40g	13%
Dietary Fiber 4g	16%
Sugars 15g	
Cholesterol 25mg	8%
Protein 6g	12%
Sodium 240mg	10%
Potassium 265mg	8%
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Vitamin A	4%
Vitamin C	40%
Calcium	8%
Iron	10%

*Bisquick is not a registered trademark of Abbott Laboratories. [†]This recipe can be prepared with Ensure Original or Ensure Plus. Nutrition information will vary with product used. [‡]Percent Daily Values are based on a 2,000-calorie diet.

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Something to Start Your Day

Irish Orange and Currant Scones

Makes: 12 scones

Ingredients

- 1/3 cup dried currants
- 1/4 cup hot water
- 1 cup old-fashioned oats
- 1-3/4 cups all-purpose flour, plus 2 tablespoons for rolling
- 1/3 cup sugar, plus 2 tablespoons for the tops of the scones
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon orange zest (2 medium oranges)
- 3 tablespoons unsalted butter or margarine, cut into 1-inch pieces
- 1/2 cup cup Vanilla Ensure Original* Nutrition Shake
- 1/4 cup egg substitute†
- 1 egg white, beaten, for egg wash

Directions

Preheat oven to 350°F. Lightly mist a baking sheet with non-stick cooking spray. Combine currants and water and steep for 10 minutes, drain, and pat dry.

Place oats on a baking sheet and toast for 5 minutes. Remove from oven and let cool. Increase oven temperature to 400°F.

Place oats in a food processor and process until coarsely ground. Add flour, sugar, baking powder, baking soda, salt, and orange zest. Process mixture for 15 seconds to combine ingredients. Add butter and process until mixture looks like coarse meal. Pour dry mix into a large mixing bowl. Add currants. In another mixing bowl, whisk together Ensure Shake and egg substitute. Pour into dry mixture and stir just until moistened.

On a lightly floured surface, knead dough 10 to 12 times. Pat or roll dough into an 8-inch circle. Transfer the circle of dough to the prepared baking sheet. Lightly brush top with egg white and sprinkle with 2 tablespoons sugar. Cut into 12 wedges. Bake for 15 to 18 minutes or until golden brown. Transfer to wire rack and cool slightly. Separate the wedges and serve warm.



Nutrition Facts	
Serving Size 1 scone	
Calories 150	Calories From Fat 35
Amount Per Serving	% Daily Value‡
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carb. 24g	8%
Dietary Fiber 1g	4%
Sugars 4g	
Cholesterol 10mg	3%
Protein 4g	8%
Sodium 190mg	8%
Potassium 85mg	2%
Vitamin A	4%
Vitamin C	4%
Calcium	8%
Iron	10%

*This recipe can be prepared with Ensure Original, Ensure Plus, Ensure Active High Protein for Muscle Health, or Ensure Complete.

Nutrition information will vary with product used. †May substitute 1 whole egg; nutrition facts will change.

‡Percent Daily Values are based on a 2,000-calorie diet. **Find more nutritious recipes at EnsureHealthyMatters.com.**

Something Savory

Turkey Chili With Cornbread Topping

Makes: 8 servings

Ingredients

For the Turkey Chili:

1 tablespoon vegetable oil
 1-1/2 pounds ground white turkey meat
 1 cup chopped onion
 1 cup chopped green pepper
 1/2 cup chopped red pepper
 2 teaspoons chopped garlic
 2 (4-oz) cans chopped green chilies
 1 (15.5-oz) can white kidney beans, drained and rinsed well
 1 teaspoon ground cumin
 1 teaspoon dried oregano
 2 to 3 tablespoons chili powder, regular or chipotle
 1 cup low-sodium chicken stock

For the Cornbread Topping:

1 cup yellow cornmeal
 1 cup cake flour
 1/2 teaspoon salt
 2 teaspoons baking powder
 1 cup Vanilla Ensure Original* Nutrition Shake
 1/3 cup water
 2 tablespoons canola oil
 1 large egg
 Chopped scallions (optional)



Nutrition Facts	
Serving Size 1/8 chili and topping	
Calories 380	Calories From Fat 120
Amount Per Serving	% Daily Value*
Total Fat 14g	22%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Total Carb. 38g	13%
Dietary Fiber 6g	24%
Sugars 5g	
Cholesterol 85mg	28%
Protein 25g	50%
Sodium 630mg	26%
Potassium 440mg	13%
Vitamin A	30%
Vitamin C	60%
Calcium	20%
Iron	25%

Directions

For the chili: Preheat oven to 400°F. Mist a 9-inch baking pan with non-stick vegetable oil cooking spray and set aside. Heat a large skillet over medium-high heat, add oil, and cook turkey until it is no longer pink. Remove meat from the skillet and drain if necessary. Heat the same skillet over medium-high heat, add 2 tablespoons of water, onions, peppers, and garlic, and cook until the vegetables are translucent. Add chiles, beans, cumin, oregano, chili powder, and chicken stock. Cook for 1 to 2 minutes. Return meat to the skillet and bring to a boil. Reduce heat and simmer for 3 to 5 minutes. Transfer chili to the prepared baking pan.

For the cornbread topping: Combine cornmeal, flour, salt, and baking powder in a large mixing bowl. In another bowl, whisk together Ensure Shake, water, oil, and egg. Mix together with dry ingredients until just incorporated. Pour batter over the chili and sprinkle with chopped scallions if desired. Bake for 20 to 25 minutes or until a toothpick inserted into the center of the bread comes out clean and the top is golden. Allow the casserole to stand for 7 to 10 minutes before serving.

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Something Savory

Cauliflower Soup

Makes: 4 servings

Ingredients

2 teaspoons vegetable oil
 1 cup chopped onion
 1 clove garlic, minced
 1 (10-oz) package frozen cauliflower flowerets
 (or 3-1/2 cups fresh)
 1 medium potato, peeled and diced (1 cup)
 2-1/2 cups low-sodium, low-fat chicken stock
 1/2 teaspoon salt
 1/4 teaspoon freshly ground white or black pepper
 2 teaspoons horseradish
 1/2 cup Vanilla Ensure Original* Nutrition Shake
 Chopped chives or parsley (optional)

Directions

In a medium saucepan, heat oil and sauté onion and garlic over medium heat for 3 to 5 minutes or until onions are translucent. Add cauliflower, potato, chicken stock, salt, and pepper. Bring to a boil, reduce heat to low, cover with a lid, and simmer for 15 to 18 minutes until vegetables are very tender. (Fresh cauliflower will take longer to cook.)

Working in batches, transfer soup to a food processor or blender and purée until smooth. Return soup to the pan, add horseradish and Ensure Shake, and stir until hot. (Do not bring to a boil.) Serve with a sprinkle of chopped chives or parsley, if desired.



Nutrition Facts	
Serving Size 1 cup	
Calories 160	Calories From Fat 40
Amount Per Serving	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carb. 25g	8%
Dietary Fiber 3g	12%
Sugars 8g	
Cholesterol 0mg	0%
Protein 7g	14%
Sodium 390mg	16%
Potassium 650mg	19%
Vitamin A	4%
Vitamin C	80%
Calcium	8%
Iron	10%

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Something Savory

Creamy Spinach

Makes: 2 servings

Note: This recipe can easily be doubled.

Ingredients

- 4 cups packed fresh spinach leaves
- 2 tablespoons chopped shallots
- 6 oz sliced button mushrooms
- 3 tablespoons all-purpose flour
- 1/8 teaspoon freshly ground black pepper
- 1/3 cup low-sodium chicken stock
- 1/2 cup Vanilla Ensure Original* Nutrition Shake
- 1/4 cup Parmesan cheese

Directions

Place spinach in a microwave-safe container. Microwave on high for 1 minute. Allow spinach to cool for several minutes. Place cooled spinach in several layers of paper towels or a clean cotton towel and squeeze out the water. Chop spinach coarsely.

Spray a non-stick medium sauté pan with vegetable oil spray. Add shallots and cook on medium heat for 1 minute. Add mushrooms and continue to cook, stirring, for 4 to 5 minutes or until mushrooms are brown and have lost all their liquid. Add flour and stir for 30 seconds. Add stock and stir well, allowing stock to absorb the flour. Add chopped spinach and Ensure Shake. Stir until mixture becomes thick. Do not allow soup to come to a boil. Sprinkle with cheese and serve.



Nutrition Facts	
Serving Size 1/2 cup	Calories From Fat 60
Calories 290	
Amount Per Serving	% Daily Value*
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Total Carb. 42g	14%
Dietary Fiber 12g	48%
Sugars 10g	
Cholesterol 10mg	3%
Protein 23g	46%
Sodium 940mg	39%
Potassium 2825mg	81%
Vitamin A	60%
Vitamin C	30%
Calcium	70%
Iron	80%

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Something Sweet

Apple Harvest Cake

Makes: 12 servings

Ingredients

1-1/4 cups peeled and diced Granny Smith apple
 1-1/4 teaspoons apple pie spice, divided use
 1 cup plus 1 tablespoon sugar, divided use
 2 cups cake flour
 1/2 cup whole-wheat flour
 1/4 cup teaspoon salt
 1 teaspoon baking soda
 1 teaspoon baking powder
 1/3 cup vegetable oil
 1/3 cup egg substitute or 2 large eggs
 1 teaspoon pure vanilla extract
 1 cup Butter Pecan Ensure Original* Nutrition Shake
 1 medium Granny Smith apple, sliced thin
 (for top of cake)

Directions

Preheat oven to 350°F. Lightly mist an 8" x 8" baking pan with vegetable oil spray. Set aside. Place diced apples in a microwave-safe container and microwave for 2 minutes. Set aside to cool. In a small mixing bowl, combine 1/4 teaspoon apple pie spice and 1 tablespoon sugar. Set aside for topping. In another small mixing bowl, combine dry ingredients (flours, salt, baking soda, baking powder, and 1 teaspoon apple pie spice). Set aside for batter.

In a large mixing bowl, whisk together oil and 1 cup sugar for 1 minute. Add egg substitute and vanilla and continue whisking for 1 minute. Add 1/3 of dry ingredient bowl and mix. Mix in 1/3 cup Ensure Shake. Repeat twice, adding 1/3 of dry ingredients and 1/3 cup Ensure Shake each time. Scrape inside surface of the bowl and fold in diced apples. Pour batter into the prepared pan. Arrange sliced apples on top of the cake batter and sprinkle top with spice-sugar blend. Bake for 40 to 45 minutes or until a toothpick inserted into the center of the cake comes out clean. Transfer to a wire rack and cool.



Nutrition Facts	
Serving Size 1/12 cake	
Calories 280 Calories From Fat 70	
Amount Per Serving	% Daily Value [†]
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carb. 49g	16%
Dietary Fiber 2g	8%
Sugars 25g	
Cholesterol 30mg	10%
Protein 4g	8%
Sodium 210mg	9%
Potassium 140mg	4%
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Vitamin A	4%
Vitamin C	6%
Calcium	6%
Iron	15%

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Something Sweet

Oatmeal Cookies

Makes: 24 servings

Ingredients

- 3 cups uncooked old-fashioned oats
- 3-1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup light butter (trans-fat-free)
- 1 cup brown sugar
- 1 cup granulated sugar
- 1 teaspoon pure vanilla extract
- 2 teaspoons orange zest (optional)
- 1/3 cup egg substitute (or 2 eggs)
- 1/2 cup golden raisins
- 1 cup Butter Pecan Ensure Original* Nutrition Shake, chilled

Directions

Preheat oven to 350°F. Lightly mist 2 or 3 cookie sheets with non-stick vegetable oil spray and set aside. Place oats on another baking tray and place in preheated oven for 5 to 7 minutes or until oats are lightly golden and toasted. Set aside and allow to cool.

In a mixing bowl, combine flour, baking powder, baking soda, salt, and cooled oats and set aside. In the bowl of an electric mixer, combine light butter with sugars and beat on medium speed for 2 minutes or until well blended. Add vanilla and orange zest, and then blend for 1 minute. Add egg substitute and blend until combined. Scrape the inside surface of the bowl. With mixer on low, add 1/3 of flour mixture followed by 1/3 of Ensure Shake. Repeat two more times. Scrape inside surface of the bowl and beat on medium speed for 1 minute. Fold raisins into the batter. Cover batter with plastic wrap and chill for 30 minutes.

Drop heaping tablespoonsful of chilled batter onto prepared cookie sheets. Press batter with the back of the spoon to help spread the cookies. Bake for 12 to 14 minutes or until lightly browned. Cool 2 to 3 minutes, then transfer to a wire rack to cool completely. Store in airtight containers.



Nutrition Facts	
Serving Size 2 cookies	
Calories 240	
Calories From Fat 50	
Amount Per Serving	% Daily Value [†]
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Total Carb. 42g	14%
Dietary Fiber 2g	8%
Sugars 21g	
Cholesterol 10mg	3%
Protein 4g	8%
Sodium 150mg	6%
Potassium 146mg	4%
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Vitamin A	4%
Vitamin C	2%
Calcium	4%
Iron	10%

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Something Sweet

Refreshing Fruit Sorbet

Makes: 3 servings

Ingredients

4 fl oz Peach Ensure Active Protein Drink
 1 cup frozen pineapple pieces
 2 fresh strawberries, whole

Directions

Add Active Protein Drink, pineapple, and strawberries to blender and blend until smooth. Pour into freezer-safe container and freeze until firm. When sorbet reaches desired consistency, scoop into serving dishes.



Nutrition Facts	
Serving Size ½ cup	
Calories 60	Calories From Fat 0
Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Carb. 14g	5%
Dietary Fiber <1g	<4%
Sugars 9g	
Cholesterol 0mg	0%
Protein 2g	4%
Sodium 10mg	0%
Potassium 80mg	2%
Vitamin A	6%
Vitamin C	60%
Calcium	2%
Iron	4%

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