



GOOD & GOOD-FOR-YOU
RECIPES



Made With Nutritious
Ensure® Enlive®, Ensure® Clear,
and Glucerna®

Ensure
ALWAYS
BE YOU™



Recipes

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Get the Right Nutrition

The recipes in this booklet have been created to give you what you need to stay strong with nutrition.

Whether you're in the mood for a healthy breakfast or a delicious treat, these quick and easy recipes will help provide your body with the good nutrition and the energy it needs.



Featuring recipes made with **Ensure® Enlive®**,
Ensure® Clear, and **Glucerna Shake®**.

Chocolate Pudding

MADE WITH



Makes 4 servings

INGREDIENTS

2 8-fl-oz bottles Vanilla Ensure® Enlive®*

1 package chocolate pudding and pie filling mix

DIRECTIONS

Combine Ensure Enlive and pudding mix in a saucepan. Cook at medium heat until mixture comes to a boil. Lower heat and stir constantly until thick and creamy. Pour mixture into serving dishes. Chill until set. Cover top of pudding with waxed paper to avoid a film forming on top of the pudding in the refrigerator.

RECIPE NUTRITION FACTS

Serving Size: Approximately ½ C (138g)

Servings: 4

Amount Per Serving

Calories 260 Calories from Fat 50

% Daily Value†

Total Fat 6g9%

Saturated Fat 1g5%

Trans Fat 0g

Cholesterol 5 mg2%

Sodium 240 mg10%

Potassium 346 mg10%

Total Carbohydrate 45g15%

Dietary Fiber 3g12%

Sugars 22g

Protein 11g16%

Vitamin A 8% Vitamin C 50%

Calcium 25% Iron 15%

*This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

†Percent Daily Values are based on a 2,000 Calorie diet.

Cherry Gelatin

MADE WITH



Makes 4 servings

INGREDIENTS

1 8-fl-oz bottle chilled Vanilla Ensure® Enlive®*

1 3-oz package cherry-flavored gelatin

¾ C boiling water

DIRECTIONS

Dissolve gelatin in boiling water. Chill until slightly thickened. Add chilled Ensure Enlive. Mix thoroughly at low speed with electric mixer. Pour into dessert dishes or individual molds. Chill until firm.

RECIPE NUTRITION FACTS

Serving Size: Approximately ½ C (122g)

Servings: 4

Amount Per Serving

Calories 165 Calories from Fat 25

% Daily Value†

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 2.5 mg 1%

Sodium 158 mg 7%

Potassium 140 mg 4%

Total Carbohydrate 29g 10%

Dietary Fiber 1g 3%

Sugars 23g

Protein 7g 14%

Vitamin A 4% Vitamin C 13%

Calcium 13% Iron 6%

*This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

†Percent Daily Values are based on a 2,000 Calorie diet.

Minty Chocolate Shake

MADE WITH



Makes 1 serving

INGREDIENTS

1 8-fl-oz bottle chilled Chocolate Ensure® Enlive®*

¼ tsp vanilla extract

¼ tsp mint extract

DIRECTIONS

Combine Ensure Enlive and flavorings in a glass, mix well, and serve.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 C (229g)

Servings: 1

Amount Per Serving

Calories 356 Calories from Fat 99

% Daily Value†

Total Fat 11g17%

Saturated Fat 1.5g.....8%

Trans Fat 0g

Cholesterol 10 mg3%

Sodium 240 mg10%

Potassium 593 mg17%

Total Carbohydrate 45g.....15%

Dietary Fiber 3g12%

Sugars 22g

Protein 20g.....40%

Vitamin A 15%..... Vitamin C 100%

Calcium 50% Iron 25%

*This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

†Percent Daily Values are based on a 2,000 Calorie diet.

Berry Smoothie

MADE WITH



Makes 2 servings

INGREDIENTS

1 8-fl-oz bottle chilled Vanilla Ensure® Enlive®*

8 oz mixed berry low-fat yogurt

DIRECTIONS

In a blender, combine Ensure Enlive and yogurt.
Blend until smooth. Pour into a glass and serve chilled.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 C (227g)

Servings: 2

Amount Per Serving

Calories 288Calories from Fat 59

% Daily Value†

Total Fat 6.5g.....10%

Saturated Fat 1g.....7%

Trans Fat 0g

Cholesterol 12 mg.....4%

Sodium 173 mg.....7%

Potassium 453 mg.....13%

Total Carbohydrate 44g.....15%

Dietary Fiber 1.5g.....6%

Sugars 28g

Protein 13g.....27%

Vitamin A 18%.....Vitamin C 50%

Calcium 38%.....Iron 13%

*This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

†Percent Daily Values are based on a 2,000 Calorie diet.

Nutty Butter Shake

MADE WITH



Makes 1 serving

INGREDIENTS

1 8-fl-oz bottle chilled Chocolate Ensure® Enlive®*

1 Tbsp creamy peanut butter

DIRECTIONS

In a blender, combine Ensure Enlive and peanut butter. Blend until smooth. Pour into a glass and serve.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 C (242g)

Servings: 1

Amount Per Serving

Calories 444..... Calories from Fat 171

% Daily Value†

Total Fat 19g..... 29%

Saturated Fat 3g..... 16%

Trans Fat 0g

Cholesterol 10 mg..... 3%

Sodium 313 mg..... 13%

Potassium 693 mg..... 20%

Total Carbohydrate 48g..... 16%

Dietary Fiber 4g..... 16%

Sugars 23g

Protein 24g..... 48%

Vitamin A 15%..... Vitamin C 100%

Calcium 51%..... Iron 27%

*This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

†Percent Daily Values are based on a 2,000 Calorie diet.

Peachy Banana Smoothie

MADE WITH



Makes 3 servings

INGREDIENTS

- 1 8-fl-oz bottle chilled Vanilla Ensure® Enlive®*
- 1 whole medium banana
- 1 15-oz can of peaches, drained
- ¼ tsp nutmeg
- 1 tsp sugar
- 5-7 ice cubes

DIRECTIONS

Cut banana into chunks and place in a blender along with the can of drained peaches. Add the nutmeg, Ensure Enlive, sugar, and ice cubes. Process until smooth, about 45 seconds. Serve immediately.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 ¼ C (293g)
Servings: 3

Amount Per Serving

Calories 245 Calories from Fat 37
% Daily Value†
Total Fat 4g6%
Saturated Fat 0g3%
Trans Fat 0g

Cholesterol 3 mg1%
Sodium 91 mg4%
Potassium 452 mg 13%
Total Carbohydrate 47g 16%
Dietary Fiber 3g12%
Sugars 28g
Protein 8g 16%
Vitamin A 19% Vitamin C 45%
Calcium 17% Iron 11%

*This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

†Percent Daily Values are based on a 2,000 Calorie diet.

Red Velvet Smoothie



MADE WITH



Makes 2 servings

INGREDIENTS

- 1 8-fl-oz bottle chilled Chocolate Ensure® Enlive®*
- 1 C frozen pitted dark cherries
- ½ tsp sugar-free cherry gelatin powder
- ½ C low-fat chocolate frozen yogurt
- 2 Tbsp non-dairy whipped topping, optional

DIRECTIONS

In a blender, combine the Ensure Enlive, cherries, gelatin powder, and frozen yogurt. Blend 15-20 seconds, until smooth. Serve immediately.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 C (226g)

Servings: 2

Amount Per Serving

Calories 299 Calories from Fat 76

% Daily Value†

Total Fat 8g 13%

Saturated Fat 2.8g 14%

Trans Fat 0g

Cholesterol 7 mg 2%

Sodium 217 mg 9%

Potassium 529 mg 15%

Total Carbohydrate 43g 14%

Dietary Fiber 4g 15%

Sugars 21g

Protein 13g 26%

Vitamin A 11% Vitamin C 51%

Calcium 30% Iron 16%

*This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

†Percent Daily Values are based on a 2,000 Calorie diet.

Real Chocolate Shake

MADE WITH



Makes 1 serving

INGREDIENTS

- 1 8-fl-oz bottle chilled Vanilla Ensure® Enlive®*
- 1 C chocolate ice cream

DIRECTIONS

In a blender, combine Ensure Enlive and ice cream. Blend until smooth. Pour into a glass and serve.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 ½ C (375g)

Servings: 1

Amount Per Serving

Calories 727 Calories from Fat 325

% Daily Value†

Total Fat 36g 55%

Saturated Fat 17g 84%

Trans Fat 0g

Cholesterol 99 mg 33%

Sodium 324 mg 14%

Potassium 942 mg 27%

Total Carbohydrate 76g 25%

Dietary Fiber 4g 17%

Sugars 48g

Protein 27g 54%

Vitamin A 36% Vitamin C 101%

Calcium 71% Iron 33%

*This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

†Percent Daily Values are based on a 2,000 Calorie diet.

Blackberry Slush

MADE WITH



Makes 2 servings

INGREDIENTS

- 1 8-fl-oz bottle chilled Vanilla Ensure® Enlive®*
- 1 C frozen whole blackberries, unsweetened
- 1 Tbsp sugar
- ¼ tsp cinnamon
- ⅛ tsp nutmeg

DIRECTIONS

Whip all ingredients in blender until thick.
Serve immediately or freeze for 10 to 15 minutes.

RECIPE NUTRITION FACTS

Serving Size: Approximately ¾ C (227g)	Cholesterol 10 mg 3%
Servings: 2	Sodium 170 mg 7%
Amount Per Serving	Potassium 388 mg 11%
Calories 290 Calories from Fat 60	Total Carbohydrate 44g 15%
	Dietary Fiber 2g 8%
	Sugars 28g
Total Fat 7g 11%	Protein 13g 18%
Saturated Fat 1.5g 8%	Vitamin A 20% Vitamin C 50%
Trans Fat 0g	Calcium 40% Iron 15%

*This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

†Percent Daily Values are based on a 2,000 Calorie diet.

Fuzzy Navel

MADE WITH



Makes 1 serving

INGREDIENTS

1 8-fl-oz bottle chilled Vanilla Ensure® Enlive®*

½ C sliced, canned peaches in heavy syrup, drained

¼ tsp vanilla extract

¼ tsp cinnamon

2 drops yellow food coloring, optional

DIRECTIONS

In a blender, combine all ingredients. Blend until smooth. Pour into a glass and serve.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 ½ C (340g)

Servings: 1

Amount Per Serving

Calories 435 Calories from Fat 101

% Daily Value†

Total Fat 11g 17%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10 mg 3%

Sodium 247 mg 10%

Potassium 689 mg 19%

Total Carbohydrate 65g 22%

Dietary Fiber 5g 19%

Sugars 36g

Protein 21g 41%

Vitamin A 29% Vitamin C 101%

Calcium 51% Iron 27%

* This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

† Percent Daily Values are based on a 2,000 Calorie diet.

Cheddar Turkey Quiche

MADE WITH



Makes 6 servings

INGREDIENTS

- 1 8-fl-oz bottle
Vanilla Ensure® Enlive®*
- 3 large eggs
- 1 C light, shredded sharp
cheddar cheese
- 1 C chopped, cooked turkey,
white meat only (chicken may
also be used)
- 1 C chopped broccoli florets
- 2 Tbsp chopped onion
- ½ tsp dried basil leaves
- 2 13-by-18-inch pieces fillo
sheets
- Vegetable oil (or cooking
spray)
- ½ tsp chopped chives (optional)

DIRECTIONS

1. Preheat oven to 350° F. Grease
a 9-inch pie pan.
2. In a medium bowl, combine
eggs and Ensure Enlive Shake.
Mix well.
3. Stir in cheese, turkey, broccoli,
onion, and basil.
4. Working quickly, lightly spray the
top of 1 sheet of fillo dough with
vegetable oil (or cooking spray).
5. Place a second sheet on top of
the first.
6. Pick up the stack of fillo dough
and place it into the center of
the prepared pie pan.
7. Pinch the edges of the dough
to form a crust around the edge
of the pie plate.
8. Spoon the egg mixture into pie
pan. Bake 30 minutes or until
knife inserted in center comes
out clean.
9. Garnish with chives, if desired.
Serve warm.

RECIPE NUTRITION FACTS

Serving Size: ½ of pie (145g)

Servings: 6

Amount Per Serving

Calories 189 Calories from Fat 55
% Daily Value†

Total Fat 6g9%

Saturated Fat 2g9%

Trans Fat 0g0%

Cholesterol 112 mg37%

Sodium 379 mg 16%

Potassium 252 mg 7%

Total Carbohydrate 13g4%

Dietary Fiber 2g6%

Sugars 5g

Protein 19g40%

Vitamin A 15% Vitamin C 37%

Calcium 19% Iron 10%

* This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

† Percent Daily Values are based on a 2,000 Calorie diet.

Chicken Tortilla Soup

MADE WITH



Makes 8, 1 C servings

INGREDIENTS

1 C (8 oz) Vanilla Ensure® Enlive®*
1 C chopped onion
1 C fresh or frozen corn
1 ½ tsp ground cumin
1 tsp garlic powder
1 C chopped zucchini
½ C chopped red pepper
1 10-oz can green enchilada sauce
(1 ½ cups)

1 4.5-oz can chopped chilies
3 C reduced-sodium
chicken stock
3 C cooked boneless, skinless
chicken breast, shredded
1 ½ C crushed baked
tortilla chips
Fresh, chopped cilantro

DIRECTIONS

1. Heat a large pot over medium heat.
2. Add 2 tablespoons water, onion, corn, cumin, and garlic powder.
3. Cook until the vegetables are soft.
4. Spoon the mixture into the bowl of a food processor.
5. Carefully blend the mixture.
6. Return the puree to the pot.
7. Add the zucchini, red pepper, enchilada sauce, chilies, chicken stock, and chicken.
8. Simmer for 10 to 15 minutes.
9. Add the Ensure Enlive and continue to heat soup until it is very hot.
10. Do not allow the soup to boil.
11. Serve each portion of soup with a sprinkle of crushed tortilla chips and a sprinkling of cilantro.

RECIPE NUTRITION FACTS

Serving Size: 1 C (290g)
Servings: 8

Amount Per Serving

Calories 210Calories from Fat 42
% Daily Value†
Total Fat 5g7%
Saturated Fat 1g5%
Trans Fat 0g0%
Cholesterol 46 mg 15%

Sodium 377 mg 16%
Potassium 439 mg 13%
Total Carbohydrate 22g7%
Dietary Fiber 3g12%
Sugars 6g
Protein 23g46%
Vitamin A 11% Vitamin C 43%
Calcium 9% Iron 11%

* This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

† Percent Daily Values are based on a 2,000 Calorie diet.

Roasted Sweet Potato Smash

MADE WITH



Makes 6, 1/3 C servings

INGREDIENTS

- 1/2 C Vanilla Ensure® Enlive®*
- 1 1/2 pounds sweet potatoes, peeled and cut into 1-inch pieces
- 1 large baking apple, peeled, cored, and cut into 8 pieces
- 2 tsp fresh ginger, grated
- 1/4 tsp ground cinnamon
- 1/8 tsp ground cardamom
- 1/2 tsp salt
- 1 tsp vegetable oil

DIRECTIONS

- Preheat oven to 400° F.
- In a medium cast-iron frying pan or oven-safe frying pan, combine sweet potatoes, apple bits, ginger, cinnamon, cardamom, salt, and oil. Toss together.
- Bake for 20 minutes, stirring occasionally. Bake an additional 15 to 20 minutes or until the potatoes are soft and slightly caramelized. (If potatoes are sticking to the pan, carefully add a few tablespoons of water.)
- Transfer mixture to a mixing bowl, add the Ensure Enlive Shake and mash with potato masher. Serve hot.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1/3 C (176g)

Servings: 6

Amount Per Serving

Calories 192.....Calories from Fat 38
% Daily Value†

Total Fat 4g7%

Saturated Fat 1g3%

Trans Fat 0g

Cholesterol 2 mg1%

Sodium 278 mg12%

Potassium 654 mg19%

Total Carbohydrate 34g11%

Dietary Fiber 5g18%

Sugars 13g

Protein 6g11%

Vitamin A 44% Vitamin C 55%

Calcium 13%Iron 9%

* This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

† Percent Daily Values are based on a 2,000 Calorie diet.

Spinach Artichoke Dip

MADE WITH



Makes 16 servings

INGREDIENTS

- 1 8-fl-oz bottle
Vanilla Ensure® Enlive®,* chilled
- 1 16-oz pkg chopped frozen spinach,
thawed
- 1 9-oz pkg frozen artichoke hearts,
thawed
- 2 8-oz pkgs of 1/3-less-fat cream cheese
- ¼ tsp salt
- ½ C finely grated Parmesan cheese
- ¾ C plain bread crumbs
- 1 Tbsp balsamic vinegar
- 1 ½ tsp garlic powder
- ¼ tsp freshly ground black pepper

DIRECTIONS

1. Preheat the oven to 350° F.
2. Lightly mist a shallow, ovenproof dish with nonstick vegetable oil spray.
3. Place spinach in a microwave-safe container. Microwave the spinach on high for 1 to 2 minutes.
4. Allow spinach to cool for several minutes.
5. Place cooled spinach on several layers of paper towels or a clean cotton towel and squeeze out the water.
6. Transfer spinach to a cutting board and chop finely.
7. Place artichokes on several layers of paper towels or a clean cotton towel and squeeze out the water.
8. Transfer artichoke pieces to a cutting board and chop coarsely.
9. In the bowl of an electric mixer, combine cream cheese, salt, Parmesan cheese, bread crumbs, vinegar, garlic powder, and pepper, and mix on medium speed until smooth.
10. Reduce the speed to low and slowly pour in Ensure Enlive Shake.
11. Add spinach and artichokes and fold in by hand.
12. Spoon mixture into the prepared pan, cover with parchment paper and then a piece of aluminum foil, and bake for 40 minutes. To save a frozen portion before baking, see the instructions for freezing below.
13. Serve warm with toasted pita chips or raw vegetables, such as zucchini sticks, red pepper strips (cut 1 ½ inches wide), and broccoli.

FREEZING INSTRUCTIONS

1. Prepare the dip, following steps 1 through 11 as noted above. Do not bake before freezing.
2. Divide the dip into desired portions (we recommend ½ cup) and freeze in airtight containers.
3. To bake and serve, defrost the dip overnight in the refrigerator.
4. Place the defrosted portion in a baking dish and bake for 17 to 20 minutes at 350°F (or until warm and bubbly).

RECIPE NUTRITION FACTS

Serving Size: Approximately ¼ C (92g)
Servings: 16

Amount Per Serving

Calories 115..... Calories from Fat 50
% Daily Value†
Total Fat 6g9%
Saturated Fat 3g 16%
Trans Fat 0g

Cholesterol 15 mg.....6%
Sodium 235 mg.....10%
Potassium 259 mg 7%
Total Carbohydrate 10g 3%
Dietary Fiber 2g10%
Sugars 3g
Protein 6g12%
Vitamin A 71%.....Vitamin C 11%
Calcium 14%Iron 6%

*This recipe can be prepared with any variety of Ensure®. Nutrition information will vary with product used.

†Percent Daily Values are based on a 2,000 Calorie diet.

Berry Pomegranate Gelatin

MADE WITH



Makes 10 servings

INGREDIENTS

- 2 bottles cold Blueberry Pomegranate Ensure® Clear
- 1, 6-oz package raspberry gelatin
- 2 cups boiling water
- 1 ¼ cup frozen raspberries

DIRECTIONS

Add boiling water to gelatin mix; stir 2 minutes until completely dissolved. Allow to cool. Stir in two bottles of Ensure Clear. Refrigerate 1.5 hours. Add frozen raspberries. Refrigerate 3.5 more hours or until desired firmness. Store in refrigerator.

RECIPE NUTRITION FACTS

Serving Size: Approximately ½ C
Servings: 10
Amount Per Serving
Calories 130 Calories from Fat 0
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g

Cholesterol 0 mg 0%
Sodium 55 mg 2%
Potassium 55 mg 2%
Total Carbohydrate 31g 10%
Dietary Fiber 1g 4%
Sugars 27g
Protein 3g 6%
Vitamin A 6% Vitamin C 20%
Calcium 2% Iron 4%

*Percent Daily Values are based on a 2,000 Calorie diet.

Blue-Granate Smoothie

MADE WITH



Makes 1 serving

INGREDIENTS

6-fl-oz Blueberry Pomegranate Ensure® Clear

½ C vanilla frozen yogurt

¼ C crushed ice

DIRECTIONS

Add Ensure Clear, frozen yogurt, and ice to blender and blend until desired consistency. Pour into glass and enjoy! Store in freezer in a freezer-safe container.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 ¼ C (299g)

Servings: 1

Amount Per Serving

Calories 220Calories from Fat 35
% Daily Value*

Total Fat 4g6%

Saturated Fat 2.5g12%

Trans Fat 0g

Cholesterol 5 mg2%

Sodium 95 mg4%

Potassium 180 mg5%

Total Carbohydrate 38g13%

Dietary Fiber 0g0%

Sugars 28g

Protein 8g16%

Vitamin A 20%Vitamin C 25%

Calcium 15%Iron 10%

*Percent Daily Values are based on a 2,000 Calorie diet.

Bread Pudding

MADE WITH



Makes 6 servings

INGREDIENTS

3 C Vanilla Glucerna® Shake ½ C sugar substitute
5 pieces whole wheat bread, cubed 1 tsp vanilla
1 ½ C unsweetened corn or bran flakes 1 tsp cinnamon
½ C egg substitute ½ tsp salt

For topping:

1 ¾ C fresh blueberries ½ C sugar-free maple syrup
(frozen can be used) 2 Tbsp fresh lemon juice

DIRECTIONS

Preheat the oven to 350° F. Prepare a 2-quart baking dish with nonstick cooking spray. Spread the bread evenly in the dish and top with cereal. In a small bowl, whisk together remaining ingredients and pour over bread. Let stand for 30 minutes until liquid is absorbed, patting down occasionally to help absorb evenly. Bake for 75 minutes until puffed and firm in center.

To prepare the topping, combine all ingredients in a saucepan and simmer for 5 minutes. Serve warm.

RECIPE NUTRITION FACTS

Bread Pudding

Serving Size: Approximately ½ C (259 g)
Servings: 6

Amount Per Serving

Calories 300.....	Calories from Fat 50	
	% Daily Value*	
Total Fat 5g	8%	
Saturated Fat 0.5g	3%	
Trans Fat 0g.....	0%	
Cholesterol 30 mg	10%	
Sodium 500 mg.....	21%	
Potassium 325 mg	11%	
Total Carbohydrate 54g.....	18%	
Dietary Fiber 7g	28%	
Sugars 20g		
Protein 14g.....	16%	
Vitamin A 20%.....	Vitamin C 60%	
Calcium 20%	Iron 35%	

Exchanges†: 2 Starch and 1 Reduced-Fat Milk
Carb Choices†: 2½

Blueberry Topping

Serving Size: Approximately 2 Tbsp (67g)
Servings: 6

Amount Per Serving

Calories 35.....	Calories from Fat 0	
	% Daily Value*	
Total Fat 0g	0%	
Saturated Fat 0g.....	0%	
Trans Fat 0g.....	0%	
Cholesterol 0 mg.....	0%	
Sodium 30 mg.....	1%	
Potassium 40 mg.....	1%	
Total Carbohydrate 11g.....	4%	
Dietary Fiber 1g	4%	
Sugars 4g		
Protein 0g.....	0%	
Vitamin A 0%.....	Vitamin C 10%	
Calcium 0%.....	Iron 0%	

Exchanges†: ½ Fruit
Carb Choices†: 1

*Percent Daily Values are based on a 2,000 Calorie diet.

†Adjusted for dietary fiber.

Breakfast Smoothie

MADE WITH



Makes 1 serving

INGREDIENTS

1 8-fl-oz Chocolate Glucerna® Shake

½ banana

½ C ice

DIRECTIONS

Combine ingredients in a blender and blend until smooth.

RECIPE NUTRITION FACTS

Serving Size: Approximately 1 ½ C (413g)

Servings: 1

Amount Per Serving

Calories 260Calories from Fat 70
% Daily Value*

Total Fat 7g.....12%

Saturated Fat 0g.....0%

Trans Fat 0g

Exchanges†: 1 Starch, 1 Reduced-Fat Milk, 1 Fruit
Carb Choices†: 3

Cholesterol <5 mg..... <2%

Sodium 210 mg.....9%

Potassium 645 mg..... 18%

Total Carbohydrate 43g..... 14%

Dietary Fiber 5g 20%

Sugars 14g

Protein 11g22%

Vitamin A 25%.....Vitamin C 110%

Calcium 25%..... Iron 25%

*Percent Daily Values are based on a 2,000 Calorie diet.

†Adjusted for dietary fiber.

Broccoli Rice Casserole

MADE WITH



Makes 4 servings

INGREDIENTS

2 bottles Vanilla
Glucerna® Shake

1 Tbsp margarine

1 small onion, chopped

½ C celery, chopped

1 10-oz package frozen,
chopped broccoli, thawed

4 oz Velveeta® Light or other
light processed cheese, cubed

¼ tsp black pepper

1 C uncooked long-grain rice

DIRECTIONS

1. Preheat oven to 350° F (180° C).
2. In a large skillet over medium heat, melt margarine.
3. Sauté onion, celery, and broccoli for 5 minutes.
4. Add cheese, Glucerna, and pepper. Stir until cheese melts.
5. Add rice.
6. Pour mixture into a 23-cm (9-inch) square casserole dish coated with cooking spray.
7. Bake covered for 45 minutes. Uncover and cook 15 minutes or until rice is cooked and mixture is hot and bubbly.
8. Serve immediately.

RECIPE NUTRITION FACTS

Serving Size: 1 C (312g)

Servings: 4

Amount Per Serving

Calories 390 Calories from Fat 90
..... % Daily Value*

Total Fat 10g..... 15%

Saturated Fat 3g..... 15%

Trans Fat 0g..... 0%

Cholesterol 15 mg..... 5%

Sodium 620 mg..... 26%

Potassium 570 mg..... 16%

Total Carbohydrate 58g..... 19%

Dietary Fiber 6g..... 24%

Sugars 10g

Protein 16g..... 32%

Vitamin A 30%..... Vitamin C 60%

Calcium 35%..... Iron 20%

*Percent Daily Values are based on a 2,000 Calorie diet.

Chicken Stroganoff

MADE WITH



Makes 4 servings

INGREDIENTS

- ½ C Vanilla Glucerna® Shake
- 1 tsp olive oil
- 2 3-oz boneless, skinless chicken breasts, cut into 4 strips each
- ½ tsp salt
- Freshly ground black pepper, to taste
- 2 shallots, peeled and sliced thin
- ½ tsp paprika
- 2 C button mushrooms, stems removed and sliced
- ½ C low-sodium chicken stock
- ½ tsp Dijon mustard
- 2 Tbsp coarsely chopped flat leaf parsley
- 1 tsp cornstarch
- 2 Tbsp fat-free sour cream
- ⅔ C hot, cooked egg noodles

DIRECTIONS

1. Heat oil in a medium nonstick skillet over medium-high heat.
2. Sprinkle the chicken with salt and pepper and brown, cooking 2 to 3 minutes on each side.
3. Transfer the chicken to a plate and keep warm.
4. Using the same hot pan, add the shallots and 30 mL (2 Tbsp) water and sauté for 2 minutes.
5. Add the paprika and mushrooms and sauté until the mushrooms are golden.
6. Add the chicken stock, mustard, and parsley, and cook until the liquid is reduced by half.
7. In a small bowl, combine 1 Tbsp (15 mL) cold water and the cornstarch, then add it to the sauce.
8. Continue to cook for 2 to 3 minutes, stirring constantly.
9. Reduce the heat to low and stir in the Glucerna.
10. Add the cooked chicken and continue to cook for 2 to 3 minutes (chicken should be cooked thoroughly, but do not allow the sauce to boil).
11. Serve each portion of chicken over ⅓ cup cooked noodles.
12. Garnish with parsley and sour cream.

RECIPE NUTRITION FACTS

Serving Size: 1 C (189g)

Servings: 4

Amount Per Serving

Calories 140 Calories from Fat 30
% Daily Value*
Total Fat 3g5%
Saturated Fat 3g5%
Trans Fat 0g0%

Cholesterol 30 mg10%
Sodium 390 mg 16%
Potassium 258 mg 7%
Total Carbohydrate 15g5%
Dietary Fiber 2g8%
Sugars 3g
Protein 15g32%
Vitamin A 6%Vitamin C 15%
Calcium 6 % Iron 10%

*Percent Daily Values are based on a 2,000 Calorie diet.

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