GOOD & GOOD-FOR-YOU

RECIPES

Made With Nutritious Ensure®, Enlive®, Ensure® Clear, and Glucerna®
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 ⅛ C (138g)
Servings: 4

Amount Per Serving
Calories 260 .......... Calories from Fat 50 % Daily Value†
Total Fat 6g ................................................9%
Saturated Fat 1g ........................................5%
Trans Fat 0g

Cholesterol 5 mg........................................2%
Sodium 240 mg........................................10%
Potassium 346 mg.................................10%
Total Carbohydrate 45g...........................15%
Dietary Fiber 3g ......................................12%
Sugars 22g

Protein 11g....................................................16%
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.
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.

RECIPENUTRITIONFACTS

Serving Size: Approximately ½ C (122g)
Servings: 4

Amount Per Serving
Calories 165 ......................Calories from Fat 25%
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
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 11g...............................................17%  
Saturated Fat 1.5g.......................... 8%  
Trans Fat 0g

Cholesterol 10 mg................................. 3%  
Sodium 240 mg.............................. 10%  
Potassium 593 mg.............................. 17%  
Total Carbohydrate 45g................... 15%  
Dietary Fiber 3g............................. 12%  
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 288 Calories from Fat 59 % Daily Value†
Total Fat 6.5g ...........................................10%
Saturated Fat 1g ................................ 7%
Trans Fat 0g ........................................... 0%
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

Enlive
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

Ensure®

Enlive®

HMB

PROTEIN
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 ¾ C (293g)  
Servings: 3

**Amount Per Serving**  
Calories 245 ..........Calories from Fat 37 % Daily Value†  
Total Fat 4g ................................................6%  
Saturated Fat 0g..............................................3%  
Trans Fat 0g

Cholesterol 3 mg...............................1%  
Sodium 91 mg................................................4%  
Potassium 452 mg.................................13%  
Total Carbohydrate 47g ..................16%  
Dietary Fiber 3g ........................................12%  
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

Ensure® Enlive®
Milk Chocolate
maltodextrin

HMB
PROTEIN
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

Enlive® Protein

HMB

Ensure®

[Image of a chocolate shake with the Ensure® bottle and Enlive® label]
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

Enlive

HMB PROTEIN
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)
Servings: 2

Amount Per Serving
Calories 290 ........... Calories from Fat 60
Total Fat 7g................................. 11%
Saturated Fat 1.5g.......................... 8%
Trans Fat 0g

*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

Enlive™

Ensure®

Vanilla

8 fl oz (250 ml)

HMB
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%
|----------|-----|----------------------
| Total Fat | 11g | 17% Daily Value†
| 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%

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

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

RECIPE NUTRITION FACTS

Serving Size: ⅙ of pie (145g)
Servings: 6

Amount Per Serving
Calories 189 .............Calories from Fat 55
% Daily Value†
Total Fat 6g ................................................9%
Saturated Fat 2g .......................9%
Trans Fat 0g .............................0%
Cholesterol 112 mg ........................40%
Sodium 379 mg .......................................16%
Potassium 252 mg ..............................7%
Total Carbohydrate 13g ..........................4%
Dietary Fiber 2g .............................6%
Sugars 5g
Protein 19g ..............................40%
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

Ensure®

HMB PROTEIN
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 210 ..........Calories from Fat 42
% Daily Value†
Total Fat 5g ................................................7%
Saturated Fat 1g ................................ 5%
Trans Fat 0g ........................................ 0%
Cholesterol 46 mg ......................................15%

Sodium 377 mg ........................................16%
Potassium 439 mg ....................................13%
Total Carbohydrate 22g ..............................7%
Dietary Fiber 3g .................................12%
Sugars 6g
Protein 23g ..........................................46%
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
Makes 6, ⅓ C servings

INGREDIENTS

½ C Vanilla Ensure® Enlive®
1 ½ 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
¼ tsp ground cinnamon
⅛ tsp ground cardamom
⅓ tsp salt
1 tsp vegetable oil

DIRECTIONS

1. Preheat oven to 400° F.
2. 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.
3. 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.)
4. Transfer mixture to a mixing bowl, add the Ensure Enlive Shake and mash with potato masher. Serve hot.

*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

Ensure® Enlive™
RECIPE NUTRITION FACTS

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
1/8 C finely grated Parmesan cheese
1/4 C plain bread crumbs
1 Tbsp balsamic vinegar
1 1/2 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 1/2 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 1/4 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 1/4 C (92g)
Servings: 16

Amount Per Serving
Calories 115 .......... Calories from Fat 50%

% Daily Value†
Total Fat 6g ... 9% 8%
Saturated Fat 3g ... 16% 8%
Trans Fat 0g 0%
Cholesterol 15 mg 6%
Sodium 235 mg 10%
Potassium 259 mg 7%
Total Carbohydrate 10g 3%
Dietary Fiber 2g 10%
Sugars 3g 3%
Protein 6g 12%
Vitamin A 71% 11%
Vitamin C 11% 19%
Calcium 14% 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

Ensure Clear Nutrition Drink
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

Ensure Clear Nutrition Drink
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 220 ............Calories from Fat 35
% Daily Value*
Total Fat 4g ................................................6%
Saturated Fat 2.5g ........................................12%
Trans Fat 0g
Cholesterol 5 mg ........................................2%
Sodium 95 mg ...........................................4%
Potassium 180 mg ..........................5%
Total Carbohydrate 38g ......................13%
Dietary Fiber 0g .......................................0%
Sugars 28g
Protein 8g .............................................16%
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 Glucerna® Shake

*33g of fiber from flax*/

Nutrition Facts

Serving Size 1/2 cup (120mL)
Servings Per Container 12

Amount Per Serving
Calories 190
Total Fat 7g
Saturated Fat 3g
Trans Fat 0g
Cholesterol 10mg
Sodium 60mg
Total carbohydrate 27g
Dietary Fiber 8g

*Flax is a good source of fiber*

Milk & Baking Ingredients

Prep Time 5 min

4c (600mL) FREE Glucerna® Shake, warm
4 portions, 1/2 cup (120mL)

24c (600mL) Blueberry bread, cubed

1c (250mL) Sugar-free blueberry sauce

1/2c (125mL) Powdered sugar

1/3c (75mL) Light brown sugar

1/4c (50mL) Butter or margarine

1/4c (50mL) Sugar-free vanilla syrup

1/4c (50mL) Sugar-free blueberry sauce

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Place cubed bread and blueberry sauce in a 9-inch (22cm) square baking dish.
3. Combine Glucerna® Shake, sugar-free blueberry sauce, brown sugar, and butter.
4. Pour Glucerna® Shake mixture over bread and blueberry sauce.
5. Bake for 30 minutes or until golden-brown.
6. Serve warm with sugar-free vanilla syrup.
Bread Pudding

INGREDIENTS

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

For topping:
1 ¾ C fresh blueberries
(frozen can be used)

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.

Blueberry Topping

INGREDIENTS

⅓ C sugar substitute
1 tsp vanilla
1 tsp cinnamon
½ tsp salt
½ C sugar-free maple syrup
2 Tbsp fresh lemon juice

DIRECTIONS

Makes 6 servings

INGREDIENTS

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

For topping:
1 ¾ C fresh blueberries
(frozen can be used)

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% .................................16%
Calcium 20% ............................................20%
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% ............................................0%
Calcium 0% ............................................0%
Exchanges: ½ Fruit Carb Choices: 1

*Percent Daily Values are based on a 2,000 Calorie diet.
1Adjusted for dietary fiber.
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 ⅓ C (413g)
Servings: 1

Amount Per Serving
Calories 260..............Calories from Fat 70
% Daily Value*
Total Fat 7g......................12%
Saturated Fat 0g.................0%
Trans Fat 0g

Cholesterol <5 mg.........................<2%
Sodium 210 mg..........................9%
Potassium 645 mg......................18%
Total Carbohydrate 43g.............14%
Dietary Fiber 5g......................20%
Sugars 14g

Protein 11g...........................22%

Vitamin A 25%......................Vitamin C 110%
Calcium 25%...........................Iron 25%

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

*Percent Daily Values are based on a 2,000 Calorie diet.
†Adjusted for dietary fiber.
Broccoli Rice Casserole
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

<table>
<thead>
<tr>
<th>Serving Size: 1 C (312g)</th>
<th>Calories 390 .......... Calories from Fat 90</th>
<th>Sodium 620 mg ................................ 26%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings: 4</td>
<td>% Daily Value*</td>
<td>Potassium 570 mg .................................. 16%</td>
</tr>
<tr>
<td>Amount Per Serving</td>
<td>Total Fat 10g ................................... 15%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saturated Fat 3g ................................ 15%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trans Fat 0g ................................... 0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cholesterol 15 mg ................................ 5%</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Total Carbohydrate 58g ........................... 19%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dietary Fiber 6g .................................. 24%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sugars 10g ........................................ 32%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Protein 16g ........................................ 32%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vitamin A 30% ..................................... Vitamin C 60%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Calcium 35% ....................................... Iron 20%</td>
</tr>
</tbody>
</table>

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

MADE WITH

Glucerna Shakes

Homemade Vanilla
Nutritional Drink
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

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 ½ 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 3g ..............................5%  
Saturated Fat 3g ..........................5%  
Trans Fat 0g ..............................0%  
Cholesterol 30 mg ........................10%  
Sodium 390 mg ..........................16%  
Potassium 258 mg ........................7%  
Total Carbohydrate 15g ........................5%  
Dietary Fiber 2g ..........................8%  
Sugars 3g  
Protein 15g ..............................32%  
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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- Progress trackers, grocery lists, and MORE

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Provides 17 essential vitamins and minerals in a clear, refreshing, fruit-flavored drink.

**GLUCERNA SHAKE®**
Complete, balanced nutrition to help people with diabetes minimize blood sugar spikes.†

*Offers may vary.
†Compared to a standard shake. Has CARBSTEADY®, which includes slowly digestible carbohydrates designed to help minimize blood sugar spikes. Use under medical supervision.