



#1



#2



#3



#4



#5



#6



#7

Just For You!

OUR TOP TEN RECIPIES

Made with Nutritious Ensure® Original and Ensure® High Protein



#8



#9



#10

Key Lime Frost

something to drink

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.

RECIPE NUTRITION FACTS

Serving Size: 1 cup

Amount Per Serving	% Daily Value*
Calories 170	Calories from Fat 30
	% 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 any variety of Ensure®. 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.**

Uplifting Punch

something to drink

Makes: 6 servings

INGREDIENTS

- 2 bottles Ensure Clear Blueberry Pomegranate Nutrition 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 Ensure Clear Nutrition 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!

RECIPE NUTRITION FACTS

Serving Size: 1 cup

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

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

Dark Chocolate Waffles

something to start your day

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.

RECIPE NUTRITION FACTS

Serving Size: 1 waffle

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

^{*}Bisquick is not a registered trademark of Abbott Laboratories. [†]This recipe can be prepared with Ensure High Protein, or Ensure Enlive. 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.**

Irish Orange and Currant Scones

something to start your day

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 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.

RECIPE NUTRITION FACTS

Serving Size: 1 scone

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

*This recipe can be prepared with Ensure High Protein, or Ensure Enlive. 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](https://www.ensurehealthymatters.com).**

Turkey Chili with Cornbread Topping

something savory

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 chiles
- 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)



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.

RECIPE NUTRITION FACTS

Serving Size: 1/8 chili and topping

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

*This recipe can be prepared with Ensure High Protein, or Ensure Enlive. 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](https://www.ensurehealthymatters.com).**

Cauliflower Soup

something savory

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.

RECIPE NUTRITION FACTS

Serving Size: 1 cup

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

*This recipe can be prepared with Ensure High Protein, and Ensure Enlive. 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](https://www.ensurehealthymatters.com).**

Creamy Spinach

something savory

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.

RECIPE NUTRITION FACTS

Serving Size: 1/2 cup

Amount Per Serving	% Daily Value [†]		
Calories 290	Calories from Fat 60	Cholesterol 10mg	3%
		Protein 23g	46%
		Sodium 940mg	39%
		Potassium 2,825mg	81%
Total Fat 7g	11%	Vitamin A	860%
Saturated Fat 2.5g	13%	Vitamin C	230%
Trans Fat 0g		Calcium	70%
Total Carb. 42g	14%	Iron	80%
Dietary Fiber 312g	48%		
Sugars 10g			

*This recipe can be prepared with Ensure High Protein, and Ensure Enlive. 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](https://www.ensurehealthymatters.com).**

Apple Harvest Cake

something sweet

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.

RECIPE NUTRITION FACTS

Serving Size: 1/12 cake

Amount Per Serving	% Daily Value†		
Calories 160	Calories from Fat 70	Cholesterol 30mg	10%
	% Daily Value	Protein 4g	8%
Total Fat 8g	12%	Sodium 210mg	9%
Saturated Fat 1g	5%	Potassium 140mg	4%
Trans Fat 0g		Vitamin A	4%
Total Carb. 49g	16%	Vitamin C	6%
Dietary Fiber 2g	8%	Calcium	6%
Sugars 25g		Iron	15%

*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. **Find more nutritious recipes at EnsureHealthyMatters.com.**

Oatmeal Cookies

something sweet

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.

RECIPE NUTRITION FACTS

Serving Size: 2 cookies

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

*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. **Find more nutritious recipes at EnsureHealthyMatters.com.**

Cherry Gelatin

something sweet

Makes: 4 servings

INGREDIENTS

- 1 8-fl-oz bottle chilled Vanilla Ensure® Enlive®**
- 1 3-oz package cherry-flavored gelatin
- 3/4 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: 1/2 cup

Amount Per Serving	% Daily Value [†]
Calories 165	Calories from Fat 25
	% Daily Value
Total Fat 3g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Carb. 29g	10%
Dietary Fiber 1g	3%
Sugars 23g	

Cholesterol 2.5mg	1%
Protein 7g	14%
Sodium 158mg	7%
Potassium 140mg	2%
Vitamin A	4%
Vitamin C	13%
Calcium	13%
Iron	6%

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