

Cubitan Recipe Sheet

If you find it **difficult to drink** the quantity of Cubitan prescribed for you, you may find it easier to **mix it with foods**.

Here are some quick and simple recipes you can try...

Breakfast

Vanilla Honey Porridge

Ingredients (for 1 serving)

- 40g porridge oats
- 50ml warm milk
- 100ml (½ bottle) Cubitan Vanilla (or Strawberry / Chocolate depending on preference)
- Honey or sugar, and milk optional

Method

1. Mix together the warm milk and porridge oats.
2. Stir in the Cubitan and cook over the hob or in the microwave (cooking times vary – follow guidelines on porridge packet).
3. Serve topped with honey / sugar and milk to taste.



Drinks

Strawberry Milk Shake

Ingredients (for 1 serving)

- 1 bottle (200ml) Cubitan Strawberry
- Approx 100g strawberries (fresh, frozen or tinned)
- 1 scoop of vanilla or strawberry ice cream

Method

1. Place all ingredients into a blender and mix until smooth.
To make a chocolate or vanilla shake, omit the strawberries and use chocolate or vanilla flavoured Cubitan and ice cream.

Hot Chocolate

Ingredients (for 1 serving)

- 1 bottle (200ml) of Cubitan chocolate flavour
- Marshmallows / flaked chocolate (optional)
- Whipped cream (optional)

Method

1. Heat Cubitan over the hob or in the microwave – do not boil.
2. Serve topped with marshmallows / flaked chocolate and cream (optional).

Cappuccino

Ingredients (for 1 serving)

- 1 sachet instant cappuccino mix
- 100ml hot water
- 100ml (½ bottle) Cubitan Vanilla

Method

1. Put ingredients into a saucepan or large mug, mix well and heat over the hob or in the microwave – do not boil.
2. Add sugar to taste and serve.



Whiskey or Brandy Cream Dream

Ingredients (for 1 serving)

- 1 measure of whiskey or brandy
- 1 bottle (200ml) Cubitan Vanilla

Method

Combine ingredients and serve in a glass with ice (optional).



NUTRICIA
Cubitan

Soup

Tomato Soup

Ingredients (for 2 servings)

- 1 x 295g can of condensed tomato soup
- 100ml water
- 1 bottle (200ml) Cubitan Vanilla

Method

1. Mix ingredients together and heat in a saucepan or microwave to serving temperature. Do not boil.

2. Serving suggestion – top with cream and chopped herbs, or for a spicy soup stir in a sprinkling of chilli powder.



Desserts

Custard

Ingredients (for 1 serving)

- 1 small pot of ready-made custard
- 100ml Cubitan (any flavour)

Method

1. Empty the custard into a bowl and stir in the Cubitan.
Serve hot or cold.

Tastes great on its own or poured over puddings like stewed fruit or jam sponge.

Milky Jelly

Ingredients (for 3-4 servings)

- 1 packet of jelly (any flavour)
- 100ml boiling water
- 2 bottles (400ml) Cubitan Strawberry or Vanilla

Method

1. Cut jelly into cubes and place into a bowl.
2. Add the boiling water and stir to dissolve jelly.
3. Cool slightly then pour in the Cubitan.
4. Mix thoroughly and leave to set in the fridge.



Easy Mousse Dessert

Ingredients (for 2 servings)

- 1 sachet of Angel Delight powder
- 50ml milk
- 1 bottle (200ml) Cubitan (any flavour)

Method

1. Pour milk into a bowl.
2. Add the Angel Delight powder and mix to a paste with a whisk.
3. Add Cubitan and mix well.
4. Place in the fridge to set for 10 minutes.



You can use any combination of flavours you like – here are some suggestions!

Milky Jelly

- Strawberry jelly and Cubitan Strawberry
- Lemon jelly and Cubitan Vanilla
- Blackcurrant jelly and Cubitan Strawberry

Easy Mousse Dessert

- Strawberry Angel Delight and Cubitan Vanilla
- Chocolate Angel Delight and Cubitan Chocolate
- Banana Angel Delight and Cubitan Strawberry

For further information call our customer service team on Freephone (ROI) 1800 923 404 or (NI) 0800 783 4379

Visit our website

www.nutricia.ie

NUTRICIA
Cubitan