

Cooking with SUSTAGEN®

Simple and tasty recipes with the added benefits of SUSTAGEN®



Serving Suggestion

SUSTAGEN®

Stay Strong, Stay Active with SUSTAGEN®

Good health enables us to reach our potential and enjoy all life has to offer. A winning combination of an active lifestyle plus good nutrition can help your health in so many ways - to have vitality, keep up your immunity and stay well.

Eating a healthy, balanced diet is important at every stage of life, however there are times when we don't eat enough or what we do eat lacks sufficient nutrients, and this can put our health at risk.

You may need additional nutrition when you:

- have a poor appetite and intake has decreased
- have increased nutritional requirements
- involuntarily lose weight
- are unwell or recovering from illness
- are pregnant or breastfeeding.



Nutritional supplements can only be of assistance where dietary intake is inadequate. Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your healthcare professional. SUSTAGEN® Hospital Formula is a formulated meal replacement and cannot be used as a total diet replacement. SUSTAGEN® Instant Pudding is a food for special medical purposes and is specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under the supervision of a healthcare professional.

How can poor nutrition affect me?

Inadequate nutrition may result in a loss of muscle mass, causing a decrease in strength which may impair mobility and the ability to care for oneself.

Poor nutrition may lead to a slower recovery from illness, increased risk of infection, complications from surgery or hospitalisation, and poor wound healing. Unfortunately these factors can further impair appetite, making it a vicious cycle. Left untreated, inadequate nutrition can have an enormous impact on quality of life and may lead to a loss of independence.

However even small changes can make a big difference to your health and well being. SUSTAGEN® Hospital Formula is nutritionally complete, which means that it provides you with all the nutrients that your body needs, including protein and 27 vitamins and minerals.

Try these quick and easy ideas to boost the nutrition in your food by adding SUSTAGEN®.

Enjoy!

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Cooking and baking with SUSTAGEN® products

As well as being delicious and nutritious when made up as per instructions, the SUSTAGEN® Hospital Formula range can be used in cooking and baking to boost the nutrients and make the most out of every mouthful.

	<p>SUSTAGEN® Hospital Formula Neutral Flavour is a high protein, nutritionally complete powdered supplement that can be made up as a delicious drink or added to food.</p> <ul style="list-style-type: none"> Nutritionally Complete 27 Vitamins and Minerals High in Protein (13.8g per serve) High in Calcium and Vitamin D Low in Fat* Gluten Free Low GI (53)
	<p>SUSTAGEN® Hospital Formula Vanilla, Coffee & Chocolate Flavours are high protein, nutritionally complete powdered supplements that can be made up as a delicious drink or can be added when cooking or baking sweet treats.</p> <ul style="list-style-type: none"> Nutritionally Complete 27 Vitamins and Minerals High in Protein (13.8g per serve) High in Calcium and Vitamin D Low in Fat* Gluten Free Low GI: <ul style="list-style-type: none"> Vanilla Flavour (54) Coffee Flavour (48) Chocolate Flavour (49) Plus Fibre Vanilla Flavour (45) Plus Fibre Chocolate Flavour (42) <p>Also available in SUSTAGEN® Hospital Formula Plus Fibre Vanilla and Chocolate Flavours.</p>
	<p>SUSTAGEN® Instant Pudding Vanilla Flavour is a nutritious dessert that can add variety to your diet when requiring additional nutritional support.</p> <ul style="list-style-type: none"> 23 Vitamins and Minerals Source of Calcium High in Energy (291 calories per serve) Source of Vitamin D Gluten Free Low GI (40)

These products are only available from Pharmacy or selected distributors as advised by your healthcare professional.

* When made up with water or skim milk.

Quick and easy serving suggestions

Here are some simple ways to add SUSTAGEN® Hospital Formula Neutral Flavour and SUSTAGEN® Instant Pudding Vanilla Flavour to your everyday foods.



SUSTAGEN® HOSPITAL FORMULA NEUTRAL FLAVOUR						
	FOOD	QUANTITY	SUSTAGEN®	METHOD	ADDED PROTEIN	COMMENTS
BREAKFAST	Porridge	½ cup or 40g raw oats	40g (2 scoops)	Stir into cooked porridge.	9.2g	Add 20-40g depending on taste.
	Cereal	½ cup	20g (1 scoop)	Stir into cereal and add milk.	4.6g	
	Scrambled Eggs	2 eggs	20g (1 scoop)	Stir into 125mL (½ cup) milk. Whisk into eggs and cook over a medium heat, stirring continually for 2-3 minutes.	4.6g	
ACCOMPANIMENTS	Puréed Vegetables	½ cup or approximately 125g	20g (1 scoop)	Blend into vegetables whilst puréeing or stir into puréed vegetables.	4.6g	Texture of vegetables may thin slightly.
	Soup	1 cup or 250mL	20g (1 scoop)	Whisk into soup after heating.	4.6g	Gives a creamy appearance. Works well in tomato, pumpkin and corn. Add 20-40g depending on taste.
	Mashed Potato	1 cup mashed potato or 250g raw peeled potatoes	40g (2 scoops)	Add to cooked potato and mash together.	9.2g	Can be used instead of milk.
	Baked Beans	1 cup or 250g	20g (1 scoop)	Gradually stir into heated beans just before serving.	4.6g	Gives a creamy appearance. Add 20-40g depending on taste.
DESSERTS	Natural Yoghurt	½ cup or 125g	40g (2 scoops)	Stir into yoghurt 5 minutes before serving.	9.2g	Initial grainy appearance, but grains dissolve.
	Custard	½ cup	40g (2 scoops)	Stir into hot or cold custard 5 minutes before serving.	9.2g	Initial grainy appearance, but grains dissolve.

SUSTAGEN® INSTANT PUDDING VANILLA FLAVOUR		
<ul style="list-style-type: none"> Add puréed, canned or stewed fruit to pudding. Try peaches, pears, apricots or rhubarb. 	<ul style="list-style-type: none"> Stir dried fruit or muesli into pudding to add fibre and texture. Try sultanas, apples or apricots. Combine with minimal stirring. 	<ul style="list-style-type: none"> Cold Dessert. Fold whipped cream through prepared pudding made up with milk (not water), freeze and serve as ice cream.
<ul style="list-style-type: none"> Serve pudding with soft fresh fruit. Try mango, banana slices or apricots. Combine with minimal stirring. 	<ul style="list-style-type: none"> To make a coffee flavoured pudding. Dissolve ½ teaspoon of coffee powder in liquid before making up pudding. 	

Easy Drinks: Creamy Chocolate

Ingredients list

1 teaspoon (5g) cocoa

20mL water

160mL milk

20mL cream

60g (3 scoops) SUSTAGEN® Hospital Formula Vanilla Flavour or SUSTAGEN® Hospital Formula Plus Fibre Vanilla Flavour

To make

Dissolve cocoa in hot water. Stir in milk and cream. Add SUSTAGEN® Hospital Formula and stir vigorously.

Other drinks:

- **Tea or coffee** – stir 1 scoop (20g) SUSTAGEN® Hospital Formula Vanilla or Neutral Flavour into 1 cup or 250mL tea or coffee as a replacement to milk.
- **Orange or apple juice** – whisk 1 scoop (20g) SUSTAGEN® Hospital Formula Vanilla or Neutral Flavour into 1 cup or 250mL juice with a fork just before serving. Note: May separate on standing, simply mix to combine.



Serving Suggestion

 Preparation time: 5 min

 Servings: 1

Notes:

SUSTAGEN® Hospital Formula Vanilla Flavour and cocoa can be replaced with SUSTAGEN® Hospital Formula Chocolate Flavour or SUSTAGEN® Hospital Formula Plus Fibre Chocolate Flavour.

For best results use a shaker. For a warm drink, you can heat it up on the stove or microwave.

Recipe nutrition:

Creamy Chocolate
• Added protein 13.8g

Water/Milk
• Added protein 4.6g

Juice (Orange, Apple)
• Added protein 4.6g

Smoothies: Banana Berry

Ingredients list

200mL milk

1 small banana, sliced

¼ cup vanilla yoghurt

2 teaspoons honey

¼ cup frozen berries

60g (3 scoops) SUSTAGEN® Hospital Formula Vanilla Flavour

To make

Place all ingredients in a blender and process until well combined. Pour into a glass and serve. Top with a few extra berries or a sprig of fresh mint.

Other flavours:

- **Banana honey buzz** – take out frozen berries.
- **Banana, prune and orange** – take out honey and berries and replace with ¼ cup pitted prunes and 2 teaspoons finely grated orange rind.
- **Tropical bliss** – take out honey and berries and replace with ¼ cup fresh or canned mango.

 Preparation time: 5 min

 Servings: 1

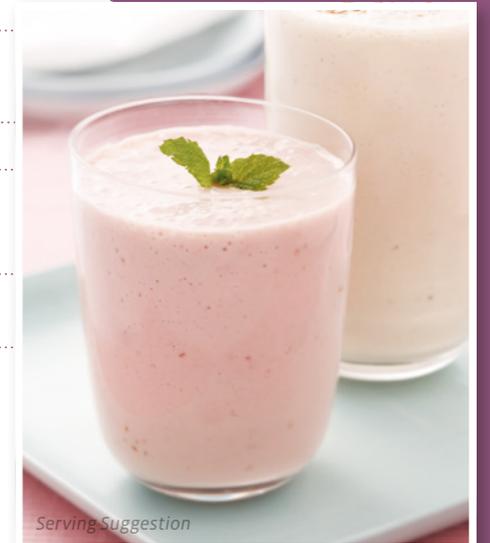
Notes:

SUSTAGEN® Hospital Formula Vanilla Flavour can be replaced with Chocolate or Neutral Flavour, or with SUSTAGEN® Hospital Formula Plus Fibre Vanilla or Chocolate Flavour.

Recipe nutrition:

- Source of fibre*.
- Good source of calcium and zinc.
- A serving of fruit in every smoothie.

* When recipe is made with SUSTAGEN® Hospital Formula Plus Fibre Vanilla or Chocolate Flavour.



Serving Suggestion

Chocolate Drinks: Mocha Delight

Ingredients list

200mL milk

2 scoops vanilla ice cream

1 tablespoon chocolate topping

½ teaspoon instant coffee

60g (3 scoops) SUSTAGEN® Hospital Formula Vanilla Flavour
or SUSTAGEN® Hospital Formula Plus Fibre Vanilla Flavour

To make

Place all ingredients in a blender and process until well combined. Pour into a glass and serve. Garnish with grated or flaked chocolate.

Other flavours:

- **Black forest** – add ¼ cup pitted canned black cherries.
- **Chocolate lamington** – take out instant coffee and replace with ½ teaspoon coconut essence.
- **Chocolate and cinnamon** – take out instant coffee and replace with ½ teaspoon ground cinnamon.
- **Strong coffee** – Use SUSTAGEN® Hospital Formula Coffee Flavour instead of Vanilla Flavour.



 Preparation time: 5 min

 Servings: 1

Notes:

SUSTAGEN® Hospital Formula Vanilla Flavour and Chocolate topping can be replaced with SUSTAGEN® Hospital Formula Chocolate Flavour, Coffee Flavour or SUSTAGEN® Hospital Formula Plus Fibre Chocolate Flavour.

Recipe nutrition:

- Good source of protein.
- High in calcium, iron and zinc.
- Delicious energising snack.

Fruity Drinks: Strawberry and Vanilla

Ingredients list

200mL milk

2 scoops vanilla ice cream

½ cup frozen strawberries

60g (3 scoops) SUSTAGEN® Hospital Formula Vanilla Flavour

To make

Place all ingredients in a blender and process until well combined. Pour into a glass and serve.

Other flavours:

- **Apricot and almond** - replace frozen strawberries with ½ cup canned/stewed apricots and ¼ teaspoon almond essence.
- **Berry bliss** - take out frozen strawberries and replace with mixed berries.
- **Lemon cheesecake** - replace frozen strawberries with ½ cup yoghurt and ¼ teaspoon lemon juice.



 Preparation time: 5 min

 Servings: 1

Notes:

SUSTAGEN® Hospital Formula Vanilla Flavour can be replaced with SUSTAGEN® Hospital Formula Plus Fibre Vanilla Flavour.

Recipe nutrition:

- Energy boost.
- High in calcium.
- Good source of iron and zinc.

Smooth, sweet and creamy, pumpkin soup is always a favourite.

Pumpkin Soup

Ingredients list

- 1 tablespoon oil
- ½ onion, chopped
- 400g pumpkin, chopped
- 1 potato, chopped
- 2 cups water
- ½ teaspoon stock powder
- 160g (8 scoops) SUSTAGEN® Hospital Formula Neutral Flavour**

To make

1. Heat oil in a pot. When hot add onion and cook until clear.
2. Add pumpkin, potato, water and stock. Cook until soft.
3. Blend with a hand-held stick mixer until smooth.
4. Gradually add SUSTAGEN® Hospital Formula and stir into soup.



 **Cooking time:** 15 min

 **Preparation time:** 10 min

 **Servings:** 4

Notes:

For an alternative taste you can substitute pumpkin with sweet potato.

NUTRIENT	PER SERVE
Energy - kJ	930kJ
- Calories	225Cal
Protein	9.3g
Total Fat	5.6g
- Saturated Fat	0.8g
Carbohydrate	32.1g
- Sugars	20.5g
Dietary Fibre	3.4g
Sodium	202mg

Warm yourself up on a chilly day with this hearty, tasty soup.



Pea and Bacon Soup

Ingredients list

- 1 tablespoon oil
- ½ onion, chopped
- 500g frozen peas
- 2 carrots, peeled and chopped
- 3 cups water
- ½ teaspoon stock powder
- 140g (7 scoops) SUSTAGEN® Hospital Formula Neutral Flavour
- 100g bacon, cooked and chopped

To make

1. Place oil in a saucepan.
2. Add onion and cook until clear.
3. Add peas, carrots, water and stock. Cook until soft.
4. Blend together using a hand-held stick mixer.
5. Stir in SUSTAGEN® Hospital Formula.
6. Add bacon.



- Cooking time:** 20 min
- Preparation time:** 10 min
- Servings:** 4

Notes:

For a vegetarian option, leave out the bacon.

NUTRIENT	PER SERVE
Energy - kJ	1480kJ
- Calories	355Cal
Protein	22.6g
Total Fat	12.6g
- Saturated Fat	3.5g
Carbohydrate	32.7g
- Sugars	20.3g
Dietary Fibre	10.8g
Sodium	662mg

An old-fashioned favourite.



Chicken and Vegetable Casserole

Ingredients list

- | | |
|--|--|
| 4 tablespoons plain flour | 3 bay leaves |
| 500g chicken, cut into pieces | ½ cup water |
| 1 tablespoon olive oil | 50g spinach |
| 1 leek, finely sliced | 200g (10 scoops) SUSTAGEN® Hospital Formula Neutral Flavour |
| 1 ½ cups liquid chicken stock | Salt and pepper to taste |
| 2 carrots, peeled and cut into slices | |
| 4 small potatoes, peeled and cut into pieces | |

To make

1. Place flour in a bowl. Add the chicken and toss through.
2. Heat a heavy saucepan. Add oil.
3. Remove the chicken from the bowl and place in the pan. Cook each side until golden (approximately 3-4 minutes).
4. Transfer to a plate.
5. Place leek and stock to the pan. Cook until softened.
6. Add chicken, carrot, potato, bay leaves and water. Cover with a lid.
7. Bring to the boil. Reduce heat to simmer. Add spinach. Cook for approximately 30 minutes or until vegetables are tender.
8. Turn off the heat. Remove bay leaves and stir through SUSTAGEN® Hospital Formula.
9. Season with salt and pepper.

 **Cooking time:** 30 min

 **Preparation time:** 20 min

 **Servings:** 4-5

Notes:

You can use any leftover vegetables in place of the carrots and potatoes.

NUTRIENT	PER SERVE
Energy - kJ	1620kJ
- Calories	390Cal
Protein	25.3g
Total Fat	6.8g
- Saturated Fat	1.8g
Carbohydrate	43.9g
- Sugars	20.6g
Dietary Fibre	3.3g
Sodium	536mg

Values are based on recipe preparing 5 servings.



You cannot beat a pasta bake
for lunch or dinner.

Tuna and Pasta Bake

Ingredients list

50g salt reduced butter

3 tablespoons plain flour

1 ½ cups milk

240g (12 scoops) SUSTAGEN® Hospital Formula Neutral Flavour

½ cup grated tasty cheese

Salt and pepper to taste

250g spiral pasta, cooked

3 hard boiled eggs, shelled and quartered

425g can tuna in brine or water, drained

½ cup frozen peas

½ cup grated cheese, for topping

½ cup fresh breadcrumbs

To make

1. Preheat oven to 180°C (360°F) conventional / 170°C (340°F) fan forced. Grease a 30cm x 20cm baking dish.
2. Melt butter in a small saucepan, add flour and cook for 1 minute. Remove from heat.
3. Gradually whisk in milk, return to heat and bring to the boil stirring continually until sauce thickens.
4. Stir in SUSTAGEN® Hospital Formula and grated tasty cheese until melted and smooth. Season with salt and pepper.
5. Arrange cooked pasta, egg, tuna and peas into baking dish. Pour over sauce and mix through.
6. Sprinkle with grated cheese and breadcrumbs and bake in oven for 20 minutes or until golden.

 **Cooking time:** 20 min

 **Preparation time:** 20 min

 **Servings:** 6

Notes:

You can use canned salmon or meat instead of tuna.

This dish can be made in a large dish or individual ramekins.

For increased fibre, SUSTAGEN® Hospital Formula Plus Fibre can be used.

NUTRIENT	PER SERVE
Energy - kJ	2590kJ
- Calories	620Cal
Protein	43.4g
Total Fat	25g
- Saturated Fat	13.6g
Carbohydrate	53.9g
- Sugars	23g
Dietary Fibre	2.6g
Sodium	687mg

Try these Italian – inspired meatballs for an economical but tasty dish.



Serving Suggestion

Italian Meatballs

Ingredients list

100g (5 scoops) SUSTAGEN® Hospital Formula Neutral Flavour

500g mince

½ onion, chopped

20g bread crumbs

1 egg

1 tablespoon dried mixed herbs

40mL oil

500g tomato passata

1 teaspoon beef stock powder

1 cup water

20g fresh basil, chopped

To make

1. Combine SUSTAGEN® Hospital Formula, mince, onion, bread crumbs, egg and dried mixed herbs in a bowl.
2. Once combined create small balls.
3. Place meatballs on pan and cook at a low heat until brown on all sides.
4. Once cooked cover with tomato passata.
5. Add stock powder and water, stir well.
6. Cover, cook on low for 15 minutes.
7. Add basil and stir through. Serve.



 **Cooking time:** 15 min

 **Preparation time:** 15 min

 **Servings:** 4

Notes:

If you do not have any passata, substitute with diced tomatoes.

Serve with pasta, rice or mash.

NUTRIENT	PER SERVE
Energy - kJ	1790kJ
- Calories	430Cal
Protein	37.8g
Total Fat	19.2g
- Saturated Fat	4.9g
Carbohydrate	24.5g
- Sugars	16g
Dietary Fibre	3g
Sodium	475mg

This classic Shepherd's Pie is comfort food for the soul and is just the dish for lunch or dinner.



Serving Suggestion

Shepherd's Pie

Ingredients list

1 tablespoon olive oil	1 tablespoon tomato paste
500g beef mince	Salt and pepper to taste
1 onion, finely chopped	5 (400g) desiree potatoes, peeled, chopped
1 carrot, grated	2 tablespoons butter
1 zucchini, grated	125mL milk
2 celery sticks, finely chopped	200g (10 scoops) SUSTAGEN® Hospital Formula Neutral Flavour
2 tablespoons plain flour	Parmesan cheese
500mL beef stock	
1 dried bay leaf	

To make

1. Preheat the oven to 200°C.
2. Heat oil in a large saucepan.
3. Add mince and cook. Stir constantly to break up the mince.
4. Add onion, carrot, zucchini and celery. Cook for 5 minutes or until soft.
5. Add flour and cook until combined.
6. Add stock, bay leaf and tomato paste. Bring to the boil then reduce the heat and allow to simmer for 30 minutes. Sauce should become thick. Season with salt and pepper.
7. For the topping boil the potatoes until tender. Drain the water and mash the potatoes.
8. Add butter and mix. Once mixed through, stir through the milk and SUSTAGEN® Hospital Formula.
9. Spoon the meat into an oven-proof dish. Cover with the mash potato. Sprinkle salt, pepper and a small amount of parmesan cheese.
10. Bake for 20-25 minutes or until the potato is golden.

 **Cooking time:** 55 min

 **Preparation time:** 30 min

 **Servings:** 4-6

Notes:

This Shepherd's Pie can be portioned and baked in individual ramekins for a more stylish presentation.

NUTRIENT	PER SERVE
Energy - kJ	1690kJ
- Calories	405Cal
Protein	30.8g
Total Fat	14.3g
- Saturated Fat	5.5g
Carbohydrate	36.5g
- Sugars	18.8g
Dietary Fibre	2.6g
Sodium	414mg

Values are based on recipe preparing 6 servings.

Mouth watering cake to go with a cup of tea or coffee.



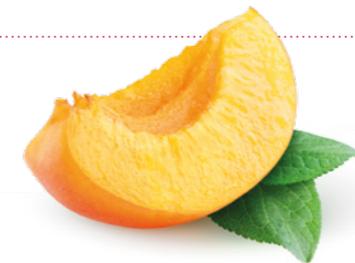
Fruit Shortcake

Ingredients list

- 1 cup self raising flour
- 1 cup plain flour
- 1 teaspoon caster sugar
- 300g (15 scoops) SUSTAGEN® Hospital Formula Neutral or Vanilla Flavour
- 250g butter, melted
- 2 eggs, beaten
- ½ cup full cream milk
- 800g canned apricots, drained

To make

1. Preheat oven to 180°C (360°F) conventional / 160°C (320°F) fan forced.
2. Grease and line a 20cm x 30cm baking pan.
3. Sift all dry ingredients including SUSTAGEN® Hospital Formula into a bowl.
4. Stir in butter, eggs and milk until well combined.
5. Press half of the mixture into prepared pan.
6. Arrange apricots over mixture and crumble remaining mixture over the top.
7. Bake for 30-35 minutes or until golden and cooked through.
8. Serve warm as a dessert with a dollop of cream or cooled for afternoon tea.



 **Cooking time:** 30-35 min

 **Preparation time:** 20 min

 **Servings:** 6-8

Notes:

Replace apricots with any of your favourite canned or fresh fruits such as peaches, apples or mixed fruit. Serve warm or cold, cut into squares for afternoon tea or with a dollop of cream for dessert.

NUTRIENT	PER SERVE
Energy - kJ	2265kJ
- Calories	540Cal
Protein	15.7g
Total Fat	25.4g
- Saturated Fat	11g
Carbohydrate	60.4g
- Sugars	26.4g
Dietary Fibre	4.4g
Sodium	349mg

Values are based on recipe preparing 8 servings.

Fruity and creamy, this Berry Mousse makes a “berry delicious” dessert or treat.



Serving Suggestion

Berry Mousse

Ingredients list

64g (4 scoops) SUSTAGEN® Instant Pudding Vanilla Flavour

160mL water

1 cup fresh or frozen raspberries (defrosted)

1 tablespoon icing sugar

$\frac{3}{4}$ cup or 200mL tub of plain Greek yoghurt

Extra raspberries

To make

1. In a bowl whisk SUSTAGEN® Instant Pudding and water.
2. Lightly crush raspberries with a fork and stir in sugar.
3. Fold raspberries and yoghurt into pudding mix.
4. Spoon mixture into serving dishes, decorate with extra raspberries and serve.



 Preparation time: 10 min

 Servings: 4

Notes:

Substitute berries for other chopped fresh or canned fruit.

Helpful tips:

Use gluten free pure icing sugar for a gluten free dessert.

NUTRIENT	PER SERVE
Energy - kJ	680kJ
- Calories	165Cal
Protein	5.3g
Total Fat	7g
- Saturated Fat	3g
Carbohydrate	17.7g
- Sugars	13.6g
Dietary Fibre	1.9g
Sodium	163mg

For a morning tea snack, you can't go past these muffins.

Banana Muffins

Ingredients list

1 ¼ cups self raising flour, sifted

⅔ cup brown sugar

240g (12 scoops) SUSTAGEN® Hospital Formula Neutral or Vanilla Flavour

2 tablespoons butter, melted

½ cup full cream milk

1 egg, beaten

1 banana, ripe

Optional:

- ½ teaspoon cinnamon

To make

1. Heat oven to 180°C.
2. Grease a six-case muffin tray.
3. Place sifted flour, brown sugar and SUSTAGEN® Hospital Formula in a bowl. Mix well.
4. Melt butter and combine in a bowl with milk, egg and chopped banana.
5. Add wet ingredients to dry ingredients and mix gently. Do not over-mix.
6. Place mixture in muffin tray and bake for 30 minutes.
7. Allow to cool out of oven.



 **Cooking time:** 30 min

 **Preparation time:** 15 min

 **Servings:** 6

Notes:

You can replace bananas with apples, peaches, pears or any of your favourite fruit.

SUSTAGEN® Hospital Formula Vanilla Flavour can be replaced with SUSTAGEN® Hospital Formula with Fibre Vanilla Flavour.

You can also try using Chocolate Flavour.

NUTRIENT	PER SERVE
Energy - kJ	1545kJ
- Calories	370Cal
Protein	14.3g
Total Fat	7.9g
- Saturated Fat	4.8g
Carbohydrate	59.8g
- Sugars	30.2g
Dietary Fibre	1.5g
Sodium	352mg

Be a trifle naughty this Christmas with this classic layered dessert.



Serving Suggestion

Christmas Trifle

Ingredients list

300g chocolate sponge roll

¼ cup fruit juice or other thin fluid

96g (6 scoops) SUSTAGEN® Instant Pudding Vanilla Flavour

80g puréed fruit (apple and mixed berry used here)

To make

1. Lightly soak sponge roll in a small amount of fruit juice or other thin fluid.
2. Prepare required amount of SUSTAGEN® Instant Pudding as per tin instructions.
3. Layer soaked sponge roll with SUSTAGEN® Instant Pudding and puréed fruit, alternating layers until you finish with the SUSTAGEN® Instant Pudding layer.
4. Set in fridge for at least 2 hours before serving.

 Preparation time: 10 min

 Servings: 3

Notes:

This recipe can be made in a large bowl or in individual glass bowls.

NUTRIENT	PER SERVE
Energy - kJ	2090kJ
- Calories	500Cal
Protein	9.4g
Total Fat	19.9g
- Saturated Fat	10.8g
Carbohydrate	71.8g
- Sugars	50g
Dietary Fibre	1.7g
Sodium	627mg

Nothing says 'holiday spirit'
like this creamy
Christmas beverage.



Serving Suggestion

Yuletide Eggnog

Ingredients list

48g (3 scoops) SUSTAGEN® Instant Pudding Vanilla Flavour

1 tablespoon instant quick custard powder

1 tablespoon dark rum

200mL water

To make

1. Blend all dry ingredients.
2. Mix rum and water.
3. Combine wet and dry ingredients as per can instructions.
4. Pour in a glass and serve.
5. Makes approximately 250mL serve.

 Preparation time: 5 min

 Servings: 1

NUTRIENT	PER SERVE
Energy - kJ	1235kJ
- Calories	295Cal
Protein	6.8g
Total Fat	8.5g
- Saturated Fat	1.2g
Carbohydrate	37.8g
- Sugars	17g
Dietary Fibre	0g
Sodium	443mg



Stay Strong, Stay Active with SUSTAGEN®

Good health enables us to reach our potential and enjoy all life has to offer. A winning combination of an active lifestyle plus good nutrition can help your health in so many ways – to have vitality, keep up your immunity and stay well. Enjoy these recipes to add SUSTAGEN® to your everyday life, to nourish you and those that you care about.



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