

FORTISIP

'DELICIOUS DESSERT' RECIPES



STEAMED TOFFEE PUDDING, LEMON MERINGUE PIE, GINGER BANANA CRUNCH

STEAMED TOFFEE PUDDING

Use prepared cake or muffin warmed in the microwave, pour over warm Toffee Sauce made with Toffee Fortisip for a really quick dessert. This Toffee Sauce is also great poured over ice cream or pancakes.

INGREDIENTS (FOR 2 SAUCE SERVINGS)

110g/4oz sliced, prepared cake or muffin
110g/4oz muscovado light sugar } Sauce
25g/1oz butter }
1/2 carton Toffee Fortisip }

METHOD

1. Gently warm sauce ingredients together in a small pan and stir constantly until sugar has melted.
2. Leave to stand for about ten minutes before serving or chill in fridge to serve as a cold sauce.
572kcal and 6.3g protein per serving.

LEMON MERINGUE PIE

A traditional dessert made easy using a pie filling mix and prepared pastry case.

INGREDIENTS (FOR 4 SERVINGS)

70g sachet lemon pie filling
1 carton Neutral Fortisip
1 x 18cm/7" baked sweet pastry case
2 medium egg whites
75g/3oz caster sugar

METHOD

1. Prepare pie filling following packet instructions, but replace milk with Neutral Fortisip. Leave to cool.
2. Follow packet instructions to make meringue.
3. Oven bake as per packet instructions until meringue is lightly crisp.
4. Serve warm or cold.
554kcal and 9.8g protein per serving.

GINGER BANANA CRUNCH

A creamy banana dessert layered with crunchy ginger biscuits.

INGREDIENTS (FOR 2 SERVINGS)

75g/2 1/2oz ginger nut biscuits, crushed
1 medium banana, finely sliced
1 sachet butterscotch flavour instant whip
1 carton Banana Fortisip, chilled

METHOD

1. Make up Butterscotch Whip following packet instructions, but replace milk with Banana Fortisip.
2. Pour into two serving dishes lined with sliced banana. Finish with a biscuit layer.
3. Serve immediately.
529kcal and 9.6g protein per serving.

SPECIAL CREAM CHANTILLY

Perfect with dessert. Serve in spoonfuls or use as a cake filling. Store in the fridge for up to 24 hours.

INGREDIENTS (FOR 4 SERVINGS)

1 carton Neutral Fortisip, chilled
2 x 36g sachets Dream Topping™

METHOD

1. Place Neutral Fortisip into a medium sized bowl, whisk in Dream Topping™ until thick.
2. Cover and store in fridge until required.
199kcal and 4.2g protein per serving.

