

*Flavorful Fortified*

*Food*

*Recipes to Enrich Life*

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## Apple Pie à la Mode Shake



**Start to Finish:** 10 min  
**Active Time:** 10 min

### Ingredients

Milk, whole  
Ice cream, vanilla  
Apple pie filling

### 1 Serving

3 Tbsp  
½ cup  
½ cup

### 10 Servings

2 ¼ cup  
4 ½ cups  
4 ½ cups

### Method of Preparation

1. Blend all ingredients in a blender or food processor until smooth.

### Nutrition Facts per 1 cup serving

Calories	Protein	Carbohydrates	Fat
298 kcal	4 g	52 g	9 g

### ✦ Helpful Hints

- \* Garnish with a dash of cinnamon or whipped cream
- \* Use fortified milk to add more nutrition
- \* Use cherry pie filling for a cherry pie a la mode shake

*Food First!*

Table III-29. Chocolate Almond Shake

**Chocolate Almond  
Milkshake**



**Start to Finish:** 10 min  
**Active Time:** 10 min

**Ingredients**

Half and half  
Ice cream, chocolate  
Instant breakfast mix, chocolate  
Almond extract

**1 Serving**

½ cup  
¾ cup  
1 package  
½ capful

**10 Servings**

5 cups  
2 quarts  
10 packages  
5 caps full

**Method of Preparation**

1. Blend all ingredients in a blender or food processor until smooth.

**Nutrition Facts** per 1 cup serving

Calories	Protein	Carbohydrates	Fat
575 kcal	14 g	55 g	33 g




**Helpful Hints**

- \* For an added protein boost, add peanut butter
- \* Variations can be made with chocolate milk, vanilla ice cream, or vanilla instant breakfast mix

Table III-30. Fortified Milk

**Fortified Milk**



**Start to Finish:** 6 hr 5 min

**Active Time:** 5 min

<b>Ingredients</b>	<b>1 Serving</b>	<b>10 Servings</b>
Milk, whole	1 cup	2 ½ quart
Non-fat dry milk	¼ cup	2 ½ cups

**Method of Preparation**

1. Blend ingredients, refrigerate for 6 hours

**Nutrition Facts** per 1 cup serving

Calories	Protein	Carbohydrates	Fat
257 kcal	19 g	27 g	8 g

 **Helpful Hints**

- \* Fortified milk can also be made with any kind of milk - buttermilk, lactaid milk, chocolate milk
- \* Add a flavored syrup or powder for variety, such as chocolate or strawberry

## Ambrosia



**Start to Finish:** 2 hr 15 min  
**Active Time:** 15 min

### Ingredients

Sweetened condensed milk  
Lemon juice  
Canned mixed fruit, drained  
Corn syrup  
Whipped topping

### 1 Serving

3 Tbsp  
2 ½ tsp  
¼ cup  
1 ¼ tsp  
4 ¾ tsp

### 10 Servings

2 cups  
½ cup  
3 cups  
¼ cup  
1 cup

### Method of Preparation

1. Combine condensed milk and lemon juice, allow to stand and thicken for 5 minutes.
2. Stir in the fruit and corn syrup, then fold in whipped topping.
3. Chill covered for 2 hours in the refrigerator, or for 30 to 45 minutes in the freezer.

### Nutrition Facts per ½ cup serving

Calories	Protein	Carbohydrates	Fat
289 kcal	5 g	54 g	7 g

### ✦ Helpful Hints

- \* Garnish with flaked coconut or mini marshmallows
- \* Vary the recipe by trying different canned fruits, such as a tropical mix or peaches and pears

## Peanut Butter Cup Pudding



**Start to Finish:** 1 hr 20 min  
**Active Time:** 20 min

### Ingredients

Prepared pudding, chocolate  
Peanut butter, creamy  
Evaporated milk  
Vegetable oil  
Chocolate syrup

### 1 Serving

2 Tbsp  
4  $\frac{3}{4}$  tsp  
4  $\frac{3}{4}$  tsp  
3  $\frac{3}{4}$  tsp  
2  $\frac{1}{2}$  tsp

### 10 Servings

1  $\frac{1}{4}$  cup  
1 cup  
1 cup  
 $\frac{3}{4}$  cup  
1  $\frac{1}{4}$  cup

### Method of Preparation

1. Prepare the pudding according to directions on the box.
2. Combine all ingredients in a blender or mixer, or mix by hand in a bowl.
3. Chill the pudding mixture in the refrigerator for at least one hour. See below for serving suggestions and variations

### Nutrition Facts per $\frac{1}{2}$ cup serving

Calories	Protein	Carbohydrates	Fat
kcal	g	g	g

### ✦ Helpful Hints

- \* Pudding can be stored in the refrigerator for up to three days
- \* Garnish pudding with chocolate chips, a dollop of jam, sliced bananas, or sprinkles
- \* Try different flavored puddings for variety, such as vanilla or banana cream

## Coffee Latte Bravo



**Start to Finish:** 10 min  
**Active Time:** 10 min

### Ingredients

Water  
Instant coffee powder  
Evaporated milk  
Sugar (optional)

### 1 Serving

¼ cup  
1 Tbsp  
¾ cup  
3 Tbsp

### 10 Servings

2 ½ cups  
2/3 cup  
7 ½ cups  
2 cups

### Method of Preparation

1. Bring water to a boil and remove from heat. Add coffee powder and sugar (if using), stirring until dissolved
2. Heat evaporated milk to a simmer, stir in coffee syrup. Serve hot.

### Nutrition Facts per 1 cup serving

Calories	Protein	Carbohydrates	Fat
kcal	g	g	g

### ✦ Helpful Hints

- \* Prepare coffee syrup ahead of time and add to chilled milk for a refreshing coffee drink
- \* Syrup can be stored for up to a week in the refrigerator
- \* Garnish hot or cold beverage with whipped topping and cinnamon or chocolate syrup

## Cheddar Cheese Soup



**Start to Finish:**

1 hr 30 min

**Active Time:**

30 min

### Ingredients

	1 Serving	10 Servings
Margarine	2 ½ tsp	½ cup
Onion, chopped	1 ¼ tsp	¼ cup
Broth, chicken	6 Tbsp	1 quart
Evaporated milk	6 Tbsp	1 quart
Worcestershire sauce	¼ tsp	2 tsp
Cheddar cheese, mild or sharp, grated	6 Tbsp	1 quart

### Method of Preparation

1. Melt margarine. Cook the onions until translucent. Add chicken broth and evaporated milk.
2. Bring to a high simmer on medium heat. Add Worcestershire sauce and cheddar cheese. Stir until cheese is completely melted.

### Nutrition Facts per 1 cup serving

Calories	Protein	Carbohydrates	Fat
402 kcal	17 g	13 g	31 g

### ✦ Helpful Hints

- \* Garnish soup with croutons, chopped vegetables, chives, paprika, sour cream or plain yogurt
- \* Try making cheddar soup with Tabasco sauce, chili powder or cayenne for an added kick
- \* Prepare soup with vegetables or potatoes for a more complete meal



## Cream Soup Base



**Start to Finish:** 25 min  
**Active Time:** 25 min

### Ingredients

Margarine  
Flour  
Salt  
Powdered milk  
Broth  
Evaporated milk  
White pepper

### 1 Serving

4  $\frac{3}{4}$  tsp  
4  $\frac{3}{4}$  tsp  
Dash  
4  $\frac{3}{4}$  tsp  
6 Tbsp  
 $\frac{1}{2}$  cup  
To taste

### 10 Servings

1 cup  
1 cup  
1 tsp  
1 cup  
1 quart  
1  $\frac{1}{2}$  quarts  
To taste

### Method of Preparation

1. Melt margarine in a sauté pan, whisk in flour and salt. Stir to a smooth consistency, and cook until toasty but not browned.
2. In a saucepan, combine powdered milk, broth and evaporated milk, bring to a slow simmer.
3. Slowly add milk mixture to the flour and margarine. Stir frequently to avoid scorching, cook until thickened. Season with white pepper.

### Nutrition Facts per 1 cup serving

Calories	Protein	Carbohydrates	Fat
461 kcal	17 g	32 g	30 g

### ✧ Helpful Hints

- \* Cream soup base can be used as a cream sauce for meats or vegetables, or as a base for creamy soups
- \* Try the following varieties of cream soup: carrots, broccoli, corn, mushrooms, asparagus or cauliflower

## Chunky Potato Chowder



**Start to Finish:**  
**Active Time:**

2 hr 10 min  
40 min

### Ingredients

Potato, diced  
Water, boiled  
Salt  
Powdered milk  
Evaporated milk  
Margarine  
Onions, chopped  
Flour, all purpose  
Pepper

### 1 Serving

¼ cup  
6 Tbsp  
1/8 tsp  
2 Tbsp  
2/3 cup  
½ Tbsp  
1 tsp  
½ Tbsp  
Dash

### 10 Servings

2 ½ cups  
1 quart  
1 ½ tsp  
1 ½ cup  
1 ½ quarts  
1/3 cup  
3 Tbsp  
3 Tbsp  
Dash

### Method of Preparation

1. Cook diced potatoes in salted water, until fork tender. Reserve 2 cups of cooking liquid, drain potatoes and set aside.
2. In a saucepan, mix powdered and evaporated milks, add reserved cooking liquid and bring to a slow simmer. Stir occasionally to prevent scorching.
3. In a sauté pan, melt margarine. Sauté onions until translucent, about 10 minutes. Add flour and pepper to onions, cook over medium heat until smooth for about 2 to 3 minutes. Add hot milk mixture to the sauté pan, cook until thickened, stirring constantly.
4. Stir in potatoes, bring to a slow simmer, season to taste.

### Nutrition Facts per 1 cup serving

Calories	Protein	Carbohydrates	Fat
353 kcal	18 g	33 g	17 g

### Helpful Hints

- \* Garnish soup with chopped parsley, parmesan cheese, a dollop of sour cream or plain yogurt, or crumbled bacon
- \* Try making potato chowder with bacon fat instead of margarine
- \* Make different types of chowder by adding corn, canned clams, or diced ham

## Baked Dressing Casserole



**Start to Finish:** 45 min  
**Active Time:** 15 min

### Ingredients

Bread  
 Margarine  
 Condensed Cream soup, undiluted  
 Seasoning, any type

### 1 Serving

1 slice  
 2 ½ tsp  
 ¼ cup  
 To taste

### 10 Servings

10 slices  
 ½ cup  
 3 cups  
 To taste

### Method of Preparation

1. Preheat oven to 350°F. Break bread into cubes, about 1 inch. Place bread into a pan with deep enough sides.
2. Heat cream soup. Combine margarine and soup, add seasoning to taste. Drizzle evenly over bread cubes, stir to coat.
3. Bake dressing for 15 to 30 minutes, until golden brown.

### Nutrition Facts per ½ cup serving

Calories	Protein	Carbohydrates	Fat
201 kcal	3 g	18 g	13 g

### ✦ Helpful Hints

- \* Seasoning ideas: garlic powder, oregano and basil; onion powder, cilantro, and chili powder; poultry seasoning blend
- \* Baked Dressing Casserole can be made with any type of bread, such as whole wheat, French bread, cornbread, or biscuits
- \* The size portion depends on the type of bread used and the size and density of the slice. To measure accurately divide the finished recipe into 10 equal portions

## Rich Gravy



**Start to Finish:** 30 min  
**Active Time:** 30 min

### Ingredients

Gravy mix, powdered  
Hot water  
Non-fat dry milk  
Liquid non-dairy creamer  
Margarine, melted

### 1 Serving

2 ½ tsp  
1 ¼ Tbsp  
2 Tbsp  
3 Tbsp  
2 ½ tsp

### 10 Servings

½ cup  
1 ¼ cups  
1 ½ cup  
2 cups  
½ cup

### Method of Preparation

1. In a saucepan, stir the gravy mix into the hot water until free of lumps.
2. Over low-medium heat, stir in the non-fat dry milk, non-dairy creamer, melted margarine.
3. Bring the gravy to a slow simmer, stirring constantly to prevent scorching.

### Nutrition Facts per 1/3 cup serving

Calories	Protein	Carbohydrates	Fat
227 kcal	7 g	17 g	15 g

### ✦ Helpful Hints

- \* Serve with meat, poultry, mashed potatoes, or biscuits
- \* Prepare gravy ahead of time, and reheat as needed. Store for up to one week in the refrigerator
- \* To reheat the gravy, place in a saucepan and warm over low-medium heat, stirring constantly until bubbly

## Egg Salad



**Start to Finish:** 40 min  
**Active Time:** 15 min

### Ingredients

	1 Serving	10 Servings
Mayonnaise	2 ½ tsp	½ cup
Evaporated milk	2 ½ tsp	½ cup
Mustard	¼ tsp	2 tsp
Eggs, hard cooked, cooled, chopped	1 each	10 each
Celery, diced (optional)	1 ¼ tsp	¼ cup
Onion, diced (optional)	1 ¼ tsp	¼ cup

### Method of Preparation

1. In a bowl, mix mayonnaise, evaporated milk and mustard.
2. Stir in the hard cooked eggs, celery and onions if using. Chill the egg salad for about 25 minutes before serving.

### Nutrition Facts per ¾ cup serving

Calories	Protein	Carbohydrates	Fat
141 kcal	7 g	5 g	10 g

### ✦ Helpful Hints

- \* Serve egg salad over lettuce, on top of crackers, or on toasted bread for a sandwich
- \* For variety, add shredded cheese, crumbled bacon, pickle relish, or diced tomatoes