



**FRESENIUS
KABI**

caring for life



Frebini[®] Recipes

Effective nutritional intake

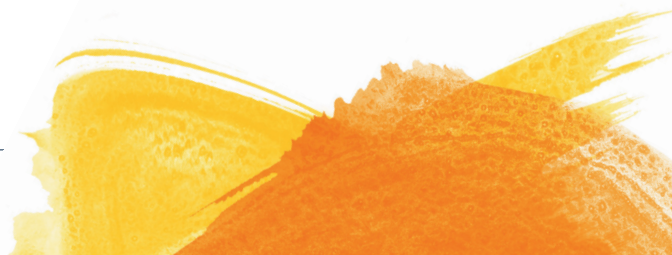
A collection of recipes to help your child get the best from their oral nutritional supplement drinks



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Introduction



Maximising your child's oral nutritional intake

At Fresenius Kabi, we produce a range of nutritional supplements for people who are unwell and cannot manage enough normal food to meet their nutritional requirements. Improving the nutrition your child receives can help them deal better with their illness and assist with their recovery.

Our Frebini range of nutritional supplements come in different flavours, and are best served chilled. To help your child get more nourishment from their every day meals, the Frebini Supplements can be used in the following simple and delicious recipes.

All calorie and protein contents are average estimates and may vary depending upon ingredients used.

Allergy Advice: Where possible we have highlighted common allergens present in each recipe. Please take care to ensure recipes are suitable for your child if they have known allergies.

Breakfast Ideas



 Makes 1 serving

Allergen advice, contains: Gluten, milk, soya



Ingredients

Frebini Energy Drink 200ml
(your preferred flavour), chilled (1 bottle)

Weetabix x2
(your preferred cereal)

Nutritional Content

Per serving

Energy (kcal) 439

Protein (g) 12.1

Method

1. Chill Frebini Energy Drink overnight and pour over your favourite cereal.

Or to serve warm, gently heat Frebini Energy Drink in pan or microwave (do not boil).

Warm Eggy Style Bread

Delicious as a breakfast option or for a quick dessert.



 Makes 2 servings

Allergen advice, contains: Milk, soya, egg, wheat



Ingredients

Frebini Energy Fibre Drink Vanilla 200ml (1 bottle)

Medium eggs, beaten 2

Slices of bread (it works better with bread that is 1-2 days old) 4

Small amount of oil for frying

Caster sugar and cinnamon to dust

Nutritional Content	Per serving
Energy (kcal)	494
Protein (g)	17.8

Method

1. Pour Frebini Energy Fibre Drink Vanilla into a shallow bowl, soak a slice of bread in the liquid until thoroughly soaked, remove from the bowl draining excess liquid.
2. Dip both sides of the bread into the beaten egg mixture.
3. Heat a small amount of oil in a frying pan until hot but not smoking, add the bread slice and cook for a minute until brown. Flip and cook the other side until brown.
4. Remove from the pan and sprinkle with cinnamon and caster sugar.
5. Serve warm.
6. Repeat for remaining slices of bread.

Handy Hint

Also try Frebini Energy Fibre Drink Banana and sprinkle with demerara sugar and a few sultanas.

For a crispier style bread pour a thin layer of oil into the pan and fry on each side over a medium heat for 1 minute.

Banoffee Pancakes



 Makes 4

Allergen advice, contains: Milk, soya, egg, wheat



Ingredients

Plain flour, sieved	75g (3oz)
Caster sugar	25g (1oz)
Pinch of salt	
Medium egg, beaten	1
Frebini Energy Drink Banana (or preferred flavour)	200ml (1 bottle)
Toffee sauce to drizzle	
Butter or oil for frying	

Nutritional Content	Total	Per 1 pancake
Energy (kcal)	916	229
Protein (g)	22.6	5.7

Method

1. Sieve the flour into a large bowl, add sugar and salt and mix together.
2. Make a well in the centre, add beaten egg and bottle of Frebini Energy Drink Banana.
3. Beat well until the batter is smooth.
4. Heat a frying pan over a medium heat, lightly grease with butter or vegetable oil. (To test if hot enough flick a bit of water in the pan if it sizzles, its ready).
5. Ladle mixture into pan, cook each pancake until bubbles appear on the surface and the edges have gone slightly dry.
6. Flip onto other side and cook for approx. 1 minute until golden brown.
7. Serve warm.

Serving Suggestions

(Not included in energy & protein content)

- Sliced bananas with toffee sauce.
- Sliced fudge and chocolate sauce.
- Whipped cream and fruit.

Fluffy American Pancakes



 Makes 4

Allergen advice, contains: Milk, soya, egg, gluten (wheat)



Ingredients

Self-raising flour, sieved	125g (5oz)
Caster sugar	25g (1oz)
Pinch of salt	
Medium egg, beaten	1
Frebini Energy Fibre Drink Vanilla (or preferred flavour)	200ml (1 bottle)
Butter or oil for frying	

Nutritional Content	Total	Per 1 pancake
Energy (kcal)	1044	261
Protein (g)	26.6	6.7

Method

1. Sieve the flour into a large bowl, add sugar and salt.
2. Make a well in the centre add beaten egg and Frebini Energy Fibre Drink Vanilla.
3. Beat well until the batter is smooth.
4. Heat a frying pan over a medium heat, lightly grease with butter or vegetable oil. (To test if hot enough flick a bit of water in the pan if it sizzles, it's ready).
5. Using a ladle pour mixture into pan, cook each pancake until bubbles appear on the surface and the edges have gone slightly dry.
6. Flip onto other side and cook for approx. 1 minute until golden brown.
7. Serve warm.

Serving Suggestions

(Not included in energy & protein content)

- Lemon juice and caster sugar.
- Maple syrup, blueberries and strawberries.
- Sliced banana and toffee sauce.
- Sliced banana and chocolate sauce.
- Ice cream and fruit.

Not Just For Shrove Tuesday Pancakes



 Makes 4

Allergen advice, contains: Milk, soya, egg, wheat



Ingredients

Plain flour, sieved	75g (3oz)
Caster sugar	25g (1oz)
Pinch of salt	
Medium egg, beaten	1
Frebini Energy Fibre Drink Vanilla (or preferred flavour)	200ml (1 bottle)
Butter or oil for frying	

Nutritional Content	Total	Per 1 pancake
Energy (kcal)	859	215
Protein (g)	22.6	5.7

Method

1. Sieve the flour into a large bowl, add sugar and salt and mix together.
2. Make a well in the centre, add beaten egg and bottle of Frebini Energy Fibre Drink Vanilla.
3. Beat well until the batter is smooth.
4. Heat a frying pan over a medium heat, lightly grease with butter or vegetable oil.

(To test if hot enough flick a bit of water in the pan if it sizzles, its ready).
5. Ladle mixture into pan, cook each pancake until bubbles appear on the surface and the edges have gone slightly dry.
6. Flip onto other side and cook for approx. 1 minute until golden brown.
7. Serve warm.

Serving Suggestions

(Not included in energy & protein content)

- Lemon and sugar.
- Summer fruits and ice cream.
- Sliced banana and chocolate flake.

Delightful Dessert



 Makes 1 Dessert

Allergen advice, contains: Milk, soya
May contain: Gluten, sesame, lupin



Method

1. Pour chilled Frebini Energy Drink into a bowl.
2. Add instant dessert mix and whisk until light and creamy.
3. Put in the refrigerator and chill for 5 minutes and serve.

Try any of these combinations they are all delicious or try one of your own:

- Butterscotch instant mix with Frebini Energy Drink Banana.
- Strawberry instant mix with Frebini Energy Fibre Drink Vanilla.
- Chocolate instant mix with Frebini Energy Fibre Drink Chocolate.
- Strawberry instant mix with Frebini Energy Drink Strawberry.

Ingredients

Packet of instant dessert (e.g Angel Delight) 1 x 68g

Frebini Energy Drink (your preferred flavour), chilled 200ml (1 bottle)

Nutritional Content	Total
Energy (kcal)	566
Protein (g)	9.3

Handy Hint

If you prefer a thicker mousse consistency use less Frebini Energy Drink. Remember to finish the rest of your Frebini Energy Drink if you don't add it to all of the recipe.

Vanilla Cake

This very simple cake is ideal for both everyday and special occasions. It can also be frozen.

 Makes 8 slices

Allergen advice, contains: Milk, soya, egg, wheat



Ingredients

Plain flour, sieved	200g (8oz)
Caster sugar	300g (12oz)
Pinch of salt	
Medium eggs, beaten	3
Butter or margarine	90g (3 1/2oz)
Frebini Energy Fibre Drink Vanilla (or preferred flavour)	200ml (1 bottle)
Vanilla essence	2tsp
Baking powder	1 heaped teaspoon
Icing sugar to dust	

Nutritional Content	Per slice
Energy (kcal)	402
Protein (g)	6.2

Method

1. Grease and line a 2lb loaf tin or 2 x 23cm (8 inch) cake tins.
2. Preheat the oven to 190°C/ 180°C fan / Gas Mark 4.
3. In a saucepan heat the Frebini Energy Fibre Drink Vanilla and butter until melted (do not boil).
4. Combine the flour, baking powder and salt in a bowl.
5. In a separate large glass bowl whisk the eggs until thickened (it takes a few minutes). Gradually add the sugar and beat on a medium speed for a further few minutes until pale and fluffy. Stir in the vanilla essence.
6. Gently add the flour mixture to the eggs until they are well combined.
7. Pour in the milk mixture and mix together until smooth.
8. Pour mixture into loaf tin, or divide between cake tins and bake until brown and springy to touch for approximately 45 minutes for a loaf tin (25 minutes for cake tins).
9. Allow to cool slightly in tins then turn out onto wire cooling rack.
10. Once cool dust with icing sugar or sandwich together with filling of choice.

Serving Suggestions

(Not included in energy & protein content)

- Decorate with buttercream.
- Serve with custard.
- Slice and fill with jam and fresh cream.
- Use as a base in a trifle.

Triple Chocolate Muffins



 Makes 10

Allergen advice, contains: Milk, soya, egg, wheat



Ingredients

Packet chocolate muffin mix (packet sizes may vary)	350g (7oz)
Milk chocolate chips	75g (3oz)
Medium egg, beaten	1
Frebini Energy Fibre Drink Chocolate (or preferred flavour)	200ml (1 bottle)

Method

1. Pre heat oven to 220°C / 200°C fan / Gas Mark 7.
2. Add dry muffin mix into a bowl.
3. Make a well in the centre, add beaten egg and add in bottle of Frebini Energy Fibre Drink Chocolate.
4. Beat well until the batter is smooth.
5. Pour the mixture equally across the muffin cases and place in the centre of the oven.
6. Cook for 18-20 mins until they are puffed up and springy to touch.
7. Leave to cool slightly before transferring to a cooling rack.

Handy Hint

Muffins can be warmed in microwave for 10 secs.

Use any pre-made cake mixes that say just add an egg and milk and replace milk with Frebini Energy Fibre Drink Chocolate.

Nutritional Content	Per muffin
Energy (kcal)	224
Protein (g)	4.3

Wimbledon Scones



 Makes 4

Allergen advice, contains: Milk, soya, egg, wheat



Ingredients

Frebini Energy Drink Strawberry (or preferred flavour)	75ml (3 fl oz)
Self raising flour, sieved	200g (8 oz)
Baking powder	1 tsp
Butter or hard margarine, softened and cut into pieces	50g (2oz)
Caster sugar	25g (1oz)
Medium egg, beaten	1

Nutritional Content

	Per serving
Energy (kcal)	343
Protein (g)	7.5

Method

1. Pre heat the oven to 220°C/200°C Fan/ Gas mark 7. Lightly grease a baking tray.
2. Sieve the flour into a large bowl, rub in butter or margarine until it resembles fine bread crumbs. Add sugar and salt and mix together.
3. Mix the beaten egg with the Frebini Energy Drink.
4. Make a well in the centre, stir in egg/Frebini mixture (you may not need it all). Stir to a soft, sticky dough.
5. Knead together on a lightly floured board. Roll out to approx. 2 1/2 cm thick and cut out large rounds with cutter.
6. Place on baking sheet and brush with remaining egg/Frebini mixture. Bake for 10-12 mins or until well risen and golden brown.
7. Cool on wire cooling rack.
8. Slice and spread with jam and cream or simply spread with butter.
9. Eat as fresh as possible.

Serving Suggestions

(Not included in energy & protein content)

Serve with strawberry jam and clotted cream.



Banana Custard



 Makes 2 servings

Allergen advice, contains: Milk, soya



Ingredients

Frebini Energy Drink Banana (or preferred flavour)	200ml (1 bottle)
Instant custard mix	59g (1 packet)
Bananas, peeled and sliced	2

Nutritional Content	Total	Per serving
Energy (kcal)	523	262
Protein (g)	10.3	5.2

Method

1. Heat Frebini Energy Drink until almost boiling (either in a pan or microwave).
2. Sprinkle over packet of custard mix, whisk until smooth.
3. To serve pour custard over sliced banana.

Milk Chocolate Ice-Lollies



 Makes 4

Allergen advice, contains: Milk, soya, wheat



Ingredients

Frebini Energy Fibre Drink Chocolate	200ml (1 bottle)
Double cream	50ml (2fl oz)

Nutritional Content	Total
Energy (kcal)	548
Protein (g)	8.4

Method

1. Mix ingredients together and pour into ice lolly moulds - freeze until set.

Handy Hint

Use banana, strawberry or vanilla as an alternative.

Vanilla Ice Cream



Allergen advice, contains: Milk, soya, wheat



Ingredients

Double cream	50 ml (2 fl oz)
Frebini Energy Fibre Drink Vanilla	200ml (1 bottle)
Vanilla essence	1tsp

Nutritional Content	Total
Energy (kcal)	548
Protein (g)	8.4

Method

1. Mix ingredients together and pour into an air tight container.
2. Freeze for 1 hour, mix with a fork and re-freeze until set (approx. 3 hours).

Handy Hint

If the ice cream has been in the freezer for a few days, remove from freezer 30 minutes before serving to soften.

Ice Cream Recipes

As alternatives use your favourite flavour and ingredients.



Allergen advice, contains: Milk, soya, wheat



Strawberry Ripple

Double cream	50ml (2fl oz)
Frebini Energy Drink Strawberry	200ml (1 bottle)
Strawberries, hulled & chopped	50g (2oz)
Raspberries	50g (2oz)
Sugar to taste	

Nutritional Content	Total
Energy (kcal)	619
Protein (g)	9.4

Method

1. Puree the strawberries, raspberries and sugar - cook in a microwave for approx. 45 secs - allow to cool.
2. Stir the Frebini Energy Drink Strawberry into the double cream in an airtight container, cover and freeze for 1 hour.
3. Swirl fruit puree into the partly frozen mixture and return to freezer - freeze until set (approx. 3 hours).



Allergen advice, contains: Milk, soya, wheat



Banana Fudge

Double cream	50ml (2fl oz)
Frebini Energy Drink Banana	200ml (1 bottle)
Fudge, chopped into pieces	50g (2oz)
Toffee sauce (optional)	2tbsp

Method

1. Mix ingredients in an airtight container, cover and freeze for 1 hour.
2. Stir and return to freezer - freeze until set (approx. 3 hours).

Nutritional Content

Nutritional Content	Total
Energy (kcal)	871
Protein (g)	10.6



Chocolate

Double cream	50ml (2fl oz)
Frebini Energy Fibre Drink Chocolate	200ml (1 bottle)
Chocolate chips	50g (2oz)

Method

1. Mix the double cream and Frebini Energy Fibre Drink Chocolate in an airtight container, cover and freeze for 1 hour.
2. Stir in chocolate chips and return to freezer - freeze until set (approx. 3 hours).

Nutritional Content

Nutritional Content	Total
Energy (kcal)	811
Protein (g)	12.2

Thick Milkshakes

Chocolate, Strawberry, Vanilla & Banana.

Method

To make any thick milkshake mix the ingredients into a blender until smooth and serve immediately.

There are so many flavours to choose from, so have some fun trying out different flavours. In the meantime here are a few ideas to get you started:



Chocolate

Frebini Energy Fibre Drink Chocolate	200ml (1 bottle)
Chocolate ice cream	2 scoops

Nutritional Content	Total
Energy (kcal)	552
Protein (g)	12.6

Allergen advice, contains: Milk, soya, wheat

Deluxe Chocolate

Frebini Energy Fibre Drink Chocolate	200ml (1 bottle)
Chocolate ice cream	2 scoops
Chocolate spread (e.g Nutella)	2tbsp

Nutritional Content	Total
Energy (kcal)	720
Protein (g)	14.4

Allergen advice, contains: Milk, soya, wheat, nuts

Strawberry

Frebini Energy Drink Strawberry	200ml (1 bottle)
Strawberry ice cream	2 scoops

Nutritional Content	Total
Energy (kcal)	517
Protein (g)	11.7

Allergen advice, contains: Milk, soya, wheat

Vanilla

Frebini Energy Fibre Drink Vanilla	200ml (1 bottle)
Vanilla ice cream	2 scoops

Nutritional Content	Total
Energy (kcal)	506
Protein (g)	11.4

Allergen advice, contains: Milk, soya, wheat

Banana

Frebini Energy Drink Banana	200ml (1 bottle)
Vanilla ice cream	2 scoops

Nutritional Content	Total
Energy (kcal)	506
Protein (g)	11.4

Allergen advice, contains: Milk, soya, wheat

Strawberry & Banana

Frebini Energy Drink Strawberry	200ml (1 bottle)
Strawberry or vanilla ice cream	2 scoops
Banana - peeled and sliced	1

Nutritional Content	Total
Energy (kcal)	607
Protein (g)	12.8

Allergen advice, contains: Milk, soya, wheat

Banana & Strawberry

Frebini Energy Drink Banana	200ml (1 bottle)
Vanilla ice cream	2 scoops
Strawberries - hulled and chopped	6

Nutritional Content	Total
Energy (kcal)	607
Protein (g)	12.8

Allergen advice, contains: Milk, soya, wheat

Banana & Peanut Butter

Frebini Energy Drink Banana	200ml (1 bottle)
Vanilla ice cream	2 scoops
Smooth peanut butter	2tbsp

Nutritional Content	Total
Energy (kcal)	734
Protein (g)	20.6

Allergen advice, contains: Milk, soya, wheat, peanuts

Warm Drinks

Frebini Energy Drinks are ideal to use to make delicious warm drinks. Here are a few ideas to get you started:



Simply Chocolate

Frebini Energy Fibre Drink Chocolate	200ml (1 bottle)
Drinking chocolate	3 heaped teaspoons

Nutritional Content	Per serving
Energy (kcal)	357
Protein (g)	8.6

Method

Pour the Frebini Energy Fibre Drink Chocolate into either a cup or jug and simply warm either in a pan or microwave - do not boil. Mix together with drinking chocolate and serve warm.

Serving Suggestions

(Not included in energy & protein content)

Serve with whipped cream and marshmallows.

Allergen advice, contains: Milk, soya, wheat

Nutty for Chocolate

Frebini Energy Fibre Drink Chocolate	200ml (1 bottle)
Drinking chocolate	3 heaped teaspoons
Chocolate spread (e.g Nutella)	1 x 15ml sp (1 tbsp)

Nutritional Content	Per serving
Energy (kcal)	558
Protein (g)	10.8

Method

Mix chocolate spread and drinking chocolate to a paste. Slowly add the Frebini Energy Fibre Drink Chocolate and then warm in a pan or in the microwave (do not boil).

Allergen advice, contains: Milk, soya, wheat, nuts



Mini Cappuccino

Frebini Energy Fibre Drink Vanilla	200ml (1 bottle)
Instant coffee	1tsp

Nutritional Content	Per serving
Energy (kcal)	302
Protein (g)	7.7

Method

Warm Frebini Energy Fibre Drink Vanilla, stir in coffee and whisk. Dust with drinking chocolate.

Serving Suggestions

(Not included in energy & protein content)

Add 1tsp of drinking chocolate to make your coffee a Mini Chocolate.

Allergen advice, contains: Milk, soya, wheat

Honeycomb and Milk

Frebini Energy Fibre Drink Vanilla	200ml (1 bottle)
Malted drink mix (e.g ovaltine)	3 heaped teaspoons
Maltesers - crushed	1 small packet

Nutritional Content	Per serving
Energy (kcal)	422
Protein (g)	9.4

Method

Mix malted drink mix with a small amount of Frebini Energy Fibre Drink Vanilla to make a paste, then add remaining ingredients. Heat until warm.

Allergen advice, contains: Milk, soya, wheat, barley



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