



Nutrition Recipe Book

Nutritious and Delicious Recipes
Made with Ensure®

Ensure[®]
STRENGTH &
ENERGY



Strength Through Nutrition

The recipes in this booklet have been created to help give you what you need to stay strong with nutrition.

Whether you're in the mood for a nutritious breakfast or a delicious treat, these nutritious recipes will help provide your body with the good nutrition and the energy it needs.

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Featuring recipes made with Ensure® Enlive®, Ensure® Original, and Ensure® Plus

Easy Pancakes



Ready in 20 minutes
Makes 12 pancakes

MADE WITH



INGREDIENTS

- 1 bottle (8-fl-oz) Ensure® Enlive® Vanilla
- 1 cup pancake mix
- 1 large egg
- 1 Tbsp butter, melted
- 1 Tbsp water

DIRECTIONS

1. Combine all ingredients in a bowl and stir to moisten.
2. Pour batter onto hot, lightly-greased skillet. Turn when bubbles appear and underside of pancakes is golden brown.
3. Serve immediately with maple syrup, fresh fruits and/or fruit sauce.

NUTRITION FACTS

Serving size: 2 pancakes

Calories	160	Carbohydrate.....	23 g
Fat	5 g	Dietary fiber	1 g
Sodium	340 mg	Protein.....	6 g

Creamy Rice Pudding



Ready in 45 minutes
Makes 2 servings

MADE WITH



INGREDIENTS

- 2 bottles (16 fl oz) Ensure® Enlive® Vanilla
- ¼ cup Arborio rice (or short-grain white rice), uncooked
- 1 Tbsp pure maple syrup
- 1 cinnamon stick

DIRECTIONS

1. Using a sieve, rinse the rice under cold water.
2. In a small saucepan, combine all ingredients. Cook over low-medium heat, stirring frequently to ensure ingredients don't stick to the bottom of the pan and to prevent a skin from forming on the top. Do not boil.
3. Reduce heat to low for 20 to 30 minutes or until the pudding reaches a consistency slightly more liquid than you would like. Remove from heat and let cool uncovered; more liquid will absorb during this time.

NUTRITION FACTS

Serving size: 1 cup

Calories	460	Carbohydrate.....	68 g
Fat	12 g	Dietary fiber	4 g
Sodium	240 mg	Protein.....	23 g

Carrot Ginger Soup



Ready in 50 minutes

Makes 4 servings

INGREDIENTS

- 2 bottles (16 fl oz) Ensure® Enlive® Vanilla
- 1 lb baby carrots
- 1 ½ Tbsp butter
- 1 cup onion, chopped
- 1 ½ tsp chicken soup base
- ½ cup water
- 1 ½ tsp ginger root, peeled and chopped
- ¾ tsp ground coriander
- ½ tsp orange zest
- ¼ tsp ground black pepper

DIRECTIONS

1. Boil carrots until tender. Drain.
2. Melt butter in a medium pan. Add onion and chicken soup base. Sauté until onion is tender, but not brown.
3. Combine carrots, onion mixture, Ensure®, water, ginger root, coriander, orange zest, and pepper in a blender. Blend until smooth.
4. Heat to serving temperature. DO NOT BOIL.

MADE WITH



NUTRITION FACTS

Serving size: 1 cup

Calories	270	Carbohydrate.....	36 g
Fat	10 g	Dietary fiber	6 g
Sodium.....	790 mg	Protein.....	11 g

Cinnamon Rice



Ready in 45 minutes

MADE WITH



Makes 6 servings

INGREDIENTS

- 1 bottle (8 fl oz) Ensure® Enlive® Vanilla
- 2 tsp vegetable oil
- ¾ cup white basmati rice
- 2 green or brown cardamom pods (or ¼ tsp ground cardamom)
- 3 whole cloves
- 1 bay leaf
- 1 cinnamon stick, broken in half (or ¼ tsp ground cinnamon)
- ¼ tsp salt
- ¾ cup water

DIRECTIONS

1. Preheat oven to 350°F.
2. Heat oil in a medium saucepan over medium heat.
3. Add rice and cook for 2 minutes, stirring constantly to toast the rice.
4. Add cardamom, cloves, bay leaf, cinnamon stick, and salt, and continue to stir. Add water and bring to a simmer.
5. Add Ensure® and continue to cook until it begins to simmer. (Do not allow the mixture to come to a boil.)
6. Remove from heat.
7. Pour mixture into a 8-inch square oven-safe baking dish.
8. Cover tightly with aluminum foil.
9. Place on the middle rack of the oven and cook for 30 minutes.
10. Check the rice. It may need an additional 5 minutes to absorb all of the liquid.
11. Remove from oven. Allow the rice to steam, covered, for 5 minutes.
12. Remove cover.

NUTRITION FACTS

Serving size: ½ cup

Calories	140	Carbohydrate.....	24 g
Fat	3.5 g	Dietary fiber	1 g
Sodium.....	135 mg	Protein.....	5 g

Broccoli Rice Casserole



Ready in 1 hour 15 minutes

Makes 4 servings

MADE WITH



INGREDIENTS

- 2 bottles (16 fl oz) Ensure® Enlive® Vanilla
- 1 Tbsp butter
- 1 small onion, chopped
- ½ cup celery, chopped
- One 10-oz package frozen, chopped broccoli, thawed
- 4 oz light process cheese, cubed
- ¼ tsp black pepper
- 1 cup long-grain rice, uncooked

DIRECTIONS

1. Preheat oven to 350°F.
2. In a large skillet over medium heat, melt butter.
3. Sauté onion, celery, and broccoli for 5 minutes.
4. Add cheese, Ensure®, and pepper. Stir until cheese melts.
5. Add rice.
6. Pour mixture into a 9-inch square casserole dish coated with cooking spray.
7. Bake covered for 45 minutes. Uncover and cook for 15 minutes or until rice is cooked and mixture is hot and bubbly.
8. Serve immediately.

NUTRITION FACTS

Serving size: 1 cup

Calories	400	Carbohydrate.....	55 g
Fat	12 g	Dietary fiber	5 g
Sodium	610 mg	Protein.....	20 g

Chicken Stroganoff



Ready in 35 minutes

MADE WITH

Makes 2 servings



INGREDIENTS

- ½ cup (4 fl oz) Ensure® Enlive® Vanilla
- 1 tsp olive oil
- Two 3 oz boneless, skinless chicken breasts, cut into 4 strips each
- ½ tsp salt
- Freshly ground black pepper, to taste
- 2 shallots, peeled and sliced thin
- ½ tsp paprika
- 2 cups button mushrooms, stems removed and sliced
- ½ cup low-sodium chicken stock
- ½ tsp Dijon mustard
- 2 Tbsp flat leaf parsley, coarsely chopped
- 1 tsp cornstarch
- 2 Tbsp fat-free sour cream
- ⅔ cup egg noodles, cooked and hot

DIRECTIONS

1. Heat oil in a medium non-stick skillet over medium-high heat. Sprinkle chicken with salt and pepper and brown, cooking 2 to 3 minutes on each side. Transfer chicken to a plate and keep warm.
2. Using the same hot pan, add shallots and 30 mL (2 Tbsp) water and sauté for 2 minutes. Add paprika and mushrooms and sauté until mushrooms are golden. Add chicken stock, mustard, and parsley, and cook until liquid is reduced by half.
3. In a small bowl, combine 15 mL (1 Tbsp) cold water and cornstarch, then add it to the sauce; continue to cook for 2 to 3 minutes, stirring constantly. Reduce heat to low and stir in Ensure®. Add cooked chicken and continue to cook for 2 to 3 minutes. Chicken should be cooked thoroughly. (Do not allow sauce to boil.)
4. Serve each portion of chicken over 75 mL (⅓ cup) cooked noodles. Garnish with parsley and sour cream.

NUTRITION FACTS

Serving size: 2 cups

Calories	390	Carbohydrate.....	50 g
Fat	8 g	Dietary fiber	5 g
Sodium.....	870 mg	Protein.....	32 g

Roasted Sweet Potato Mash



Ready in 60 minutes

Makes 6 servings

MADE WITH



INGREDIENTS

- ½ cup (4 fl oz) Ensure® Enlive® Vanilla
- 1 ½ lb sweet potatoes, peeled and cut into 1-inch pieces
- 1 large baking apple, peeled, cored, and cut into 8 pieces
- 2 tsp fresh ginger, grated
- ¼ tsp ground cinnamon
- ⅛ tsp ground cardamom
- ½ tsp salt
- 1 tsp vegetable oil

DIRECTIONS

1. Preheat oven to 400°F.
2. In a medium oven-safe baking dish, combine sweet potatoes, apple bits, ginger, cinnamon, cardamom, salt, and oil. Toss together.
3. Bake for 20 minutes, stirring occasionally. Bake an additional 15 to
4. 20 minutes or until the potatoes are soft and slightly caramelized. (If potatoes are sticking to the pan, carefully add a few tablespoons of water.)
5. Transfer mixture to a mixing bowl, add Ensure® and mash with potato masher. Serve hot.

NUTRITION FACTS

Serving size: ⅓ cup

Calories	150	Carbohydrate.....	32 g
Fat	2 g	Dietary fiber	5 g
Sodium.....	280 mg	Protein.....	4 g

Spinach and Tomato Quiche



Ready in 1 hour
Makes 6 servings

MADE WITH



INGREDIENTS

- 1 bottle (8 fl oz) Ensure® Enlive® Vanilla
- 1 commercial or homemade 25-cm (10-inch) pie crust, pre-cooked
- 1 Tbsp canola oil
- 1 onion, chopped
- 1 garlic clove, minced
- 1 tsp dried basil
- 4 cups baby spinach
- ¼ cup 1% milk
- 3 large eggs
- 1 cup cheddar cheese, grated
- 1 tomato, sliced
- ¼ tsp each, salt and pepper

DIRECTIONS

1. Preheat oven to 375°F.
2. In a large non-stick pan, heat oil over medium heat. Add onion, garlic, spinach, dried basil, salt, and pepper and cook for 3 to 5 minutes, until spinach has wilted. Remove from heat and let cool.
3. In a medium bowl, whisk eggs, milk, and Ensure® together. Mix grated cheese into egg mixture.
4. Place spinach in pie mold and spread evenly. Pour egg mixture over spinach and place sliced tomatoes on the top.
5. Cook for 45 minutes.

NUTRITION FACTS

Serving size: ⅓ of quiche

Calories	350	Carbohydrate.....	26 g
Fat	21 g	Dietary fiber	3 g
Sodium.....	450 mg	Protein.....	14 g

Berry Banana Smoothie



Ready in 5 minutes

Makes 2 servings

INGREDIENTS

- 1 bottle (8 fl oz) Ensure® Enlive® Vanilla, chilled
- ½ cup frozen whole raspberries
- ½ cup frozen whole strawberries
- 1 small banana, sliced
- 1 Tbsp sugar (or artificial sweetener)

DIRECTIONS

1. In a blender, combine all ingredients.
2. Blend until smooth.
3. Pour into glasses and serve.

MADE WITH



NUTRITION FACTS

Serving size: 1 cup

Calories	280	Carbohydrate.....	47 g
Fat	6 g	Dietary fiber	6 g
Sodium	120 mg	Protein.....	11 g

Berry Smoothie



Ready in 5 minutes

Makes 2 servings

INGREDIENTS

1 bottle (8 fl oz) Ensure® Enlive® Vanilla, chilled

1 cup mixed berry low-fat yogurt

DIRECTIONS

1. In a blender, combine Ensure® and yogurt.
2. Blend until smooth.
3. Serve chilled.

MADE WITH



NUTRITION FACTS

Serving size: 1 cup

Calories	290	Carbohydrate.....	44 g
Fat	7 g	Dietary fiber	2 g
Sodium	170 mg	Protein.....	13 g

Green Smoothie



Ready in 5 minutes
Makes 2 servings

INGREDIENTS

- 1 bottle (8 fl oz) Vanilla Ensure® Enlive®
- 1 cup fresh baby spinach
- 1 banana
- 1 cup fresh or frozen mango

DIRECTIONS

1. Blend spinach with Ensure®.
2. Add fruits and blend again until smooth.

MADE WITH



NUTRITION FACTS

Serving size: 1 cup

Calories	290	Carbohydrate.....	52 g
Fat	6 g	Dietary fiber	6 g
Sodium	140 mg	Protein.....	12 g

Vanilla-Maple Frozen Yogurt



Ready in 3 hours
Makes 6 servings

MADE WITH



INGREDIENTS

2 bottles (16 fl oz) Ensure® Plus, Vanilla
1 cup plain Greek-style yogurt
½ cup pure maple syrup
A pinch of salt

DIRECTIONS

1. In a medium to large bowl, mix Ensure®, yogurt, maple syrup, and salt.
2. If you have an ice cream maker, pour mixture into ice cream maker and follow manufacturer's directions.
3. Alternatively, to make frozen yogurt without an ice cream maker, pour mixture into a wide shallow container and freeze, uncovered.
4. As mixture starts to freeze near the edges (after approximately 1 hour), remove container from the freezer and stir vigorously with a spatula to break up any frozen sections. If you have one, use a hand-held mixer or stick blender to do this. Return to freezer.
5. Repeat this process every 30-45 minutes until mixture is frozen and has reached a consistency of your liking. This should take approximately 3 hours.
6. Once evenly frozen, store in an airtight container with a lid.

NUTRITION FACTS

Serving size: ½ cup

Calories	190	Carbohydrate.....	30 g
Fat	4 g	Dietary fiber	0 g
Sodium	135 mg	Protein.....	8 g

Chocolate Fudge



Ready in 2 hours
 Makes 16 servings

MADE WITH



INGREDIENTS

- 1 bottle (8 fl oz) Ensure® Plus, Milk Chocolate
- 2 cups semi-sweet chocolate, coarsely chopped
- 2 Tbsp unsalted butter
- Pinch of salt
- ¼ cup walnuts

DIRECTIONS

1. Put Ensure® butter, and salt in a saucepan on low heat. Gently heat without bringing to a boil.
2. Add chocolate to melt, stirring constantly. Add walnuts and mix well.
3. Spread in a 8-inch square baking dish lined with parchment paper.
4. Refrigerate until set. Store covered in the refrigerator.

NUTRITION FACTS

Serving size: 1 square

Calories	150	Carbohydrate.....	17 g
Fat	10 g	Dietary fiber	1 g
Sodium.....	35 mg	Protein.....	2 g

Apple Pecan Muffins



Ready in 50 minutes

Makes 15 muffins

MADE WITH



INGREDIENTS

- 1 ½ cups (12 fl oz) Ensure® Original Butter Pecan
- 1 cup all-purpose flour
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- 2 cups bran cereal
- ⅓ cup brown sugar, firmly packed
- 1 cup apples, peeled and chopped
- ½ cup unsweetened applesauce
- 1 large egg

DIRECTIONS

1. In a mixing bowl, combine flour, baking powder, baking soda, and cinnamon. Make a well in the center.
2. In another bowl, stir together bran cereal, Ensure®, and sugar.
3. Let stand 5 minutes. Stir in chopped apples, applesauce, and egg.
4. Add to flour mixture. Stir until moistened.
5. Spray muffin pans with cooking spray or line with paper baking cups. Fill ¾ full.
6. Bake for 18 to 20 minutes or until golden brown. Serve warm.

NUTRITION FACTS

Serving size: 1 muffin

Calories	110	Carbohydrate.....	23 g
Fat	1.5 g	Dietary fiber	3 g
Sodium.....	140 mg	Protein.....	3 g

Banana Tiramisu Recipe



Ready in 5 hours

Makes 8 servings

MADE WITH



INGREDIENTS

- 1 bottle (8 fl oz) Ensure® Original Vanilla
- One 3 ½-oz package instant banana pudding
- ½ cup cold skim milk
- 8 oz light cream cheese
- ½ cup fat-free sour cream
- 1 cup light whipped topping
- ¼ cup orange juice
- ¼ cup water
- 16 ladyfingers
- ½ oz dark chocolate shavings
- 2 whole medium-size bananas, peeled and cut into thin slices

DIRECTIONS

1. Pour dry pudding mix into a bowl. Add Ensure® and milk. Whisk by hand for 2 minutes or until mixture is thick and smooth. Set aside.
2. In a medium mixing bowl, beat cream cheese with an electric mixer for 1 to 2 minutes or until light and fluffy. Add sour cream and beat for 30 seconds. Reduce speed to low, pour in pudding mixture, and mix until smooth. Fold in whipped topping and banana slices. (Reserve several slices of banana for garnish.)
3. Combine orange juice and water in a small shallow bowl. Dip each ladyfinger in juice mixture and arrange 8 ladyfingers in the bottom of a 8-inch square baking pan. Spread with half of banana cream (about 2 cups).
4. Repeat with remaining ladyfingers (dipped in juice) and banana cream. This dessert can also be assembled in individual glasses.
5. Sprinkle with chocolate shavings, cover, and chill for 4 to 24 hours.
6. To serve, cut into 8 portions. Store covered in the refrigerator.

NUTRITION FACTS

Serving size: 1 cup

Calories	410	Carbohydrate.....	61 g
Fat	12 g	Dietary fiber	2 g
Sodium.....	400 mg	Protein.....	13 g

Butter Pecan Crème Brûlée



Ready in 3 hours
Makes 4 servings

MADE WITH



INGREDIENTS

- 1 ½ cups (12 fl oz) Ensure® Original Butter Pecan
- 2 large eggs
- 2 Tbsp sugar
- ½ tsp vanilla extract
- Sugar for topping

DIRECTIONS

1. Preheat oven to 300°F.
2. In a medium-size bowl, whisk eggs and sugar until smooth.
3. Add Ensure® and vanilla to egg mixture. Use a rubber spatula to gently fold together.
4. Divide mixture into 4 ramekins or custard cups. Place ramekins into an ovenproof pan.
5. Pour water into the pan until water is halfway up the sides of the ramekins. Place pan in oven.
6. Bake for 40-50 minutes or until crème brûlée "wiggles" slightly. Remove ramekins from water.
7. Refrigerate until completely cold.
8. When ready to serve, sprinkle about 1 tsp of sugar on top of each ramekin. Place under the oven broiler (or pass a kitchen torch over the surface) until sugar caramelizes and turns light brown.

NUTRITION FACTS

Serving size: 1 ramekin

Calories	140	Carbohydrate.....	19 g
Fat	4.5 g	Dietary fiber	0 g
Sodium	115 mg	Protein.....	7 g

Dark Chocolate Chip Banana Bread



Ready in 1 hour 30 minutes

Makes 12 servings

MADE WITH



INGREDIENTS

- 1 bottle (8 fl oz) Ensure® Original Vanilla
- 2 ½ cups all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- ¼ tsp salt
- 1 large egg
- ½ cup brown sugar, packed
- ½ cup unsalted butter, softened
- 1 ½ cups bananas (approximately 3 medium-size bananas), mashed
- ½ cup dark chocolate chips

DIRECTIONS

1. Preheat oven to 350°F. Grease a 9 x 5-inch loaf pan.
2. In a medium bowl, sift together flour, baking powder, baking soda, salt, and cinnamon.
3. In a large bowl, cream brown sugar and butter with a beater. Whisk in egg, mashed bananas, and Ensure®.
4. Mix dry ingredients into wet mixture until just combined. Stir in chocolate chips.
5. Bake for 55 minutes, or until top of bread turns brown and cracks along the top.

NUTRITION FACTS

Serving size: 1 slice

Calories	300	Carbohydrate.....	43 g
Fat	12 g	Dietary fiber	2 g
Sodium.....	170 mg	Protein.....	6 g

Red Velvet Cupcakes



Ready in 45 minutes

Makes 20 cupcakes

MADE WITH



INGREDIENTS

For the cupcakes:

- 1 bottle (8 fl oz) Ensure® Original Vanilla
- 2 cups all-purpose flour
- 1 Tbsp natural or pure cocoa powder*
- 1 ½ tsp baking powder
- 1 tsp salt
- ½ cup unsalted butter, softened
- 1 cup granulated sugar
- 2 large eggs
- ¼ cup beet juice
- 1 tsp vanilla extract
- 1 Tbsp lemon juice

* Use pure or natural cocoa powder; avoid dutch processed cocoa powder for this recipe as it may affect the final color.

For the frosting:

- ½ cup unsalted butter, softened
- 2 cups powdered sugar
- ½ cup part-skim ricotta cheese
- 1 Tbsp vanilla extract

DIRECTIONS

1. Preheat oven to 350°F. Line muffin pans with 20 paper baking cups.
2. In a medium bowl, combine flour, cocoa powder, baking powder, and salt.
3. In a large bowl, beat butter and sugar with an electric mixer until light and fluffy. Mix in eggs, Ensure®, beet juice, vanilla, and lemon juice. The batter will be very lumpy and may start to separate at this point – don't worry, it gets smooth again once flour mixture is incorporated!
4. Stir flour mixture into batter until just blended.
5. Spoon batter into the prepared cups, dividing evenly. Bake for 20 to 25 minutes.
6. While cupcakes are baking, prepare frosting by beating together butter, ricotta cheese, and vanilla.
7. Slowly add powdered sugar, approximately ½ cup at a time, until desired consistency is obtained.
8. Let cupcakes cool in the pan set over a wire rack before frosting.
9. Mix dry ingredients into wet mixture until just combined. Stir in chocolate chips.
10. Bake for 55 minutes, or until top of bread turns brown and cracks along the top.

NUTRITION FACTS

Serving size: 1 cupcake with icing

Calories 240
 Fat 9 g
 Sodium 190 mg

Carbohydrate 35 g
 Dietary fiber 1 g
 Protein 4 g

Pumpkin Spice Bread Pudding



Ready in 45 minutes

Makes 10 servings

MADE WITH



INGREDIENTS

- 1 bottle (8 fl oz) Ensure® Original Vanilla
- 1 cup canned or homemade 100% pure pumpkin puree (not pumpkin pie filling)
- 2 large eggs
- ½ cup light brown sugar, packed
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground allspice
- 1 tsp pure vanilla extract
- ½ loaf (about 5 cups) challah (egg) bread, diced
- ½ cup golden raisins
- 1 Tbsp canola oil, for brushing

DIRECTIONS

1. Preheat oven to 350°F. Brush a 11 X 7 X 2-inch rectangular baking dish with oil.
2. In a large bowl, combine pumpkin puree, eggs, brown sugar, and spices. Whisk in Ensure® and vanilla.
3. Combine bread and raisins in the baking dish. Pour mixture over bread, mix to cover and let sit 15 minutes to let bread soften.
4. Bake for 30 minutes or until mixture is set. Let cool slightly before serving.

NUTRITION FACTS

Serving size: ¾ cup

Calories	230	Carbohydrate.....	39 g
Fat	5 g	Dietary fiber	2 g
Sodium.....	200 mg	Protein.....	7 g

Cranberry Spice Bread



Ready in 1 hour 15 minutes

Makes 10 servings

MADE WITH



INGREDIENTS

- 1 bottle (8 fl oz) Ensure® Original, Vanilla
- ¼ cup unsalted butter, melted
- 2 cups all-purpose flour
- ½ cup light brown sugar, packed
- 2 tsp baking powder
- ½ tsp baking soda
- 1 tsp salt
- 1 Tbsp ground cinnamon
- 1 tsp ground cardamom
- 1 large egg
- 10 oz bag of frozen cranberries
- Zest of 1 orange

DIRECTIONS

1. Preheat oven to 350°F. Butter a 9 x 5-inch loaf pan.
2. In a large bowl, combine flour, brown sugar, baking powder, baking soda, salt, and spices.
3. In a medium bowl, combine butter, egg, and Ensure®. Add wet mixture to dry mixture and mix until just combined. Fold in cranberries and orange zest.
4. Bake for 50 minutes or until a toothpick inserted in center of loaf comes out clean. Let cool on wire rack before serving.

NUTRITION FACTS

Serving size: 1 slice

Calories	230	Carbohydrate.....	39 g
Fat	6 g	Dietary fiber	3 g
Sodium.....	430 mg	Protein.....	5 g

NUTRITION FROM THE #1 DOCTOR-RECOMMENDED BRAND



Ensure® Enlive®
Advanced nutrition to help maintain or gain weight, and sustain strength

350

CALORIES

20g

PROTEIN

26

VITAMINS & MINERALS



Ensure® Plus
Nutrition to help maintain or gain weight

350

CALORIES

13g

PROTEIN

26

VITAMINS & MINERALS



Ensure® Original
Complete, balanced nutrition

220

CALORIES

9g

PROTEIN

26

VITAMINS & MINERALS



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