



**L** **LINCARE**  
A Linde company®

*Our Favorite  
Nutritious and  
Delicious Enteral  
Recipes*



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*Dear Readers,*

*Thank you for picking up this cookbook and joining us on a culinary adventure! Inside these pages, you will find delicious recipes just waiting to be explored and enjoyed.*

*Whether you are a seasoned chef or a cooking novice, there is something for everyone in this cookbook to try. We encourage you to embrace your inner chef, let go of fears or hesitations, and dive into the kitchen enthusiastically. Do not be afraid to make substitutions or add your own personal touch to these recipes. They can be enjoyed your way with your favorite enteral drink or protein shake. After all, cooking should be a reflection of you and your unique taste.*

*So let us embark on this culinary journey together. Let's explore new flavors, create lasting memories, and nourish both our bodies and souls. Get ready to fire up the blender and bring the magic of homemade meals into your life.*

*Happy Cooking!*





*Smoothies / Drinks*

# Strawberry Banana Smoothie



## Ingredients:

- 1- 8oz of your favorite enteral drink
- 1 frozen sliced banana
- 1/2 cup of frozen sliced strawberries
- 1/4 cup of low-fat vanilla ice cream or low-fat frozen yogurt

## Directions:

1. Add all the ingredients to a blender.
2. Blend on high until smooth and creamy.
3. Pour into a glass and enjoy!

# Grape Slushy



## Ingredients:

- 2 fl oz apple juice
- 4 scoops of your favorite enteral powder
- 3 Tbsp grape juice concentrate
- 1 cup small ice cubes/chips

## Directions:

1. Pour apple juice into a shaker container and add enteral powder. Cover with a tight-fitting lid and shake well.
2. Pour mixture into a blender.
3. Add grape juice concentrate and ice.
4. Blend on high speed until smooth.
5. Serve immediately.

# Root Beer Float



## Ingredients:

- 4 fl oz. root beer
- 4 scoops of your favorite enteral powder
- 1/2 cup non-dairy frozen vanilla dessert

## Directions:

1. Pour root beer into a blender and add enteral powder.
2. Blend for 10 seconds.
3. Add non-dairy frozen dessert.
4. Blend on high speed until smooth.
5. Serve immediately.

# Guava Banana Smoothie



## Ingredients:

- 4 fl oz vanilla enteral drink
- $\frac{2}{3}$  cup guava nectar
- $\frac{1}{2}$  banana, frozen
- $\frac{1}{4}$  cup ice cubes or crushed ice

## Directions:

1. Add all the ingredients to a blender.
2. Blend on high until smooth and creamy.
3. Pour into a glass and enjoy!



# Nutty Butter Banana Shake



RECIPE



## *Ingredients:*

- 8 fl oz vanilla enteral drink
- 1 tsp creamy peanut butter
- 1 frozen banana, sliced
- ½ cup vanilla or peanut butter swirl ice cream

## *Directions:*

1. Add all the ingredients to a blender.
2. Blend on high until smooth and creamy.
3. Pour into a glass and enjoy!

# Iced Caramel Latte



## *Ingredients:*

- 4 fl oz of your favorite enteral powder
- 2 Tbsp regular or sugar free caramel syrup
- 1 tsp instant coffee or espresso powder mixed with 1/2 tsp hot water
- Ice cubes

## *Directions:*

1. Combined all ingredient in a tall glass, stir well.
2. Top with caramel syrup drizzle.
3. Serve immediately.

# Chocolate Banana Cooler



RECIPE



## *Ingredients:*

- 4 fl oz rice milk
- 5 scoops of your favorite enteral powder
- 1 sliced banana
- 1-2 Tbsp chocolate syrup
- 1 cup small ice cubes/chips

## *Directions:*

1. Pour rice milk into a shaker and add enteral powder. Cover with tight fitting lid and shake well.
2. Pour mixture into a blender container.
3. Add banana, chocolate syrup and ice.
4. Blend on high speed until smooth.
5. Serve immediately.

# Orange Pineapple Splash



## *Ingredients:*

- 2 fl oz rice milk
- 4 scoops of your favorite enteral powder
- 2 fl oz orange juice
- 1/2 cup Pineapple chunks
- 1/4 cup mandarin oranges
- 1 Tbsp honey

## *Directions:*

1. Pour rice milk into a shaker container and add enteral powder. Cover with tight fitting lid and shake well.
2. Pour mixture into a blender.
3. Add orange juice, pineapple chunks, mandarin oranges and honey.
4. Blend on high speed until smooth.
5. Serve immediately.

# Hazelnut Coffee



RECIPE



## *Ingredients:*

- *1- 250ML of your favorite enteral drink*
- *1 tsp hazelnut instant coffee granules*
- *2 tsp sugar or 1 packet of sweetener*

## *Directions:*

- *1. Place all ingredients in a glass.*
- *2. Stir well and serve immediately.*

# Sunrise Smoothie



## Ingredients:

- 2 fl oz of orange juice
- 4 scoops of your favorite enteral powder
- 1 sliced banana
- 1 Tbsp honey
- 1/2 cup small ice cubes

## Directions:

1. Pour orange juice into a shaker container and add enteral powder. Cover with tight fitting lid and shake well.
2. Pour mixture into a blender.
3. Add banana, honey and ice.
4. Blend on high until smooth.
5. Serve immediately.

# Lemon Cream Drink



RECIPE



## *Ingredients:*

- 1- 250ml bottle of your favorite enteral drink
- 2 tsp sugar or 1 packet of sweetener
- 1/4 tsp Lemon Extract

## *Directions:*

1. Place all ingredients into a glass full of ice.
2. Stir well and serve immediately.

# Mocha Coffee



## *Ingredients:*

- 1- 250ml bottle of your favorite enteral drink
- 2 tsp regular or sugar-free chocolate syrup
- 1 tsp Vanilla instant coffee granules

## *Directions:*

1. Place all ingredients into a glass.
2. Stir well and serve immediately.



# Chai Tea Cooler



## Ingredients:

- 1 bag Chai spiced tea
- ¼ cup boiling water
- 1 - 8 fl oz bottle vanilla enteral drink
- ¼ cup ice cubes or crushed ice

## Directions:

1. Brew tea bag in ¼ cup boiling water for 3-5 minutes. Remove tea bag and cool tea to room temperature.
2. Pour Vanilla enteral drink into a blender. Add cooled Chai tea and ice; Blend until smooth.
3. Serve immediately.

# *Peaches & Cream Shake*



**RECIPE**



## *Ingredients:*

- 1- 250ml bottle of your favorite enteral drink
- 1/3 cup canned diced peaches packed in juice, drained (reserve juice)
- 3 Tbsp peach nectar
- 1 Tbsp whipped cream cheese

## *Directions:*

1. Place all ingredients into a blender until smooth.
2. Serve immediately.

# *PB & J Milkshake*



**RECIPE**



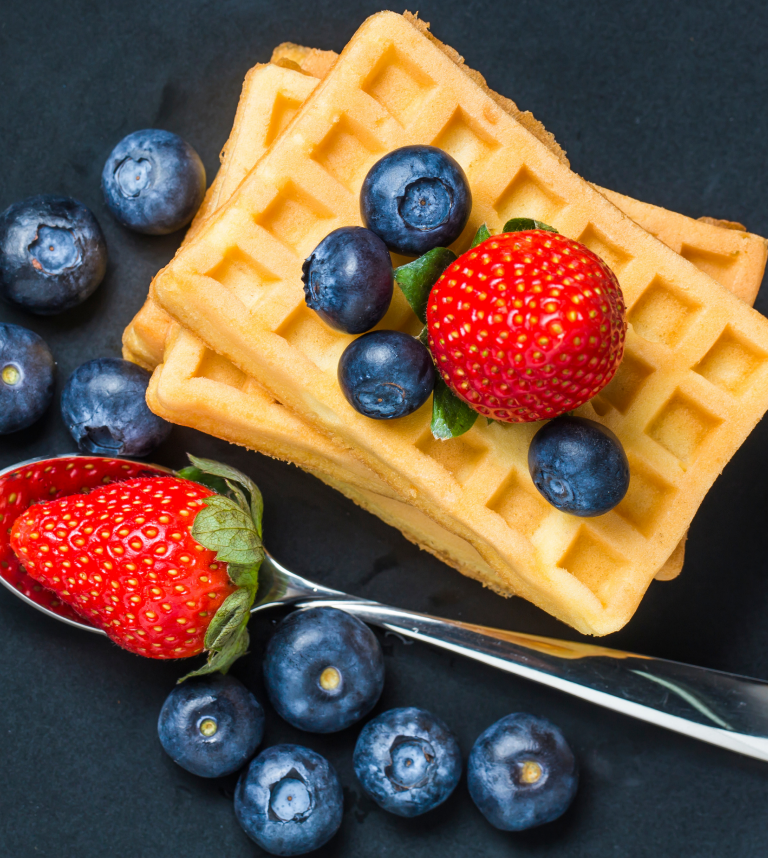
## *Ingredients:*

- *1 – 8 fl oz bottle vanilla enteral drink*
- *2 tsp creamy peanut butter*
- *2 tsp grape jelly*
- *½ cup vanilla or peanut butter swirl ice cream*

## *Directions:*

- *1. Place all ingredients into a blender until smooth.*
- *2. Serve immediately.*

# *Breakfast*



# Blueberry Muffins



## Ingredients:

- 1 large egg
- 1 Tbsp vegetable oil
- 1/3 cup vanilla enteral drink
- 1 6 1/2 oz package blueberry muffin mix

## Directions:

1. Preheat oven to 375° F
2. Spray muffin cups with nonstick cooking or line with paper baking cups.
3. Combine enteral drink, egg, oil and muffin mix; stir well. Batter will be slightly lumpy.
4. Portion batter into muffin cups, fill each cup 2/3 full.
5. Bake 15-20 minutes or until golden brown.

# Carrot Oat Bran Muffins



## Ingredients:

- 3/4 cup all purpose flour
- 3/4 oat bran cereal
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1 large egg
- 1/2 cup raisins
- 1/3 cup vanilla enteral drink
- 1 1/2 cups shredded carrots

## Directions:

1. Preheat oven to 375° F
2. Combine flour, oat bran cereal, baking soda, baking powder, cinnamon and nutmeg in a mixing bowl.
3. Add egg, raisins, enteral drink and carrots; stir well.
4. Spray muffin cups with nonstick cooking or line with paper baking cups.
5. Portion batter into muffin cups, filling each cup 2/3 full.
6. Bake 20-25 minutes .

# Corn Muffins



## *Ingredients:*

- 1 large egg
- 1 - 8½ oz package corn muffin mix
- ⅓ cup vanilla enteral drink

## *Directions:*

1. Preheat oven to 375°F
2. Spray muffin cups with nonstick cooking spray or line with paper baking cups.
3. Combine enteral drink and egg. Add to muffin mix; blend well. Batter will be slightly lumpy.
4. For best results, let batter rest 3-4 minutes before filling cups.
5. Fill muffin cups ½ full.
6. Bake 11-13 minutes or until golden brown.

# Energizing Oatmeal



## *Ingredients:*

- *1 individual packet instant oatmeal, any flavor*
- *4 fl oz vanilla enteral drink*

## *Directions:*

1. *Combine oatmeal and enteral drink in a microwave safe bowl.*
2. *Heat uncovered for 1½ - 2 minutes.*
3. *Allow oatmeal to rest until desired consistency is achieved.*



# Ham and Cheese Breakfast Casserole



## Ingredients:

- 8 slices bread, crust removed, cut into cubes
- 1½ cups shredded cheddar cheese
- 1¼ cups cooked ham, cut into small cubes
- ½ cup diced onion
- ¼ cup diced green pepper
- 6 eggs
- 2- 8 fl. oz bottles vanilla enteral Drink
- 1 cup milk
- ½ tsp black pepper
- 1 tsp salt

## Directions:

1. Spray 9" x 13" pan with nonstick cooking spray.
2. Arrange bread cubes evenly in pan. Sprinkle with ham, cheese, onion, and green pepper.
3. Combine eggs, enteral drink, milk, salt, and pepper in a mixing bowl; mix well. Pour over ham and cheese layer in pan.
4. Cover and refrigerate for 8 hours or overnight.
5. Preheat oven to 350°F. Remove casserole from refrigerator and let stand at room temperature for 30 minutes.
6. Uncover and bake for 40-45 minutes or until a knife inserted in the center comes out clean.
7. Cool for 5 minutes before cutting and serving.

# Pancakes with a Punch



## *Ingredients:*

- *1/2 cup pancake mix*
- *1 large egg*
- *1 Tbsp oil*
- *4 fl oz vanilla enteral drink*

## *Directions:*

1. *Combine all ingredients in a mixing bowl; stir well with fork*
2. *Let batter stand for 1-2 minutes*
3. *Preheat greased griddle to 400°F*
4. *Drop batter by 1/4 cup fulls onto griddle*
5. *Turn pancakes when edges begin to brown and the top is covered with bubble. Turn only once.*
6. *Serve warm with your favorite toppings*

# Bacon and Cheddar Quiche



## Ingredients:

- 1 unbaked, 9-inch deep dish pie shell
- 10 crisp cooked strips bacon, crumbled
- 2 green onions, sliced
- 1 cup shredded cheddar cheese
- 1½ cups enteral drink
- 3 eggs
- 1/2 tsp salt
- ¼ tsp black pepper
- ¼ tsp dry mustard

## Directions:

1. Preheat oven to 350° F
2. Sprinkle bacon, green onions and ½ cup cheddar cheese into pie shell.
3. Whisk together enteral drink, eggs, salt, pepper and mustard in a large bowl. Pour into pie shell.
4. Sprinkle with remaining ½ cup cheese.
5. Bake for 45-50 minutes or until the knife inserted in center comes out clean.
6. Cool for 10 minutes before cutting and serving.

# Red, White and Blue Breakfast Bake



## Ingredients:

- 1 cup Strawberries
- 1 cup blueberries
- 8 slices white bread, cut into cubes
- 2 Tbsp sugar
- 1/2 tsp cinnamon
- 1- 8 oz package, cream cheese cut into cubes
- 1 1/2 cups of vanilla enteral drink
- 1 tsp vanilla extract

## Directions:

1. Spray a 2-quart casserole dish with nonstick cooking spray. Preheat oven to 350°F.
2. Evenly layer 1/2 of the bread cubes in dish.
3. Combine berries, sugar and 1/2 tsp cinnamon in a bowl; stir until berries are evenly coated with sugar. Sprinkle berries over bread cubes.
4. Arrange cream cheese cubes over berries and top with remaining bread cubes.
5. Combine enteral drink, eggs and vanilla extract in a bowl; mix well.
6. Pour over bread mixture in pan. Cover and refrigerate for 8 hours or overnight.
7. Bake covered for 30 minutes; uncover and bake for an additional 30-35 minutes or until knife inserted in the center comes out clean.
8. Cool for 5 minutes before cutting and serving. Serve warm.

# Baked Cinnamon Apple French Toast



## Ingredients:

- 8 -1 inch slices French bread
- 4 eggs
- 1½ cups of vanilla enteral drink
- 1 Tbsp sugar
- 1½ tsp vanilla
- ½ tsp nutmeg
- 2 tart baking apples, peeled, cored, and sliced
- 1 Tbsp butter, melted
- 1 Tbsp sugar
- 1½ tsp cinnamon

## Directions:

1. Preheat oven to 450° F. Spray an 8" x 8" square pan with nonstick cooking spray.
2. Arrange bread tightly in a single layer in bottom of pan.
3. Combine eggs, enteral drink, 1 Tbsp sugar, and nutmeg in a mixing bowl; stir well.
4. Pour half of the egg mixture over the bread. Layer apple slices over bread.
5. Pour remaining egg mixture over apples. Drizzle with melted butter.
6. Combine sugar and cinnamon; blend well. Sprinkle evenly over apples.
7. Bake for 35-40 minutes or until knife inserted in the center comes out clean.
8. Cool 5 minutes before cutting and serving. Serve warm with maple syrup.

## *Soups & Side Dishes*



# Creamy Corn Chowder



RECIPE



## Ingredients:

- 1 Tbsp olive oil
- ½ cup diced onion
- 2 cups frozen corn, thawed
- 1 cup fat-free, low-sodium chicken broth
- 1 cube chicken bouillon
- 1- 8 fl oz your favorite enteral drink
- ¼ cup red bell pepper, diced
- ½ tsp dried rosemary
- 1 tsp dried basil
- ¼ tsp salt
- ½ tsp black pepper

## Directions:

1. Heat olive oil in saucepan over medium high heat. Add onion and cook until tender, about 5 minutes.
2. Add 1 cup corn and cook for 5 minutes or until tender.
3. Add chicken broth and bouillon cube. Return to slow boil; cook until corn is soft.
4. Carefully pour corn mixture into blender or food processor and blend until smooth.
5. Return to pan and add remaining 1 cup corn, enteral drink, red bell pepper and dried rosemary.
6. Cook, stirring frequently, until chowder is thick and red pepper is tender, about 5 minutes.
7. Add salt, black pepper and basil to taste. Serve warm.

# Creamy Tomato Soup



## Ingredients:

- 1 - 8 fl oz of your favorite enteral drink
- 1 - 10¾ oz can low-sodium condensed tomato soup
- ⅓ cup water
- Garnish with a dollop of your favorite soft cheese, we like Boursin Garlic and Herb (optional)

## Directions:

1. Combine all ingredients in a saucepan; stir well.
2. Heat soup until warm; do not boil.
3. Pour hot soup into bowls and serve.



# Sweet Corn Casserole



RECIPE



## *Ingredients:*

- 1 – 8½ oz box Corn Muffin Mix
- 1 – 15 oz can cream corn
- 1 – 15 oz can whole kernel corn
- 1 – 8 fl oz favorite enteral drink
- 1 egg, slightly beaten
- ½ cup diced onion
- ¼ tsp black pepper
- ¼ tsp dry mustard

## *Directions:*

1. Preheat oven to 350°F.
2. Combine all ingredients in a bowl; mix well.
3. Pour into a 2-quart casserole dish sprayed with non-stick cooking spray.
4. Bake for 50 -60 minutes or until center is firm.
5. Cool for 5 minutes before serving.

# Sweet Potato Souffle



RECIPE



## Ingredients:

- 3 cups canned, vacuum packed sweet potatoes, drained
- 1 cup sugar
- 2 eggs
- 4 Tbsp (½ stick) margarine or butter, softened
- 1 - 8 fl oz of your favorite enteral drink
- ¼ tsp nutmeg
- ½ tsp cinnamon

## Topping:

- 4 Tbsp (½ stick) margarine or butter, melted
- ½ cup pecans or walnuts, chopped
- ½ cup brown sugar
- ¾ cup bran flakes, crushed

## Directions:

1. Preheat oven to 325°F.
2. Combine all ingredients in a food processor or blender; mix until smooth.
3. Pour into a 2-quart casserole dish sprayed with non-stick cooking spray; bake 30 minutes.
4. Melt together butter and brown sugar. Add nuts and bran flakes; toss to coat.
5. Spread evenly over top of soufflé. Bake additional 15 minutes or until center of soufflé is firm.
6. Cool for 5 minutes before serving.



## *Desserts*



# Apple Peach Sorbet



## *Ingredients:*

- 2 fl oz Apple Juice
- 5 scoops of your favorite enteral powder
- 2 fl oz rice milk
- 1 cup diced peaches
- 2 Tbsp honey

## *Directions:*

1. Pour apple juice into a shaker and add enteral powder. Cover with a tight fitting lid and shake well.
2. Pour mixture into a blender.
3. Add rice milk, diced peached and honey and blend on high speed until smooth
4. Divide the mixture between two individuals desserts dishes. Cover each dish with plastic wrap and place in the freezer until form, about 2 hours.

# Carrot Cake with Cream Cheese Frosting



RECIPE



## Ingredients:

- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{3}$  cup whole wheat flour
- $\frac{1}{4}$  tsp baking soda
- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  cup brown sugar
- $\frac{3}{4}$  cup grated carrots
- $\frac{1}{4}$  cup raisins
- 1 egg
- $\frac{1}{3}$  cup of your favorite vanilla enteral drink
- $\frac{1}{4}$  cup vegetable oil spread, melted

## Cream Cheese Frosting:

- 2 oz fat free cream cheese
- 2 oz vegetable oil spread, softened\*
- $\frac{1}{2}$  tsp vanilla extract
- $\frac{3}{4}$  cup powdered sugar

## Directions:

1. Combine flours, baking soda, baking powder, cinnamon and brown sugar in a mixing bowl.
2. Add carrots, egg, raisins, vanilla enteral drink and vegetable oil spread; stir well.
3. Pour batter into an 8-inch square baking pan sprayed with nonstick cooking spray.
4. Bake at 350°F for 25 - 30 minutes or until toothpick inserted comes out clean.
5. Cool cake completely before frosting

# Pina Colada Trifle



RECIPE



## Ingredients:

- 4 fl oz (½ cup) of your favorite enteral drink
- 1 Tbsp sugar
- ½ cup crushed pineapple, drained
- 3 Tbsp whipped cream cheese
- 3 drops coconut extract or flavoring
- 1 - ¾ inch slice pound cake
- 1 tsp toasted coconut for garnish (optional)

## Directions:

1. Combine enteral drink, Vanilla, sugar, drained pineapple, cream cheese, and coconut extract in a blender; mix until smooth.
2. Crumble pound cake into small pieces.
3. Place about 2 Tbsp of enteral mixture into each dessert dish and top with 1½ Tbsp cake crumbs. Repeat layers with remaining
4. Top with toasted coconut, if desired.

# No-Bake Strawberry Cheesecake



RECIPE



## Ingredients:

- 4 oz ( 1/2 cup) vanilla enteral drink
- ½ cup frozen sweetened strawberries, thawed and drained
- ⅛ tsp vanilla extract
- ⅛ tsp lemon juice
- 2 oz cream cheese, softened
- Non-dairy whipped topping for garnish (optional)

## Directions:

1. Combine enteral drink, drained strawberries, lemon juice, and vanilla extract in a blender and mix until smooth.
2. Add softened cream cheese and mix well.
3. Portion into two dessert dishes and refrigerate until ready to serve.
4. Garnish with non-dairy whipped topping, if desired

# Cake Brownies with Chocolate Icing



RECIPE



## Ingredients:

- 2 cups all-purpose flour
- ½ cup unsweetened cocoa
- ¾ cup brown sugar, packed
- 1 tsp baking soda
- ½ cup water
- 1- 8 fl oz bottle of your favorite Chocolate enteral drink
- ⅓ cup vegetable oil spread, melted\*
- 1 tsp vanilla extract
- 2 egg whites

## Chocolate Icing:

- 1 ¼ cup powdered sugar
- 1 Tbsp. unsweetened cocoa
- 2 Tbsp. milk or cold coffee

## Directions:

1. Preheat oven to 350 F
2. Combine flour, cocoa, brown sugar, and baking soda in a mixing bowl; stir well
3. In a separate bowl, combine water, Chocolate enteral drink, melted vegetable oil spread, vanilla and egg whites; stir well
4. Add wet mixture to flour; stir to combine ingredients
5. Pour batter into a 9"x13" pan sprayed with nonstick cooking spray. Bake at 350°F for 15 – 20 minutes or until toothpick inserted comes out clean.
6. Cool completely before icing



# Holiday Bread Pudding



## Ingredients:

- 4 eggs
- 2¼ cups of your favorite vanilla enteral drink
- ½ cup brown sugar
- ½ tsp cinnamon
- ½ tsp rum extract
- 4 cup dry bread cubes
- ⅓ cup dried cherries, cranberries or raisins
- ½ cup caramel topping for garnish, optional

## Directions:

1. Combine eggs, vanilla enteral drink, brown sugar, cinnamon and rum extract in a mixing bowl; beat until smooth.
2. Place bread cubes in an ungreased 2-quart baking dish. Sprinkle dried fruit evenly over bread cubes. Pour egg mixture over bread.
3. Bake in a 350°F oven for 40-45 minutes or until a knife inserted in the center comes out clean. Cool for 5-10 minutes before cutting and serving.
4. Serve warm with caramel sauce, if desired.

# Orange Pineapple Cake



## Ingredients:

- 1 -18.25 oz package yellow cake mix
- 1½ cups vanilla enteral drink
- 2 eggs
- 1-11 oz can mandarin oranges, drained
- 1 cup crushed pineapple, drained (juice reserved)
- ½ cup almonds
- ¾ cup powdered sugar
- Whipped topping, optional

## Directions:

1. Spray a 9x13-inch pan with nonstick cooking spray.
2. Combine cake mix, vanilla enteral drink and eggs in a large mixing bowl. Beat with an electric mixer on medium speed for 2 minutes. Stir in mandarin oranges and ½ cup pineapple.
3. Pour batter into pan and sprinkle with almonds.
4. Bake 35-40 minutes or until toothpick inserted in center comes out clean. Cool for 15 minutes.
5. Combine powdered sugar and 2 tablespoons of the reserved pineapple juice in a small bowl; mix until smooth. Spread over warm cake.
6. Cool cake completely before serving and garnish each serving of cake with whipped topping, if desired.

# Rice Pudding



## Ingredients:

- 1 - 4.1 oz box rice pudding mix
- 1 - 8 fl oz bottle vanilla enteral drink
- 1 cup milk
- 1 Tbsp. margarine

## Directions:

1. Combine rice pudding mix, milk, Vanilla enteral drink and margarine in saucepan.
2. Bring to a boil over medium high heat, stirring frequently. Reduce heat to medium and simmer uncovered until sauce begins to thicken. Stir frequently to prevent scorching.
3. Remove from heat, cover and let stand 5 minutes.
4. Serve warm or cold. Garnish with cinnamon or fresh fruit.

# *Mocktails*



# Pumpkin Nog



RECIPE



## Ingredients:

- 1 - 8 fl oz bottle vanilla enteral drink
- ½ cup 100% Pure Pumpkin
- 1 Tbsp honey
- ½ tsp cinnamon
- 1 cup vanilla ice cream
- 4 fl oz rum, optional

## Directions:

1. Combine vanilla enteral drink , pumpkin, honey and cinnamon in a blender; mix for 30 seconds.
2. Add ice cream and rum; blend until smooth.
3. Garnish each serving with a dash of nutmeg. Serve immediately.

# Fuzzy Navel



RECIPE



## *Ingredients:*

- 1 - 8 fl oz bottle vanilla enteral drink
- ½ cup sliced frozen peaches
- 2 Tbsp frozen orange juice concentrate

## *Directions:*

1. Place all ingredients in a blender and mix until smooth.
2. Serve immediately.

# Frosty Margarita



RECIPE



## Ingredients:

- 1 - 8 fl oz bottle vanilla enteral drink
- 1 cup lime sherbet
- ½ tsp lime juice

## Directions:

1. Place all ingredients in a blender and mix until smooth.
2. Garnish with a lime wedge, if desired.
3. Serve immediately

# Creamy Pina Colada



RECIPE



## Ingredients:

- 1 - 8 fl oz bottle enteral vanilla Drink
- 2 tsp cream of coconut
- 1/8 tsp coconut extract
- ½ cup crushed pineapple, drained (frozen for super frosty drink!)
- ½ cup crushed ice

## Directions:

1. Place all ingredients in a blender and mix until smooth.
2. Garnish with a piece of pineapple, if desired.
3. Serve immediately