



## New Fortified Recipes

Contain greater than 3g L-Arginine per serve



Serves: 1 | Serving size: 170g | Energy: 872kj | Protein: 21g | Calcium: 276mg

### Scrambled Eggs

#### Ingredients:

- 1 sachet Enprocal Repair
- 2 eggs
- 1/4 cup skim milk
- Salt and pepper to taste

#### Method:

1. Whisk Enprocal Repair into milk.
2. Whisk the eggs into the Repair milk mixture.
3. Add a pinch of salt and pepper (or to taste).
4. Cook over low heat until softly set.



Serves: 1 | Serving size: 332g | Energy: 1690kj | Protein: 22g | Calcium: 461mg

### Porridge

#### Ingredients:

- 1 sachet Enprocal Repair
- 1/2 cup raw oats (40g)
- 2/3 cup milk
- 100mL milk (for mixing Enprocal Repair)

#### Method:

1. Combine oats and 2/3 cup milk in a bowl.
2. Heat in microwave on high for 90 seconds.
3. Stir and heat in microwave for another minute.
4. Whisk 1 sachet Enprocal Repair into 100ml milk.
5. Pour the Enprocal Repair milk over the cooked porridge and stir in.
6. Add toppings if desired e.g. honey, chopped fruit, stewed apple, cinnamon.



Serves: 1 | Serving size: 210g | Energy: 1459kj | Protein: 14g | Calcium: 348mg

## Fortified Milk

### Ingredients:

- 1 sachet Enprocal Repair
- 150mL milk
- 50mL cream
- 1/4 teaspoon maple syrup (optional)

### Method:

1. Blend, shake or whisk 1 sachet Enprocal Repair, milk, cream and maple syrup together.
2. Serve as a drink, or pour over cereal.



Serves: 1 | Serving size: 220g | Energy: 963kj | Protein: 14.5g | Calcium: 345mg

## Smoothie

### Ingredients:

- 1 sachet Enprocal Repair
- 150mL skim milk
- 1 serving fruit (eg 1 banana or 1/2 cup berries)
- 1/2 tablespoon honey (optional)
- Ice (optional)

### Method:

1. Place all ingredients in a blender.
2. Cover and blend on high for approximately 10 seconds, or until smooth.
3. Pour into a glass and serve.



Serves: 3 | Serving size: 280g | Energy: 727kj | Protein: 11g | Calcium: 260mg

## Soup

### Ingredients:

- 3 sachets Enprocal Repair
- 1 tin condensed cream mushroom soup (420g)
- 210mL water
- 210mL skim milk

### Method:

1. Empty soup into a saucepan.
2. Add water and milk and stir on medium heat until hot.
3. Once heated through, add Enprocal Repair and whisk to combine.