

COFFEE MOCHA

Yield: 1 cup

Serving: 1 cup

INGREDIENTS

8 oz. brewed coffee or prepared instant coffee

1/3 cup **NutriCare Chocolate or Vanilla Nutritional Supplement**

INSTRUCTIONS

- Combine ingredients and mix well.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 cup Calories 120 Calories from Fat 10 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 1g	1%	Total Carbohydrate 21g
Cholesterol 20mg		6%	Sugars 15g	
	Sodium 120mg	5%	Protein 7g	
	Vitamin A 30% • Vitamin C 45% Calcium 10% • Iron 40%			
	Not a significant source of saturated fat, and dietary fiber.			

FRENCH COFFEE

Yield: 1 cup

Serving: 1 cup

INGREDIENTS

4 oz. warm whole milk

4 oz. brewed coffee or prepared instant coffee

1/3 cup **NutriCare Vanilla Nutritional Supplement**

INSTRUCTIONS

- Combine ingredients and stir well.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 Cup Calories 190 Calories from Fat 45 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 5g	7%	Sodium 170mg
	Saturated Fat 3g	14%	Total Carbohydrate 27g	9%
	Cholesterol 30mg	10%	Sugars 21g	
			Protein 11g	
	Vitamin A 30% • Vitamin C 45%		Calcium 25% • Iron 40%	
	Not a significant source of dietary fiber.			

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ORANGE SUPREME

Yield: 1.375 gallons (22 cups) Serving: 1 cup

INGREDIENTS

7 cups NutriCare Vanilla Nutritional Supplement

1 gal. orange juice

3 cups ice cubes (optional)

INSTRUCTIONS

- Combine ingredients.
- Blend and serve.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 Cup Calories 190 Calories from Fat 10 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 1.5g	2%	Sodium 110mg
	Saturated Fat 0.5g	3%	Total Carbohydrate 38g	13%
	Cholesterol 20mg	6%	Sugars 15g	
			Protein 8g	
	Vitamin A 35% • Vitamin C 170%		Calcium 10% • Iron 40%	
	Not a significant source of trans fat, and dietary fiber.			

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PEACHES 'N CREAM

Yield: 1 cup

Serving: 1 cup

INGREDIENTS

6 oz. orange juice

1/3 cup **NutriCare Nutritional Supplement**

1/3 cup sliced peaches

2 - 2½ tsp. rum or brandy flavor (optional)

INSTRUCTIONS

- Combine ingredients and stir well.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 1.5g		2%	Total Carbohydrate 45g
Serving Size 1 cup	Saturated Fat 0.5g	3%	Dietary Fiber 1g	5%
Calories 220	Cholesterol 20mg	6%	Sugars 20g	
Calories from Fat 15	Sodium 115mg	5%	Protein 9g	
*Percent Daily Values are based on a 2,000 calorie diet.	Vitamin A 35%	• Vitamin C 150%	Calcium 15%	• Iron 40%

SPICED HOT CHOCOLATE

Yield: 1 cup

Serving: 1 cup

INGREDIENTS

8 oz. warm whole milk

dash cinnamon

dash nutmeg

1/3 cup **NutriCare Chocolate Nutritional Supplement**

INSTRUCTIONS

- Combine ingredients and stir well.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1/2 cup	Total Fat 9g	14%	Total Carbohydrate 34g
Calories 270	Saturated Fat 5g	25%	Dietary Fiber 1g	4%
Calories from Fat 80	Cholesterol 45mg	15%	Sugars 26g	
*Percent Daily Values are based on a 2,000 calorie diet.	Sodium 210mg	9%	Protein 15g	
	Vitamin A 35%	• Vitamin C 45%	Calcium 40%	• Iron 40%

STRAWBERRY YOGURT BOOST

Yield: 3 quarts (12 cups) Serving: ½ cup

INGREDIENTS

13½ oz. **NutriCare Strawberry Nutritional Supplement**

11 cups plain or low-fat strawberry yogurt

INSTRUCTIONS

- Combine ingredients and mix until smooth.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1/2 cup Calories 140 Calories from Fat 15 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 1.5g	3%	Sodium 150mg
	Saturated Fat 1g	5%	Total Carbohydrate 21g	7%
	Cholesterol 15mg	6%	Sugars 17g	
			Protein 10g	
	Vitamin A 15% • Vitamin C 25% Calcium 25% • Iron 20%			
	Not a significant source of trans fat, and dietary fiber.			

FORTIFIED INSTANT OATMEAL

Yield: 5 ounces

Serving: 5 ounces

INGREDIENTS

2 Tbsp. **NutriCare Vanilla Nutritional Supplement**

½ cup whole milk

1 1-ounce packet instant oatmeal

INSTRUCTIONS

- Mix **NutriCare Vanilla Nutritional Supplement** and water.
- Heat to a boil.
- Add oatmeal.
- Stir and serve

VARIATION

Substitute **NutriCare Strawberry Nutritional Supplement** or **NutriCare Chocolate Nutritional Supplement**

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 6g		9%	Total Carbohydrate 31g
Saturated Fat 2.5g		13%	Dietary Fiber 2g	6%
Cholesterol 20mg		7%	Sugars 14g	
Sodium 105mg		4%	Protein 11g	
Vitamin A 15%	•	Vitamin C 25%	Calcium 20%	• Iron 20%

Serving Size 5 oz.
Calories 220
Calories from Fat 50
*Percent Daily Values are based on a 2,000 calorie diet.