



Banana Pudding



- 1 (3.4 oz) package instant banana pudding
 - 1 (8 oz) can vanilla Ensure / Ensure Plus/ Glucerna
 - 2 cups whipped topping
 - 2 bananas, sliced
 - 25-30 vanilla wafers
1. Whisk together pudding mix and ensure for 1 minute. Refrigerate for 1 hour.
 2. Fold 1 cup whipped topping into chilled pudding.
 3. In a serving bowl, layer pudding, sliced bananas, and vanilla wafers. Top with remaining whipped topping.

Peanut Butter and Banana Shake

- 1 (8 oz) can vanilla/chocolate Ensure / Ensure Plus / Glucerna
- 1 banana, frozen
- 2 Tbsp creamy peanut butter
- 1 tsp cocoa powder
- 3-4 ice cubes

1. In a blender, combine all ingredients and blend until smooth.



Tips for Drinking Ensure, Ensure Plus, Glucerna, etc.

The added vitamins and minerals can give Ensure, Ensure Plus, and Glucerna an unpleasant taste. Because of this, it is best to drink these nutritional supplements cold, over ice, and in a cup with a lid and a straw. You can also try some of these great recipes. They not only add flavor, but they provide even more nutrients from whole foods. Yummy!!



Coffee Ice Cream

-1 (8 oz) can vanilla Ensure, Ensure Plus, Glucerna

-1 chai tea bag

-1/2 cup boiling water

-3-4 ice cubes

1. Steep tea bag in water for 3-5 minutes.

Allow to chill in refrigerator for 15 min.

2. In a blender, combine chilled tea,

Ensure, Ensure Plus, or Glucerna and ice

cubes. Blend until smooth.



Chai Tea SMOOTHIE



Iced Chai Tea Smoothie

-1 (8 oz) can vanilla Ensure, Ensure Plus, Glucerna

-1 chai tea bag

-1/2 cup boiling water

-3-4 ice cubes

1. Steep tea bag in water for 3-5 minutes.

Allow to chill in refrigerator for 15 min.

2. In a blender, combine chilled tea, Ensure, Ensure Plus, or Glucerna and ice cubes. Blend until smooth.

Green Smoothie



-1 (8 oz) can vanilla Ensure, Ensure Plus, or Glucerna

-1/2 cup frozen blueberries

-1 banana, frozen

-1 cup fresh spinach

-1/2 cup orange juice

1. In a blender, combine all ingredients and blend until smooth.



Tropical Smoothie

-1 (8 oz) can vanilla Ensure, Ensure Plus, or Glucerna

-1 cup frozen fruit of your choice

-1/2 cup orange juice

-1 banana, frozen

In a blender, combine all ingredients and blend until smooth.

