![MedPASS with RESOURCE 2.0 — Nurturing Health through Concentrated Nutrition.]

Recipes for RESOURCE® 2.0

- **Resource® 2.0** is a great tasting high-calorie, high-protein nutrition formula.
- Enjoy **Resource® 2.0** any time of day – with or between meals.
- Ask your healthcare provider about taking a small amount of **Resource® 2.0** with medications each day to increase your calorie and protein intake.
- For variety, **Resource® 2.0** may be used instead of milk in many recipes. Try the following recipes for starters!

Resource® 2.0 Cream of Chicken Soup Recipe

Ingredients:

237 mL	*Resource® 2.0*
284 mL	Cream of chicken soup (10 oz can)
125 mL	2% milk
250 mL	1 breast - chicken, cooked & minced
25 mL	Onion soup mix
5 mL	Oregano
Pepper	Optional

Directions:

- Combine all ingredients in a medium-sized pan and mix well.
- Heat on medium heat until mixture is heated through.
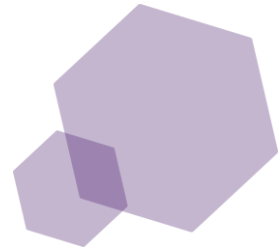
Makes:

- 4 servings

Nutritional:

- Each serving of sauce has 300 Kcal and 22 g Protein

Tip:

- Serve on puffed pastry shells or over a bed of rice or pasta.

Note - Nutrient values are approximate and are based on average values for some ingredients. Recipe may not be exactly as

Resource® 2.0 Pudding Recipe

Ingredients:

237 mL	*Resource® 2.0,* chilled
250 mL	2% milk
1 small package	Instant pudding powder, any flavour (113 g)

Directions:

- In a bowl combine all ingredients and mix until smooth.
- Refrigerate until thickened, about one hour.

Makes:

- 4 servings (125 mL)

Nutritional:

- Each serving has 255 Kcal and 7.5 g Protein

Tip:

- For a richer, creamier pudding try using another 237 mL Tetra Box of **Resource® 2.0** instead of milk. This will provide an extra 80 calories and 3 grams of protein per serving!

Note - Nutrient values are approximate and are based on average values for some ingredients. Recipe may not be exactly as shown.
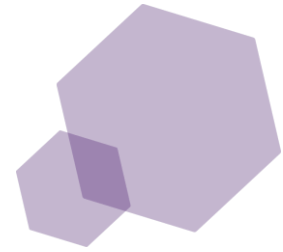
Resource® 2.0 Pancakes Recipe

Ingredients:

200 mL	Flour
7 mL	Baking powder
237 mL	*Resource® 2.0*
1	Egg, slightly beaten
25 mL	Vegetable oil
15 mL	Vegetable oil (for frying the pancakes)

Directions:

- Mix flour and baking powder in a large bowl.
- Add **Resource® 2.0**, egg, and oil. Mix well.
- Heat 15 mL oil in frying pan over med-high heat.
- Pour in 50 mL of batter. When edges brown and top is covered with bubbles, flip pancake over.
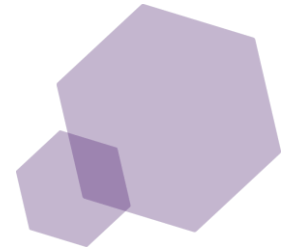- Repeat with remaining batter.

Makes:

- 3 servings (6-7 pancakes)

Nutritional:

- Each serving has 420 Kcal and 12 g Protein

Note - Nutrient values are approximate and are based on average values for some ingredients. Recipe may not be exactly as shown.

Resource® 2.0 Banana Nut Muffins Recipe

Ingredients:

500 mL	Flour
250 mL	Brown sugar
25 mL	Baking powder
5 mL	Salt
2 mL	Baking soda
375 mL	Rolled oats
2	Eggs, slightly beaten
100 mL	Vegetable oil
237 mL	*Resource® 2.0*
250 mL	Banana, mashed (3 small)
175 mL	Chopped nuts

Directions:

- Preheat oven to 200 C/400 F.
- Mix dry ingredients in large bowl. Make well in centre.
- Pour in eggs, oil, **Resource® 2.0**, banana and nuts. Stir with fork until dry ingredients are moistened.
- Fill greased muffin tins 3/4 full. Bake 18-20 minutes until toothpick inserted in centre of muffin comes out clean.

Makes:

- 12 large muffins

Nutritional:

- Each serving has 375 Kcal and 9 g Protein

Note - Nutrient values are approximate and are based on average values for some ingredients. Recipe may not be exactly as shown.