

Recipes

Recipes may be prepared using any of the Peptamen® family of formulas. If your doctor has recommended that you drink Peptamen® formulas by mouth, you can easily create flavoring options with these recipes.

Remember that Peptamen® formulas are medical foods intended for use under medical supervision. You should consult with your healthcare professional to determine if Peptamen® formulas and these recipes are appropriate for you.

Quick Flavoring Tips

SYRUPS

Add any of the following to 1 carton (250 mL) of Peptamen® formula:

1
Tbsp

Regular or sugar-free chocolate, strawberry, or maple syrup

(add 2 drops almond or black walnut extract for a maple nut flavor)

2
Tbsp

Regular or sugar-free flavoring syrups

(i.e. Hazelnut, raspberry, caramel)

2
Tbsp

Regular or sugar-free liquid coffee creamers

POWDERS

Add any of the following to 1 carton (250 mL) of Peptamen® formula:

**1/8-
1/4**
tsp

Powdered drink mix (such as lemonade mix)

1-2
Tbsp

Malt powder (dissolve in a small amount of hot water before adding to Peptamen® formula)

2
tsp

Instant coffee powder

EXTRACTS

Add 1/4 tsp of your favorite flavor to 1 carton (250 mL) of Peptamen® formula.

Try blending flavors to make your own combination.

Suggestions: orange, raspberry, pineapple, cherry, maple, cinnamon, coconut, banana, almond, or mint

Chocolate Almond

DRINK

SERVING SIZE

Makes 1 (8 fl oz) serving

INSTRUCTIONS

Place all ingredients into a glass and stir well. Serve immediately.



INGREDIENTS



1 carton (250 mL) of any flavored variety of Peptamen® or Peptamen Junior® formula



2 tsp regular or sugar-free chocolate syrup



1/8 tsp almond extract

Hazelnut COFFEE

SERVING SIZE

Makes 1 (8 fl oz) serving

INSTRUCTIONS

Place all ingredients into a glass and stir well. Serve immediately.



INGREDIENTS



1 carton (250 mL) of any flavored variety of Peptamen® or Peptamen Junior® formula



1 tsp Vanilla NESCAFÉ® TASTER'S CHOICE® Gourmet Instant Coffee granules



2 tsp sugar or 1 packet sweetener

Honey Cinnamon

DRINK

SERVING SIZE

Makes 1 (8 fl oz) serving

INSTRUCTIONS

Place all ingredients into a glass and stir well. Serve immediately.



INGREDIENTS



1 carton (250 mL) of any flavored variety of Peptamen® or Peptamen Junior® formula



1 Tbsp honey



Dash of cinnamon

Mocha

COFFEE

SERVING SIZE

Makes 1 (8 fl oz) serving

INSTRUCTIONS

Place all ingredients into a glass and stir well. Serve immediately.



INGREDIENTS



1 carton (250 mL) of any flavored variety of Peptamen® or Peptamen Junior® formula



2 tsp regular or sugar-free chocolate syrup



1 tsp Vanilla NESCAFÉ® TASTER'S CHOICE® Gourmet Instant Coffee granules

Strawberry Banana

SMOOTHIE

SERVING SIZE

Makes 1 (12 fl oz) serving

INSTRUCTIONS

Place all ingredients into a blender and mix until smooth. Serve immediately.



INGREDIENTS



1 carton (250 mL) of any flavored variety of Peptamen® or Peptamen Junior® formula



1/2 small banana



1/2 cup sliced strawberries

Banana Cream

DRINK

SERVING SIZE

Makes 1 (8 fl oz) serving

INSTRUCTIONS

Place all ingredients into a glass and stir well. Serve immediately.



INGREDIENTS



1 carton (250 mL) of any flavored variety of Peptamen® or Peptamen Junior® formula



2 tsp of sugar or 1 packet sweetener



1/4 tsp banana extract

Tropical Fruit SMOOTHIE

SERVING SIZE

Makes 1 (8 fl oz)
serving

INSTRUCTIONS

Place all ingredients
into a glass and stir
well. Serve
immediately.



INGREDIENTS



1 carton (250 mL) of any
flavored variety of
Peptamen® or
Peptamen Junior® formula



2 tsp sugar or 1 packet
of sweetener



1/4 tsp
Pineapple Extract



1/4 tsp
Coconut Extract

Lemon Cream DRINK

SERVING SIZE

Makes 1 (8 fl oz)
serving

INSTRUCTIONS

Place all ingredients into
a glass and stir well.
Serve immediately.



INGREDIENTS



1 carton (250 mL) of any
flavored variety of
Peptamen® or Peptamen®
Junior formula



2 tsp sugar or 1
packet of sweetener



1/4 tsp
Lemon Extract