Fortini

Fortini Neutral
Recipe Book



This recipe book is intended for parents or carers of children who have been prescribed a neutral-flavour product from the Fortini range by a healthcare professional. The Fortini products are Foods for Special Medical Purposes. For the dietary management of disease related malnutrition. Use only under medical supervision.

Introduction

Fortini

Good nutrition plays an important role in the growth and development of children with specific medical conditions. In some cases, these children may face challenges meeting their nutritional needs through regular food alone.

Fortini is a Food for Special Medical Purposes (FSMP) formulated to provide energy, protein, vitamins, and minerals — supporting the nutritional requirements of children when recommended by a healthcare professional.

In this recipe book, explore the many ways you can use Fortini **neutral** flavour liquid or powder as **the perfect base** for creating delicious, nutrient-packed meals and snacks. Discover inspiring recipe ideas for your little one to try — from snacks to nourishing meals.





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Fortini

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Fortini Neutral
Recipe Book


Fortini
Breakfasts
Fortini products are foods for special medical purposes. For the dietary management of disease related malnutrition. Use only under medical supervision.

Banana honey porridge

PER SERVING
500 kcal
10.4 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 30 g porridge oats
- 1-2 tsp runny honey
- ½ small banana, mashed
- ½ tsp sugar (optional)

Instructions

1. Place the porridge oats in a medium saucepan and add Fortini Neutral.
2. Allow the porridge oats to warm and stir until thickened.
3. Place the porridge oats in a bowl, stir in the honey and banana.
4. Just before serving sprinkle the top of the porridge with sugar.



Photo for illustration.
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Fortini

Warm Weetabix®

PER SERVING
231 kcal
5.4 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 100 ml Fortini Multi Fibre Neutral
- 1 Weetabix® biscuit
- ½ tsp sugar (optional)

Instructions

1. Warm the Fortini product in a saucepan.
2. Pour the warm Fortini over the Weetabix® biscuit.
3. Before serving, sprinkle sugar over the top.



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Fortini

Scrambled eggs

PER SERVING
531 kcal
20 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 4 eggs
- 50 g butter
- Parsley for garnishing (optional)

Instructions

1. Whisk eggs and the Fortini in a bowl.
2. Heat the butter in a saucepan and gradually add the egg mixture into the pan. Continue to heat and gently stir until the egg has scrambled.
3. Garnish with parsley and serve with toast or brown soda bread.



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Fortini

Pancakes

PER SERVING
464 kcal
16.8 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 20 g flour
- 20 g fruit of your choice
- 1 egg
- 5 g margarine or butter

Instructions

1. Mix the flour, Fortini, and egg in a blender to obtain a smooth paste.
2. Melt butter in a pan, then gently pour half of the pancake batter. Flip the pancake so it can cook on both sides. Once cooked, start again, with the second half.
3. Top the pancakes with pieces of fruit.



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Fortini

Overnight strawberry fridge oats

PER SERVING
614 kcal
16.7 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 40 g oats
- 2 tbsp strawberry yoghurt
- ½ grated apple
- 1 or 2 strawberries (chopped)

Instructions

1. Add Fortini to the oats and mix. Cover and leave overnight in refrigerator.
2. Mix yoghurt and grated apple to oats and stir.
3. Add strawberries.



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Fortini

Ham and tomato omelette

PER SERVING
212 kcal
13.2 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 100 ml Fortini Multi Fibre Neutral
- 2 eggs
- 20 g chopped ham
- 20 g chopped tomato
- 1 tsp oil

Instructions

1. Beat the eggs in a bowl together with the Fortini.
2. Pour the oil into a small frying pan and when the oil is hot pour the mixture in (please ensure the pan is suitable to place under a grill).
3. After 5 seconds gently move the edges of the setting omelette to the centre of the pan with a fork. At the same time, tilt the pan quickly in all directions so that the uncooked egg flows to the edges. Continue until the mixture is lightly set and the top is moist.
4. Add ham and tomato to the mixture and place under a grill to cook the top.
5. Once golden brown, fold the omelette in half and serve.



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Fortini

Forest berry puffed

PER SERVING
545 kcal
15.7 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 15 g puffed cereal
- 40 g chopped wild berries (raspberries, blueberries, or blackberries)

Instructions

1. Place the puffed cereal in a bowl or shallow dish.
2. Add Fortini and stir until well-combined.
3. Add the wild berries to the mixture.



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Fortini

Pancakes with spinach

PER SERVING
387 kcal
25.8 g Protein
BASED ON OUR FORTINI POWDER

3 PORTIONS

Ingredients

- 2 scoops of Fortini powder
- 100 g cottage cheese
- ½ egg
- Pinch of salt and pepper
- 20 g spinach
- 0.5 tsp baking powder
- 45 g whole wheat flour
- Baking butter or margarine

Instructions

1. Place the cottage cheese in a blender with the egg and a pinch of salt. Blend this together.
2. Then add the spinach and blend again.
3. Add the baking powder and Fortini powder into the mixture.
4. Heat the butter or margarine into a frying pan and fry small pancakes (3 pieces) from the batter.
5. Garnish the pancakes with fresh fruit such as banana, or with a savory topping such as grated cheese or bacon strips.



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Fortini

Red fruit smoothie

PER SERVING
344 kcal
9.3 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 60 g red berries

Instructions

1. Blend all the ingredients in a blender until smooth.
2. Serve the smoothie in a glass or mug.



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Fortini

Nutrini smoothie

PER SERVING
198 kcal
5.0 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder
- Half banana
- 3 strawberries
- Half kiwi
- 50 ml yoghurt
- 50 ml orange juice
- Water for desired consistency

Instructions

1. Mix all ingredients in a blender and blend until smooth.



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Fortini

Fruity smoothie

PER SERVING
282 kcal
8.1 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder
- Half banana
- 3 strawberries
- Half kiwi
- 50 ml low-fat yoghurt
- 25 g oatmeal
- 25 g blueberries
- Water for desired consistency

Instructions

1. Mix all ingredients in a blender and blend until smooth



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Fortini

Green dragon smoothie

PER SERVING
334 kcal
11.4 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder
- Half banana
- Half kiwi
- 25 g avocado
- 25 g oatmeal
- 50 ml low-fat vanilla yoghurt
- 100 g leaf spinach
- Water for desired texture

Instructions

1. Mix all ingredients in a blender and blend until smooth.



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Fortini

Tropical smoothie

PER SERVING
287 kcal
5.7 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder
- Half banana
- 50 g pineapple
- 50 g mango
- 50 ml orange juice
- 50 ml low-fat vanilla yoghurt
- 100 g leaf spinach
- Water for desired texture

Instructions

1. Mix all ingredients in a blender and blend until smooth.



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Fortini

Fortini

Savoury meals

- Soups
- Sauces
- Side dishes & Main meals



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Tomato soup

PER SERVING
245 kcal
4.7 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 295 g condensed tomato soup
- 50 ml hot water

Instructions

1. Pour the condensed soup into a saucepan and add hot water.
2. Heat the soup gradually on low heat while continually stirring.
3. When the soup is thoroughly warmed, remove from the heat.
4. Pour the Fortini into the soup and stir.
5. Return the soup to the heat and warm gently to serving temperature.
6. For a creamier taste, add a tablespoon of cream (optional).



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Fortini

Vegetable soup

PER SERVING
266.80 kcal
5.75 g Protein
BASED ON OUR FORTINI MULTI FIBRE

3 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 2 Leeks
- 1 medium onion
- 200 g carrots
- 300 g pumpkin
- 1 small potato
- Olive oil
- Salt

Instructions

1. Chop all the vegetables
2. In a pot, add a drizzle of olive oil, then add the leek and onion and sauté.
3. Add the remaining chopped vegetables, a pinch of salt, and enough water to almost cover the ingredients.
4. Cook until the vegetables are tender. Cooking time will vary depending on the type of pot used.
5. Add the Fortini to the cooked vegetables and their juices and blend until smooth.



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Fortini

Creamy mushroom soup

PER SERVING
401 kcal
7.1 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder with 30 ml water
- 125 g mushrooms
- 10 g butter
- 12 g flour
- ½ clove of garlic
- 30 g onion
- ¼ stock cube
- 150 ml hot water
- 50 ml whipped cream
- Thyme and pepper

Instructions

1. Clean the mushrooms and cut them into small sliced cubes. Finely chop the onion and garlic.
2. Heat half of the butter in a soup pan and fry the onion and garlic in it.
3. Add the mushrooms and fry until they have shrunk.
4. Add a pinch of thyme into the mushrooms.
5. Add the other half of the butter and then add the flour.
6. Dissolve the stock cube in 150 ml of hot water. Then pour this over the mushrooms.
7. Add the whipped cream.
8. Let this simmer for 10 minutes, then pureé the soup with a hand blender.
9. Add pepper to taste.
10. Mix 2 scoops of Fortini powder with 30 ml of water.
11. Once the soup has cooled, mix the Fortini powder mixture into the mushroom soup.



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Fortini

Tomato soup with orzo

PER SERVING
313 kcal
6.9 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder with 15 ml water
- 100 g finely chopped tomatoes
- 50 g potato
- 200 ml vegetable stock (200ml boiling water and ¼ stock cube)
- 25 g orzo
- 1 tsp yoghurt
- 1 tsp olive oil

Instructions

1. Mix 100 g finely chopped tomatoes, 50 g finely chopped tomatoes together with the vegetable stock in a large pan.
2. Bring this mixture to the boil and cook for 15 minutes.
3. After 15 minutes, use a hand blender to blend the potatoes and tomatoes into a homogeneous mixture.
4. Add the olive oil to the tomato soup.
5. Return the tomato soup to the heat and add the orzo.
6. Bring back to the boil and cook for 10 minutes until the orzo is cooked.
7. Remove the pan from the heat and let the tomato soup cool.
8. Mix 15 ml of water with 2 scoops of Fortini powder, then add the yoghurt. Mix until smooth.
9. Mix the yoghurt mixture with the tomato soup.



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Fortini

Creamy white sauce

PER SERVING
659 kcal
11.4 g Protein
BASED ON OUR FORTINI MULTI FIBRE

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 25 g flour
- 25 g butter or margarine 50 ml full fat milk

Instructions

1. Melt the butter in a non-stick saucepan.
2. Stir in the flour until the mixture forms a smooth paste.
3. Gradually add milk while stirring continuously, then pour in the Fortini.
4. Stir over low heat allowing the mix to thicken, add salt and pepper to taste and then serve.



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Fortini

Mushroom sauce

PER SERVING
612 kcal
10.7 g Protein
BASED ON OUR FORTINI MULTI FIBRE

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- Mushrooms
- 25 g butter or margarine
- 25 g flour
- 50 ml full fat milk
- Salt and pepper

Instructions

1. Slice the mushrooms and fry in butter until soft and turning golden-brown.
2. In a separate non-stick saucepan, melt the butter.
3. Stir in the flour until the mixture forms a smooth paste.
4. Gradually add milk while stirring continuously, then pour in the Fortini.
5. Add the mushrooms and stir over low heat allowing the mixture to thicken.
6. Add salt and pepper to taste and then serve.



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Fortini

Fresh mashed potatoes

PER SERVING
228 kcal
4.2 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 60 ml Fortini Multi Fibre Neutral
- 350 g potatoes, halved
- 1 tbsp butter

Instructions

1. Fill the pan with water; add the potatoes and a pinch of salt, cover with a lid and bring to the boil.
2. Cook the potatoes for about 20 to 25 minutes or until they are tender.
3. Drain and mash the potatoes with a potato masher. Once mashed, add the butter and the Fortini.
4. Continue mashing until smooth.



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Fortini

Cheesy scones

PER SERVING
338 kcal
9.6 g Protein
BASED ON OUR FORTINI MULTI FIBRE

6 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 275 g self-raising flour
- 50 g butter at room temperature
- 75 g grated cheddar cheese
- 1 egg, beaten

Instructions

1. Sieve the flour into a bowl. Rub the butter in lightly until the mixture looks crumbly. Once the mixture resembles a crumb, add in the grated cheese.
2. Add the beaten egg and the Fortini to this mixture and mix into a dough. Allow to rest for 10-15 minutes.
3. Turn the dough out onto a lightly floured working surface. Roll it out to approximately 2.5 cm thick and cut out scones using a cutter.
4. Place the scones on a lightly greased baking sheet and bake in a preheated oven at 220°C for approximately 10 minutes, or until they are well risen and golden brown.
5. Allow to cool and serve.



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Fortini

Macaroni cheese

PER SERVING
772 kcal
27.1 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 25 g butter or margarine
- 25 g flour
- 50 ml full fat milk
- 300 g macaroni
- 100 g grated cheese
- Salt and pepper

Instructions

1. Cook the macaroni in a pan of salted boiling water. Once cooked, place it in an oven dish.
2. Melt the butter in a non-stick saucepan and stir in the flour until the mixture forms a smooth paste.
3. Gradually add milk while stirring continuously.
4. Gradually pour in the Fortini and add 75 g of cheese.
5. Stir over low heat allowing the mixture to thicken.
6. Pour the cheese sauce over the pasta and add 25 g of grated cheese on the top.
7. Place the macaroni under the grill and cook until the cheese is golden brown.



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Fortini

Tuna pasta bake

PER SERVING
809 kcal
4.87 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 125 ml Fortini Multi Fibre Neutral
- 200 g pasta
- 20 g butter
- 20 g plain flour
- 80 ml full fat milk
- 100 g cheddar cheese
- 160 g tin of tuna
- 2 tbsp of sweetcorn parsley
- Salt and pepper

Instructions

1. Preheat oven to 180°C, or 160°C if using a fan setting.
2. Boil the pasta as per pack's instructions.
3. To make the sauce, melt the butter in a saucepan and stir in the flour. Cook for 1 minute, then gradually stir in the milk and the Fortini on a low heat to make a thick white sauce. Do not boil the Fortini.
4. Remove from the heat and stir in all but a handful of cheese.
5. Drain the pasta, add to the white sauce, along with the tuna, sweetcorn, parsley and seasoning. Mix well until all the ingredients are combined.
6. Transfer to a baking dish and top with the rest of the grated cheese. Bake for 15-20 minutes until the cheese on top is golden and starting to brown.



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Fortini

Spaghetti bolognese

PER SERVING
662 kcal
26.9 g Protein
BASED ON OUR FORTINI MULTI FIBRE

3 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 50 ml olive oil or vegetable oil
- 200 g minced beef
- 1 onion (finely chopped)
- 1 garlic clove or 1 tsp garlic pureé
- 1 tsp tomato purée
- 1 tsp mixed herbs
- 200 g chopped plum tomatoes
- 300 g spaghetti (or 100g portion with 1/3 of the sauce)
- 25 g parmesan cheese

Instructions

1. Heat the oil in a heavy-based saucepan; add the onions and garlic, frying until softened.
2. Increase the heat and add the minced beef and fry until brown, breaking down any chunks of meat with a wooden spoon.
3. Add the tomato purée, mixed herbs and chopped tomatoes and cook on low heat for 30 minutes, stirring occasionally.
4. Cook the spaghetti in a pan of salted boiling water.
5. Remove the sauce from the heat and add the Fortini, then return to the heat and warm to serving temperature.
6. Once cooked drain the spaghetti and add the Bolognese sauce.
7. Serve with a sprinkle of grated parmesan cheese.



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Fortini

Traditional yorkshire pudding

PER SERVING
218 kcal
7.6 g Protein
BASED ON OUR FORTINI MULTI FIBRE

4 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 80 g plain flour
- 2 tsp cooking oil
- 2 eggs
- A pinch of salt

Instructions

1. Pre-heat the oven to 220°C.
2. Pour the cooking oil in a Yorkshire Pudding tin and place in the oven for 10 minutes.
3. Whisk the eggs while gradually adding the Fortini then whisk for another minute.
4. Add flour and salt to the eggs, whisking until the batter is smooth and fluffy.
5. Remove the Yorkshire Pudding tin from the oven and pour the batter into the hot oil.
6. Place the Yorkshire Pudding tin back in the oven and cook for 20-25 minutes until golden brown.



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Fortini

Toad in the hole with cheesy mash

PER SERVING
374 kcal
14.6 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

Toad in the hole
- Vegetable oil
- 1 egg
- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 50 g plain flour
- 2 sausages (preferably Chipolatas)

Cheesy mash
- 1 large potato or 2 smaller ones
- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 20 g butter
- 50 g cheddar cheese (grated)
- Salt and pepper

Instructions

1. Preheat the oven to 200°C or 180°C in fan setting. Grease a small ovenproof dish.
2. Chop the potato into small cubes and cook in salted water until fork can easily break it in half.
3. Put sausages in dish.
4. Whisk the egg in a bowl, then whisk in the Fortini.
5. Put the flour in a separate bowl, then slowly whisk in the egg mixture.
6. Pour the batter over sausages.
7. Bake in the oven for 15-20 minutes, or until the batter is puffed up and golden brown.
8. Strain potato then mash, add butter, grated cheese, and the Fortini and mash until smooth.
9. Season to taste.



Photo for illustration.
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Fortini

Spaetzle

PER SERVING
641 kcal
19.6 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 100 ml Fortini Multi Fibre Neutral
- 100 g flour
- 1 egg
- 15 g butter, melted
- Salt and nutmeg

Instructions

1. Crack the egg, then mix the butter, flour, Fortini, and a pinch of salt and nutmeg until you have a smooth spaetzle mixture.
2. Bring salted water to boil and press the spaetzle mixture through a spaetzle strainer or a spaetzle slicer.
3. Cook the spaetzle until they rise to the surface.
4. Briefly rinse with cold water so that they no longer stick together.



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Fortini

Chicken curry

PER SERVING
433 kcal
24 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 100 ml Fortini Multi Fibre Neutral
- 20 g onion
- 10 g rapeseed oil
- 100 g chicken breast fillet
- 50 g zucchini
- 20 g crème fraîche
- 5 g wheat flour
- Chicken soup powder, lemon juice or vinegar, salt, pepper, curry powder

Instructions

1. Fry the chopped onion with the finely chopped chicken in oil until golden brown all over.
2. Add washed and chopped zucchini and fry briefly.
3. Pour in the Fortini.
4. Season with soup powder, curry, and salt and pepper. Add lemon juice or vinegar to taste, then stir in crème fraîche and let stand briefly.
5. If necessary, thicken with a little flour (stir smooth with a little water and stir into the sauce, bring to the boil briefly).



Photo for illustration.
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Fortini

Veggie muffins

PER SERVING
208 kcal
6.4 g Protein
BASED ON OUR FORTINI MULTI FIBRE

12 PORTIONS

Ingredients

- 125 ml Fortini Multi Fibre Neutral
- ½ grated medium courgette
- 2 spring onions, finely chopped
- ½ medium grated carrot
- 25 g sweetcorn
- 225 g self-raising flour 100 g parmesan, finely grated 1 tsp dried herbs
- 2 eggs, beaten
- 90 ml sunflower oil

Instructions

1. In a clean tea towel, place the grated carrot and courgette to wring out any excess water. Then place into a bowl and add the sweetcorn, sliced spring onion and dried herbs. Add the parmesan, ensuring there's leftovers for decoration. Season to taste with salt and pepper.
2. In a jug, whisk the eggs, oil, and the Fortini.
3. In another bowl, add the flour, baking powder and egg mixture. Combine with a wooden spoon but don't over mix. The texture should be lumpy to create a better muffin.
4. Add the vegetable/cheese mixture and stir to combine.
5. Line a muffin tray with 12 paper muffin liners and spoon the mixture between as evenly as you can (Tip: Use an ice cream scoop). Sprinkle over the remaining parmesan on top of each muffin.
6. Bake at 180°C for 20-25 minutes until golden brown**. Once baked allow to cool on a wire rack.



Photo for illustration.
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** Baking may reduce the vitamin and mineral content of this product. If you have any concerns, please contact your healthcare professional. Always test the temperature of the food before serving.
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Fortini

Spinach & mushroom mini quiche

PER SERVING
273 kcal
17.52 g Protein
BASED ON OUR FORTINI MULTI FIBRE

3 PORTIONS

Ingredients

- 150 ml Fortini Multi Fibre Neutral
- 150 g mushrooms
- A handful of spinach
- 4 or 5 eggs
- Grated cheese (optional)

Instructions

1. Sauté the mushrooms in a pan with a drop of olive oil.
2. Mix the mushrooms in a bowl with a handful of spinach, eggs, the Fortini, and a pinch of salt. If desired, add some grated cheese.
3. Pour the mixture into a muffin tin and bake for 20 – 30 minutes or until the mini quiches are golden brown on top.



Photo for illustration.
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Fortini

Lentil purée

PER SERVING
468.50 kcal
19.17 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- ½ onion
- 1 clove of garlic
- 1 medium carrot
- 2 tbsp of olive oil
- 150 g crushed tomatoes
- ¾ cup of lentils
- 1 vegetable stock cube
- ½ tsp of sweet paprika

Instructions

1. Peel and finely dice the onion, garlic, and carrot.
2. Sauté the vegetables In the oil. Add the crushed tomatoes and cook for 1 minute. Pour in water, crushed tomatoes ,the Fortini, lentils and stock cubes
3. Stir, cover, and simmer for about 15 minutes.
4. Season the mixture with salt and pepper.
5. Purée directly in the pot using an immersion blender.
6. Add toppings such as feta cheese, grated Parmesan, sunflower or sesame seeds, yogurt, fresh bread, or chopped parsley before serving.



Photo for illustration.
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Fortini

Pasta with tomato sauce

PER SERVING
484 kcal
16.4 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder with 30 ml water
- 70 g spaghetti
- 1 tbsp olive oil
- 15 g butter
- 100 g peeled tomatoes
- 60 g zucchini
- 60 g carrots
- 10 g Parmesan cheese
- Pepper and garlic powder

Instructions

1. Bring a large pan of water to boil and add the spaghetti.
2. Cook the spaghetti according to the cooking time indicated on the packaging.
3. Wash the zucchini and carrot and cut the vegetables into desired size.
4. Add the olive oil to a frying pan.
5. Add the zucchini and carrot and cook until done.
6. Add the peeled tomatoes and season with pepper and garlic powder.
7. Let the sauce simmer for 5 minutes on low heat.
8. Let the pasta sauce cool to 60 ° C.
9. Add the Fortini powder mixture to the pasta sauce and stir well.
10. Serve Spaghetti in a deep plate and add the sauce and parmesan.



Photo for illustration.
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Fortini

Pumpkin risotto

PER SERVING
637 kcal
21.1 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder with 30 ml water
- 1 tbsp olive oil
- 10 g butter
- Pepper
- 100 g pumpkin cubes
- 50g vegetarian bacon bits
- 60 g risotto rice
- 1 clove of garlic
- ½ onion
- 15 g Grana Padano
- 250 ml vegetable stock

Instructions

1. Bring a pan of water to a boil.
2. Add the pumpkin cubes and cook until al dente for 10–15 minutes.
3. Meanwhile, finely chop the onion and mince the garlic.
4. Heat 1 tbsp olive oil in a frying pan, then add the onion and garlic.
5. Add the vegetarian bacon strips and fry briefly.
6. Add the risotto rice and fry until the grains are translucent.
7. Gradually add the vegetable stock to the risotto rice, stirring continuously.
8. Stir in butter and season with pepper.
9. Add the cooled pumpkin cubes to a blender and blend until smooth.
10. Mix 2 scoops of Fortini powder with 30 ml of water.
11. Add the pumpkin purée to a bowl and mix in the Fortini powder mixture.
12. Stir the pumpkin purée into the risotto and garnish with Grana Padano.



Photo for illustration.

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Fortini

Lasagna

PER SERVING
625 kcal
27.1 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder with 30 ml water
- 50 g zucchini
- 50 g aubergine
- 50 g chestnut mushrooms
- ½ onion
- 1 clove of garlic
- 5 g Italian herbs
- 1 tbsp olive oil
- 150 g canned diced tomatoes
- 40 g grated young cheese
- 2 lasagna sheets
- 10 g butter
- 10 g flour
- 100 ml milk

Instructions

1. Preheat oven to 200°C.
2. Cut the zucchini, aubergine, and chestnut mushrooms into the desired size.
3. Chop the onion and finely chop the garlic.
4. To make the Béchamel sauce, melt the butter in a saucepan. Then add the flour and cook briefly until a gritty consistency is formed. Then add the milk and stir well with a whisk once the sauce has reached the desired thickness, remove it from the heat and let it cool.
5. Mix 2 scoops of Fortini powder with 30 ml of water.
6. Once the béchamel sauce has cooled (below 60°C), add the Fortini powder mixture and stir well.
7. Heat the olive oil in a frying pan and sauté the onion and garlic. Add the zucchini, aubergine, and chestnut mushrooms.
8. Then add the diced tomatoes and Italian herbs. Mix well and let it simmer over low heat for 10 minutes.
9. Spread a layer of the vegetable sauce in a baking dish, then a layer of béchamel sauce. Then the lasagna sheet. Repeat. Finish the final layer with grated cheese.
10. Place the baking dish in the middle of a preheated oven and bake the lasagna for 30 minutes.



Photo for illustration.

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Fortini

Mexican wrap

PER SERVING
695 kcal
33 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder
- 1 medium whole wheat wrap
- Half red pepper
- 50 g corn
- 75 g chicken fillet cubes
- 40 g crème fraiche
- 15 g grated young cheese
- Handful tortilla chips
- 1 tbsp olive oil
- Pinch of pepper and paprika powder

Instructions

1. Heat the olive oil in a frying pan.
2. Add the chicken fillet cubes and fry until done.
3. Cut the pepper into cubes and add them to fry briefly.
4. Add a pinch of pepper and paprika powder.
5. Mix the crème fraiche with 2 scoops of Fortini powder.
6. Divide the chicken mixture over the whole wheat wrap.
7. Spread half of the crème fraiche over the wrap.
8. Add grated cheese to the wrap.
9. Fold the wrap closed and fry it in the frying pan until crispy.
10. Serve the wrap with a handful of tortilla chips and remaining crème fraiche as dipping sauce.



Photo for illustration.
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Fortini


Fortini
Sweet treats
Fortini products are foods for special medical purposes. For the dietary management of disease related malnutrition. Use only under medical supervision.

Milky ice-lollies

PER SERVING
158 kcal
3.6 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- Chopped fruit (optional)

Instructions

1. Pour the Fortini into ice-lolly moulds with any chopped fruit.
2. Freeze for at least 4 hours.



Photo for illustration.
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Fortini

Summer fruit jelly

PER SERVING
201 kcal
4.6 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- ½ pack strawberry or raspberry flavoured jelly
- 100 g mixture of fresh summer fruits, such as strawberries, raspberries, blackcurrants, redcurrants and blackberries
- 50 ml boiling water

Instructions

1. Cut the jelly into cubes and place in a bowl.
2. Add the boiling water and stir to dissolve the jelly.
3. When the jelly has cooled, pour in the Fortini, add the fruit and place in the fridge to set.



Photo for illustration.
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Fortini

Angel delight

PER SERVING

187 kcal

3.3 g Protein

BASED ON OUR FORTINI MULTI FIBRE

3 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre
- 1 packet strawberry, banana, vanilla or chocolate Angel Delight® powder
- 50 ml full fat milk

Instructions

1. Pour the Fortini and milk into a bowl.

2. Gradually add the Angel Delight® powder and whisk well until frothy.

3. Place the mixture in the fridge to set for 30 minutes and serve.



Photo for illustration.
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Fortini

Creamy custard

PER SERVING
235 kcal
5.2 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 30 g custard powder
- 100 ml full fat milk

Instructions

1. Mix the custard powder with 3 tbsp of milk to form a smooth paste.
2. Pour the remaining milk into a saucepan and bring to boil, gradually stirring in the milk paste.
3. Gently stir over a medium heat and pour in the Fortini gradually until thickened.



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Fortini

Chocolate milkshake

PER SERVING
337 kcal
7.1 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 25 ml Crusha** Chocolate

Instructions

1. Pour the bottle of Fortini into a large cup or glass.
2. Add the Crusha chocolate flavour to the glass and with a spoon stir well until mixed.
3. Serve and enjoy.



Photo for illustration.
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**Crusha is a registered trademark of the Silver Spoon Company.
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Fortini

Toffee milkshake

PER SERVING
350 kcal
7.3 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 15 ml of Askeys treat toffee flavour topping**

Instructions

1. Place the Fortini in a plastic shaker.
2. Add the toffee flavour topping to the shaker.
3. Shake until smooth (approx. 1-2 minutes) or blend in a smoothie maker for 30 seconds.
4. Pour the toffee milkshake into a glass and enjoy.



Photo for illustration.
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Fortini

Vanilla pudding

PER SERVING
381 kcal
7.1 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 40 g sugar
- 15 g cornstarch
- A pinch of salt
- 50 ml full fat milk
- 1 egg yolk
- 15 g butter
- 1 tsp vanilla essence

Instructions

1. Mix sugar, cornstarch and salt. Gradually stir in milk and the Fortini. Cook over medium heat, but do not boil, stirring constantly, until mixture thickens. Once thickened and ribbons can be formed, stir for further 1 minute.
2. Gradually stir at least half of the hot mixture into egg yolk, then stir back into hot mixture in saucepan. Stir for 1 minute then remove from heat. Stir in butter and vanilla essence.
3. Pour pudding into dessert dishes. Cover and refrigerate about 1 hour or until chilled.



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Fortini

Hot chocolate

PER SERVING
644 kcal
11.5 g Protein
BASED ON OUR FORTINI MULTI FIBRE

2 PORTIONS

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 1 sachet of hot chocolate powder
- 30 ml full fat milk
- Squirty cream
- Mini marshmallows

Instructions

1. Mix hot chocolate powder and milk until combined.
2. Slowly add the Fortini.
3. Heat gently on a low heat in a pan, do not let it boil.
4. Pour into mug.
5. Top with whipped cream and marshmallows.



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Fortini

Semolina porridge

PER SERVING
308 kcal
9.4 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 100 ml cow's milk (3.5 % fat) or formula milk
- 20 g cereals (e.g. spelt or wheat semolina)
- 2 tbsp fruit (pureed or crushed)

Instructions

1. Boil cow's milk or formula milk briefly.
2. Stir in cereal semolina with a whisk.
3. Warm the Fortini in a bain-marie. Stir into the porridge with a whisk.
4. While stirring, simmer the porridge over medium heat until the desired texture is achieved.
5. Allow to cool slightly and stir in the fruit.



Photo for illustration.
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Fortini

Stracciatella ice cream

PER SERVING
499 kcal
9.6 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 200 ml Fortini Multi Fibre Neutral or 125 ml Fortini Compact Multi Fibre Neutral
- 10 g vanilla sugar
- 30 g chocolate chips
- Whipped cream

Instructions

1. Place the Fortini and vanilla sugar in an ice cream maker.
2. Prepare ice cream and add chocolate chips after 10 minutes.
3. Garnish with whipped cream.



Photo for illustration.
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Fortini

Peach mousse

PER SERVING

614.4 kcal

13.68 g Protein

BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 100 ml Fortini Multi Fibre Neutral
- 2 peach halves in their own juice or syrup
- 4 tablespoons of condensed milk
- 1 unsweetened greek yogurt

Instructions

1. Place the two peach halves in a bowl and chop them.
2. Add the unsweetened greek yogurt, the condensed milk, and Fortini.
3. Whisk everything until you achieve a smooth texture.
4. Decorate with thin slices of peach. It can be served immediately, or chilled in the refrigerator before serving.



Photo for illustration.

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Fortini

Energy bars

PER SERVING
230.74 kcal
4.21 g Protein
BASED ON OUR FORTINI MULTI FIBRE

1 PORTION

Ingredients

- 100 ml Fortini Multi Fibre Neutral
- 130 g of oat bran
- 120 g of wheat flour
- 120 g chopped dried fruit
- ½ sachet of yeast
- 40 g shredded coconut (optional)
- 100 g softened butter or margarine

Instructions

1. Preheat oven to 120°C.
2. Mix all the dry ingredients in a bowl.
3. Add the Fortini and the butter and mix until you get a firm dough.
4. Shape 10 bars with the dough and place them on a baking tray.
5. Bake in the middle of the oven for 10 minutes until golden brown and firm.
6. Remove from the oven and let it cool.
7. Optionally add melted chocolate and sprinkle coconut flakes.



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Fortini

Banana cake with chocotrini sauce

PER SERVING
465 kcal
7.7 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder
- 4 bananas (crushed)
- 2 eggs
- 130 g icing sugar
- 100 g brown caster sugar
- 120 g butter (unsalted, at room temperature)
- 325 g flour
- 1 tsp baking powder
- A pinch of salt
- 180 ml semi-skimmed milk
- 65 g walnuts
- 100 g dark chocolate
- 1 tsp honey
- 1 tsp cacao powder

Instructions

1. Preheat oven to 200°C.
2. Add the flour, pinch of salt, and baking powder to a large bowl and mix well. Set bowl aside.
3. Add the butter, icing sugar, and brown sugar to another bowl and mix well with hand mixer.
4. Then add the eggs one at a time. Also add the mashed bananas one at a time. Mix well with a hand mixer.
5. Add the dry ingredients and semi-skimmed milk and stir together.
6. Finely chop the walnuts and dark chocolate and add to the mixture.
7. Pour the mixture into a greased cake tin and bake the banana cake for 45 minutes.
8. To make the chocotrini sauce: Mix 2 scoops of Fortini powder with cacao powder and honey. Serve this over one slice of banana cake.
9. The rest of the banana cake can be eaten by the family or frozen for later.



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Fortini

Chocolate pudding

PER SERVING
222 kcal
7.7 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 2 scoops of Fortini powder with 30 ml of water
- 80 ml semi-skimmed milk
- 1 tsp cocoa powder
- 15 g rice flour
- 1/2 egg yolk
- 4 tsp icing sugar
- ½ tsp butter

Instructions

1. Mix the egg yolk and milk in a bowl.
2. Add the cocoa powder and rice flour and mix.
3. Add the mixture to a saucepan and bring slowly to boil.
4. Add the butter.
5. Continue stirring the mixture until substance thickens.
6. Remove the pan from the heat and add the icing sugar.
7. Let the chocolate pudding cool to 50°C.
8. Add 2 scoops of Fortini powder and 30 ml of water to a separate bowl and mix well.
9. Add the mixture with Fortini powder to the pudding.
10. Pour the pudding into a bowl and serve cold.



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Fortini

Frozen yogurt bars with fruit & nuts

PER SERVING
282 kcal
9.7 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 100 g full-fat greek yogurt
- 1 tbsp honey
- 25 g red fruit
- 6 walnuts
- 5 g pure chocolate chips
- 2 scoops Fortini powder

Instructions

1. Chop the walnuts finely.
2. Use a small bowl and cover it with baking paper. Make sure the entire bottom is covered.
3. Mix the greek yogurt with the honey and 2 scoops of Fortini powder.
4. Spread the yogurt mixture evenly in a layer about 1.5 cm thick over the baking paper.
5. Sprinkle the red fruit, chopped walnuts, and chocolate chips over the yogurt.
6. Freeze for at least 3 hours. Cut the frozen yogurt bars into pieces and serve immediately at room temperature.



Photo for illustration.
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Fortini

Oatmeal cake

PER SERVING
297 kcal
11.6 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 125 ml semi-skimmed milk
- 10 g coconut oil
- Half a banana
- 30 g oatmeal
- 5 g dark chocolate
- 1 tsp cinnamon
- 25 g raspberries
- 2 scoops Fortini powder

Instructions

1. Preheat the oven to 200°C.
2. Grease a small oven dish (8–10 cm diameter) with some oil.
3. Use a blender to mix the banana, if desired.
4. Then add the milk, Fortini powder, coconut oil, and oatmeal.
5. Slice the banana into slices or halves.
6. Pour the oatmeal mixture into the oven dish and place the banana slices on top along with the raspberries.
7. Chop the chocolate finely and sprinkle it over the mixture.
8. Bake the oatmeal cake for about 20 minutes until golden brown and cooked through.



Photo for illustration.
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Fortini

Stroopwafel baked oats

PER SERVING
357 kcal
10.4 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 40 g oatmeal
- ½ banana
- ½ tsp baking powder
- 80 ml milk
- 1 piece of fudge
- 1 mini stroopwafel
- 2 scoops Fortini powder
- Butter to grease the baking dish

Instructions

1. Preheat the oven to 180°C.
2. Grease the baking dish with butter.
3. Put the oatmeal in the blender and blend until fine.
4. Add the banana, baking powder, milk, and Fortini powder.
5. Blend until smooth.
6. Pour the mixture into the baking dish.
7. Cut the fudge into small pieces and mix into the batter.
8. Break the stroopwafel into pieces and place on top of the batter.
9. Bake for 15 minutes in the oven until the baked oats are firm.
10. Let cool slightly and enjoy!



Photo for illustration.
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Fortini

Red fruit trifle

PER SERVING
192 kcal
9.4 g Protein
BASED ON OUR FORTINI POWDER

1 PORTION

Ingredients

- 100 ml vanilla quark
- 3 Lotus cookies or Maria biscuits
- 25 g raspberries or red fruit mix
- 2 scoops Fortini powder

Instructions

1. Wash the fruit.
2. Crush the Lotus cookies or Maria biscuits in a food processor or place them in a plastic bag and crush with a rolling pin.
3. Mix the vanilla quark with 2 scoops of Fortini powder in a separate bowl.
4. Put a glass ready and sprinkle some crushed cookies at the bottom.
5. Add 1 tbsp of vanilla quark.
6. Then add 3 raspberries on top of the vanilla quark.
7. Repeat the layers with more crushed cookies and fruit. Finish with a layer of quark on top.



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Fortini

Apple-oatmeal cookies

PER SERVING
153 kcal
11.5 g Protein
BASED ON OUR FORTINI POWDER

3 PORTIONS

Ingredients

- 30 g oatmeal
- 0.5 tsp baking powder
- 15 g unsalted butter
- Half an apple (cut into small cubes)
- 1 tsp honey
- 10 g raisins
- ½ egg
- ½ tsp vanilla extract
- Pinch of cinnamon & salt
- 2 scoops Fortini powder

Instructions

1. Preheat the oven to 190°C.
2. Put the oatmeal, butter, baking powder, 2 scoops of Fortini powder, cinnamon, and salt in a bowl. Stir together.
3. Mix in the apple cubes and raisins.
4. Beat the egg and mix half of it with the honey into the dry mixture.
5. Knead everything together into a dough.
6. Form small balls from the dough and flatten them slightly.
7. Place the cookies on a baking tray lined with baking paper.
8. Bake the cookies for about 15 minutes until golden brown.
9. Let cool slightly and serve warm.



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Fortini

Fortini

Fortini Neutral

Recipe Book

Fortini products are foods for special medical purposes. For the dietary management of disease related malnutrition. Use only under medical supervision.