

Fruits of the forest cream

Sweet

level 

 4

 5 min



Ingredients

- 200 ml Fresubin 2 kcal DRINK Fruits of the forest
- 300 ml milk (3.5% fat)
- 1 sachet instant vanilla pudding powder (for 500 ml milk)
- 200 g berries (e.g. raspberries)

Nutritional information per serving:

Energy256 kcal
 Protein.....8.2 g
 Fat7.0 g
 Carbohydrate38.0 g
 Fibre.....2.3 g



Alternative products:

- Fresubin® Original DRINK
- Fresubin® Energy/Fibre DRINK
- Fresubin® Protein Energy DRINK
- Fresubin® Energy DRINK

Preparation

Mix 300 ml milk with Fresubin 2 kcal DRINK Fruits of the forest. Stir in pudding powder and mix with a mixer for 3 minutes (highest level).

Add 200 g of suitable fruits/berries.

Pour into dessert glasses and decorate with chocolate and fruits.

TIP:

Purée fruits and pour over the dessert.