



YUM
YUM



High quality protein

All essential vitamins*

High energy formula



Frebini®

Recipe Booklet

Let your kids enjoy the great taste with yummy recipes

Frebini®

Always there for me

Great taste approved by kids



Recipes with Frebini® ENERGY (FIBRE) Drink

Frebini® ENERGY (FIBRE) Drink blends nutrition with a great taste that kids enjoy.

It's about creating moments of happiness with every sip. Beyond its nourishing essence, it's a taste that kids wholeheartedly approve. Our recipe booklet offers a treasure of imaginative ways to integrate this drink into meals. Curious to see what's inside? Explore the recipes and let your kids discover this taste.



- 2** Apple-Carrot Overnight Muesli
- 4** Blueberry Caterpillar
- 6** Chocolate-Apple Pancakes
- 8** Hazelnut Crêpe Rolls
- 10** Hot Caramel Chocolate
- 12** Iced Mango Drink
- 14** Pink Raspberry Jelly
- 16** Quick Chocolate Porridge
- 18** Strawberry-Tangerine Breakfast Drink
- 20** Striped Banana-Chocolate Dessert
- 22** Vanilla Fruit Smiley
- 24** Yoghurt Kiba Refresher

Cooking, baking and processing may reduce the content of some nutrients of the used Frebini ENERGY (FIBRE) Drinks. If you have any questions, please speak to your healthcare professional.



Apple Carrot Overnight Muesli

ingredients

- 🔥 1 small carrot (approx. 60 g)
- 🔥 ½ apple
- 🔥 4 tbsp fine oat flakes
- 🔥 2 tbsp ground almonds
- 🔥 ½ tsp cinnamon
- 🔥 1 bottle Frebini® ENERGY FIBRE Drink, Vanilla flavour (200 ml), at room temperature

Optional: fruit jam as topping.



- 1 Wash the carrot and apple, rub dry and peel if desired. Grate the carrot finely and the apple coarsely on a square grater. Mix the oat flakes with *Frebini® ENERGY FIBRE Drink, Vanilla flavour*, almonds, cinnamon and the grated apple, cover and place in the fridge overnight.

- 2 In the morning, put the muesli in a bowl and garnish with fruit of your choice and perhaps a spoon of jam.

tip 💡

Also good as a travel snack or school lunch. Simply fill into a well-sealable box.

Don't forget a spoon!

Nutritional Information Per Serving of Prepared Recipe

Protein	9 g
Fat	13 g
Carbohydrate	39 g
Fibre	6 g

328 kcal (1373 kJ)



Frebini®
ENERGY FIBRE
Drink
Vanilla
flavour





Blueberry Caterpillar

ingredients

- ☀️ 1 bottle of *Frebini® ENERGY Drink, Strawberry flavour* (200 ml), chilled, from the fridge
- ☀️ 50 g drained wild blueberries (canned)
- ☀️ 1 tbsp whole milk chocolate chips
- ☀️ 1 tbsp small, coloured chocolate sweets for decoration



1-2 servings



10 min

(+ cooling time overnight + 1 hour cooling time)



- 1 Fill the *Frebini® ENERGY Drink, Strawberry flavour* into ice cube trays and freeze overnight. The next day, put the ice cubes in a blender with the blueberries and blend for a few seconds at high power. Fold in the chocolate chips, pour into a bowl and place in the freezer for another hour.
- 2 Use a scoop to assemble small ice cream balls into a caterpillar and decorate with chocolate sweets.

tip



The caterpillar will not melt so quickly if the plate is chilled in the fridge for 30 minutes before serving. If you like, you can also place the caterpillar on a "carpet" of whipped cream.

Nutritional Information Per Serving of Prepared Recipe

Protein	4 g
Fat	10 g
Carbohydrate	233 g
Fibre	1 g

233 kcal (979 kJ)

Frebini®
ENERGY Drink
Strawberry
flavour





YUM
YUM



Chocolate-Apple Pancakes

ingredients

- ☀️ 125 g light spelt flour or plain white flour from wheat 
- ☀️ 1 tsp baking powder
- ☀️ 1 bottle Frebini® ENERGY FIBRE Drink, Chocolate flavour (200 ml), at room temperature
- ☀️ 1 apple
- ☀️ 4 tsp margarine or vegetable oil
- ☀️ 2 tsp icing sugar 

2 servings 

25 min 

- 1 Mix the flour with the baking powder in a bowl. Add the *Frebini® ENERGY FIBRE Drink, Chocolate flavour* and mix with a whisk until smooth. Peel the apple, cut out the core and cut its flesh into 6 slices.
- 2 Heat 2 tsp margarine or vegetable oil in a non-stick frying pan and place three apple slices in it, spacing them out. Put 2 tbsp batter on each so that the batter flows over the apple slice in the middle and on the sides. Fry for 3 to 4 minutes on each side until golden. Fry the remaining pancakes in the same way. Serve dusted with icing sugar.

tip 

If you don't have a round apple corer, first cut the peeled apple into slices and then use a pointed knife to remove the core from the middle.

Nutritional Information
Per Serving of Prepared
Recipe

Protein	11 g
Fat	15 g
Carbohydrate	74 g
Fibre	5 g

498 kcal (2089 kJ)

Frebini®
ENERGY FIBRE
Drink
Chocolate
flavour





Hazelnut Crêpe Rolls



ingredients

- ☀️ 1 bottle *Frebini*® ENERGY Drink, Banana flavour (200 ml), at room temperature
- ☀️ 1 egg
- ☀️ 80 g light spelt flour or plain white flour from wheat
- ☀️ 2 tbsp ground hazelnuts or nuts/almonds of choice
- ☀️ Approximately 4 tsp butter, margarine or vegetable oil
- ☀️ 2 tbsp chocolate-hazelnut spread

Optional: pieces of fruit, grapes cocktail sticks



- 1 In a bowl, mix the *Frebini*® ENERGY Drink, **Banana flavour** with the egg, flour and ground hazelnuts with a whisk until smooth.
- 2 Heat 1 tsp butter, margarine or oil in a large non-stick frying pan and fry 2 crêpes at a time for 2 to 3 minutes on each side. Add the remaining frying fat little by little.
- 3 Leave the crêpes to cool a little, spread with chocolate-hazelnut spread and roll up. If desired, put pieces of fruit on cocktail sticks and insert them into the roll at 2 cm intervals. Cut the roll into slices and serve.

tip

The rolls are also delicious spread with jam without fruit pieces, plum jam or unsweetened fruit puree.



Nutritional Information Per Serving of Prepared Recipe

Protein	14 g
Fat	26 g
Carbohydrate	58 g
Fibre	2 g

544 kcal (2277 kJ)

Frebini®
ENERGY Drink
Banana flavour





Hot Caramel Chocolate

ingredients

- ♥ 1 bottle of *Frebini® ENERGY FIBRE Drink, Chocolate flavour* (200 ml), at room temperature.
- ♥ 1-2 *tbsp* dessert sauce caramel (ready-made)
- ♥ ¼ *tsp* cinnamon
- ♥ 1 *tbsp* whipped cream (e.g. spray cream)

Optional: caramel sauce and/or chocolate shavings for decoration

- 1 Mix the *Frebini® ENERGY FIBRE Drink, Chocolate flavour*, caramel sauce and cinnamon in a small saucepan or microwave-safe mug and heat to a comfortable drinking temperature.
- 2 Pour the caramel chocolate into a mug or heatproof glass and top with cream, caramel sauce and/or chocolate shavings.

tip

Also delicious on the go.
Simply fill into a thermo mug and close tightly.

Nutritional Information Per Serving of Prepared Recipe

Protein	8 g
Fat	19 g
Carbohydrate	47 g
Fibre	2 g

405 kcal (1699 kJ)

Frebini®
ENERGY FIBRE
Drink
Chocolate
flavour





Iced Mango Drink

ingredients

- 🌟 50 g mango, peeled and diced
- 🌟 1 tbsp lemon juice
- 🌟 1 tbsp sugar or coloured sugar sprinkles
- 🌟 5 tbsp mango or orange juice, from the fridge
- 🌟 1 bottle Frebini® ENERGY FIBRE Drink, Vanilla flavour (200 ml), chilled, from the fridge



- 1 Place the mango on a plate and freeze for 2 to 3 hours.
- 2 Put lemon juice and sugar or sugar sprinkles in a shallow cup or small bowl each. Dip a large glass upside down first in the lemon juice. Then turn the moistened rim in the sugar until a suitable amount of sugar adheres to the rim of the glass.
- 3 Mix the frozen mango cubes, fruit juice, the leftover lemon juice from the sugar rim and the **Frebini® ENERGY FIBRE Drink, Vanilla flavour** in a tall container with a blender until it becomes creamy and pour into the prepared glass.

tip

Instead of a sugar rim, the drink can also be served with a few pieces of fruit on a cocktail stick.

Nutritional Information Per Serving of Prepared Recipe

Protein	8 g
Fat	13 g
Carbohydrate	52 g
Fibre	3 g

377 kcal (1578 kJ)

Frebini®

ENERGY FIBRE
Drink
Vanilla
flavour





1
serving



5
min

(+ approx.
4 hours cooling time)



Pink Raspberry Jelly

ingredients

- ☀️ ½ sachet raspberry jelly powder (approx. 6 g)
- ☀️ 1 bottle Frebini® ENERGY Drink, Strawberry flavour (200 ml), at room temperature
- ☀️ 1-2 tbsp agave syrup
- ☀️ 50 g raspberries

Optional: cream and/or sugar decorations for decoration

- 1 Mix the jelly powder with *Frebini® ENERGY Drink, Strawberry flavour* and agave syrup in a small saucepan.
- 2 Heat while stirring until the powder has dissolved, do not let it boil. Then carefully fold in the raspberries, pour into a small bowl and chill for a few hours. Decorate with whipped cream dots or sugar decorations as desired.

tip



For special occasions: Mash the raspberries with a fork, otherwise prepare the jelly as described above. However, pour the heated mixture into a shallow dish and, after it has set, cut out motifs close together with biscuit cutters, e.g., stars and moon, flowers or Christmas motifs. Sift some cocoa powder onto a plate and arrange the designs on it. Decorate with sugar decorations if desired.

Nutritional Information Per Serving of Prepared Recipe

Protein	11 g
Fat	13 g
Carbohydrate	50 g
Fibre	2 g

377 kcal (1584 kJ)



Frebini®
ENERGY Drink
Strawberry
flavour





Quick Chocolate Porridge

ingredients

- ✦ 4 tbsp oat flakes
- ✦ 1 bottle Frebini® ENERGY FIBRE Drink, Chocolate flavour (200 ml), at room temperature
- ✦ A fruit of your choice

Optional: oatmeal or coconut flakes



- 1 Bring the oat flakes and *Frebini® ENERGY FIBRE Drink, Chocolate flavour* to the boil in a small saucepan, stirring. Remove the saucepan from the heat and let the porridge sit, covered, for 5 minutes. Then pour into a bowl and leave to cool for another 5 minutes.
- 2 Peel and slice a fruit of your choice and spread over the porridge. Sprinkle with crispy oatmeal and/or coconut flakes if desired.

tip

If you like, mix 1 tbsp sultanas or 2 finely chopped dried apricots with the oat flakes and *Frebini® ENERGY FIBRE Drink Chocolate* before heating

Nutritional Information Per Serving of Prepared Recipe

Protein	13 g
Fat	16 g
Carbohydrate	66 g
Fibre	9 g

492 kcal (2060 kJ)

Frebini®
ENERGY FIBRE
Drink
Chocolate
flavour





Strawberry-Tangerine Breakfast Drink

ingredients

- ☀️ ½ lemon
- ☀️ 1 bottle Frebini® ENERGY Drink, Strawberry flavour (200 ml), chilled, from the fridge
- ☀️ 50 g drained naturally sweet mandarin oranges (can)
- ☀️ 2-3 tbsp fine oat flakes
- ☀️ 2 tsp peanut butter or hazelnut butter

Optional: possibly some mandarin orange slices for decoration

- 1 Squeeze the lemon and whip 1 tbsp juice together with *Frebini® ENERGY Drink, Strawberry flavour*, tangerines, oat flakes and nut puree until frothy. Add more lemon juice to taste if necessary.
- 2 Pour the drink into a glass. If desired, put some mandarin or orange slices on a small wooden skewer and place over the rim of the glass.

tip

This is the “year-round” version of this drink. It also works with fresh, juicy seasonal fruits such as berries, peaches or oranges.

Nutritional Information Per Serving of Prepared Recipe

Protein	13 g
Fat	19 g
Carbohydrate	56 g
Fibre	3 g

463 kcal (1939 kJ)



Frebini®
ENERGY Drink
Strawberry
flavour





Zebra Semolina Dessert

ingredients

- 🌟 1 bottle *Frebini*® ENERGY Drink, Banana flavour (200 ml), at room temperature
- 🌟 20 g soft wheat semolina
- 🌟 1 tsp cocoa



Optional: chocolate or coconut flakes for decoration



- 1 Mix the *Frebini*® ENERGY Drink, **Banana flavour** and semolina with a whisk in a small saucepan. Bring to the boil very briefly while stirring and remove the pan from the heat. Cover and leave to swell for 5 minutes.
- 2 Stir the semolina again, transfer about half to a small bowl and stir in the cocoa with a whisk. Alternate the banana and chocolate layers in 1 large or 2 small dessert bowls. Decorate with chocolate or coconut shavings.

tip

The dessert tastes great lukewarm after a few minutes or ice cold after about 1 to 2 hours out of the fridge.

Nutritional Information Per Serving of Prepared Recipe

Protein	5 g
Fat	7 g
Carbohydrate	25 g
Fibre	1 g

188 kcal (787 kJ)

Frebini®
ENERGY Drink

Banana
flavour





Vanilla Fruit Smiley

ingredients

- ☀️ 1 bottle *Frebini® ENERGY FIBRE Drink, Vanilla flavour* (200 ml), chilled, from the fridge
- ☀️ 100 ml (10 tbsp) tropical fruit or orange juice
- ☀️ 20 g (2 level tbsp) cornflour
- ☀️ 50 g (2 tbsp) natural yoghurt
- ☀️ 100 g blueberries or raspberries

2 servings



10 min

(+ 1-2 hours cooling time)



- 1 Pour 5 tbsp of *Frebini® ENERGY FIBRE Drink, Vanilla flavour* and the juice into a small pot. Stir the cornflour into the cold liquid with a whisk. Bring the mixture to the boil while stirring.
- 2 Put the pot to the side and leave to cool for a few minutes. Then stir in the yoghurt and the remaining *Frebini® ENERGY FIBRE Drink, Vanilla flavour*.
- 3 Pour the cream into two bowls and place in the fridge, covered for 1 to 2 hours. Decorate the cream with the berry smileys and serve.

tip



Little sweethearts like to snack on a smiley made of chocolate sweets for a change

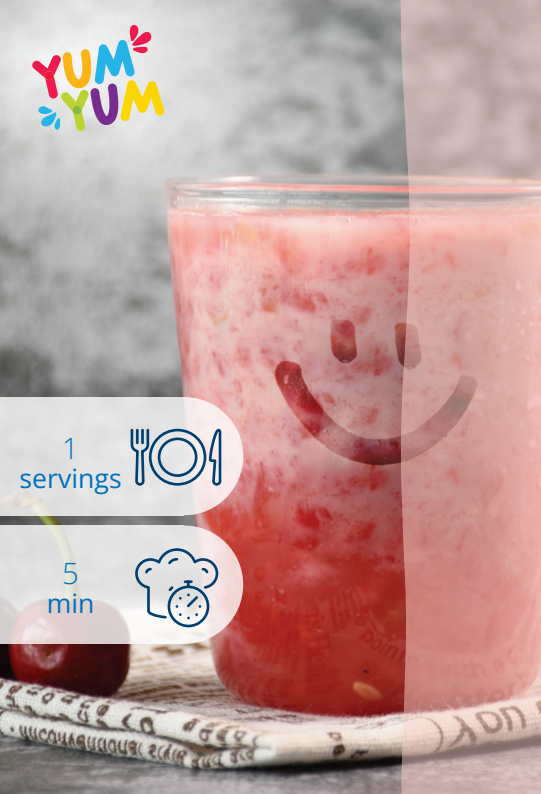
Nutritional Information Per Serving of Prepared Recipe

Protein	5 g
Fat	8 g
Carbohydrate	35 g
Fibre	4 g

247 kcal (1037 kJ)

Frebini®
ENERGY FIBRE
Drink
Vanilla
flavour





Yoghurt Cherry-Banana Refresher



ingredients

- 🌟 100 ml cherry juice or cherry nectar, from the fridge
- 🌟 1 tsp vanilla sugar
- 🌟 1 heaped tbsp natural yoghurt
- 🌟 1 tbsp lemon juice
- 🌟 1 bottle Frebini® ENERGY Drink, Banana flavour (200 ml), chilled, from the fridge

Optional: Mint or untreated lemon zest for decoration



- 1 Mix the cherry juice with the vanilla sugar and let it stand until the sugar has dissolved.
- 2 Mix the yoghurt, lemon juice and Frebini® ENERGY Drink, Banana flavour well in a bowl. Then pour into a large glass. Carefully pour the cherry juice over it with the back of a spoon. Garnish with mint or a piece of lemon peel if desired.

tip

Fill cherry juice with vanilla sugar into ice cube moulds and freeze overnight. Then simply melt the ice cubes in the Frebini yoghurt mix.

Nutritional Information Per Serving of Prepared Recipe

Protein	9 g
Fat	14 g
Carbohydrate	51 g
Fibre	0 g

378 kcal (1581 kJ)

Frebini®
ENERGY Drink

Banana
flavour



Frebini®

Great taste approved by kids

Frebini® ENERGY (FIBRE) Drinks are delicious, ensuring compliance and supporting your kids to Grow & Thrive.*



for more information about our Frebini® ENERGY (FIBRE) Drink and its recipes visit the website below
www.fresubin.com/frebini-energy-fibre-drinks

*SAM Sensory Test Results for Frebini ENERGY Drink (N=61) and Frebini ENERGY FIBRE Drink (N=64) according to QDA methodology, excluding Vanilla Flavour.
Frebini® products are food for special medical purposes, that have to be used under medical supervision.



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