

Peptamen® formula *Flavoring Options & Recipes*



Recipes may be prepared using any Peptamen® formula. 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.

Syrups

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

- Regular or sugar-free chocolate, strawberry, or maple syrup (add 2 drops almond or black walnut extract for a maple nut flavor)

Add 2 tsp of the following to 1 carton (250 mL) of Peptamen® formula:

- Regular or sugar-free flavoring syrups (i.e. Irish cream, hazelnut, raspberry, caramel, mint)
- 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 1/8-1/4 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.



Frozen Drinks

Any of the following beverage recipes can be made into a frozen drink by adding the ingredients plus 3 ice cubes to a blender.

Mix until smooth. Serve immediately.

Warm Beverages

The following beverage recipes may also be served warm.

Place the mixture in a microwave-safe cup.

Heat 2-3 minutes on 50% power until warm (do not boil). Stir and serve immediately.

USE CAUTION WHEN SERVING HOT BEVERAGES.



Peptamen® formula *Recipes*

Tropical Fruit Smoothie

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
2 tsp sugar or 1 packet sweetener
1/8 tsp pineapple extract
1/8 tsp coconut extract

Preparation:

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



Creamy Hot Cocoa

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
1 packet regular or sugar-free Nestlé® hot cocoa mix

Preparation:

Pour Peptamen® formula into a microwave-safe container and heat to desired temperature. (Do not boil.) Add 1 packet of hot cocoa mix and stir until dissolved. Serve immediately.



Strawberry Banana Smoothie

Makes 1 – 12 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
1/2 cup sliced strawberries
1/2 small banana

Preparation:

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



FROZEN: Any of the Peptamen® formula recipes can be made into a frozen drink by adding the ingredients plus 3 ice cubes to a blender. Mix until smooth. Serve immediately.

WARM: They may also be served warm. Place the mixture in a microwave-safe cup. Heat 2-3 minutes on 50% power until warm (do not boil). Stir and serve immediately.

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Peptamen® formula *Recipes*



Mocha

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
2 tsp regular or sugar-free chocolate syrup
1 tsp NESCAFÉ® TASTER'S CHOICE® Gourmet Instant Coffee or other vanilla-flavored instant coffee granules.

Preparation:

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

Hazelnut Coffee

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
1 tsp Vanilla or Hazelnut coffee granules
2 tsp sugar or 1 packet sweetener
1 tsp regular or sugar-free hazelnut syrup

Preparation:

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



Spiced Apple

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
1.5 Tbsp apple butter

Preparation:

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

Recipe Variation: Use 2 Tbsp sweetened applesauce and a dash of cinnamon in place of apple butter.

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Chocolate Mint

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
2 tsp regular or sugar-free chocolate syrup
1/8 tsp peppermint extract

Preparation:

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

Banana Cream

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
2 tsp sugar or 1 packet sweetener
1/4 tsp banana extract

Preparation:

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



Chocolate Almond

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
2 tsp regular or sugar-free chocolate syrup
1/8 tsp almond extract

Preparation:

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

FROZEN: Any of the Peptamen® formula recipes can be made into a frozen drink by adding the ingredients plus 3 ice cubes to a blender. Mix until smooth. Serve immediately.

WARM: They may also be served warm. Place the mixture in a microwave-safe cup. Heat 2-3 minutes on 50% power until warm (do not boil). Stir and serve immediately.

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Cappuccino

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
1 tsp . NESCAFE® TASTER'S CHOICE® Gourmet Instant Coffee or other vanilla-flavored instant coffee granules.
2 tsp sugar or 1 packet sweetener

Preparation:

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

Chocolate Malt

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
2 tsp regular or sugar-free chocolate syrup
1 tsp malt powder (dissolve in a small amount of hot water before adding to Peptamen® formula)

Preparation:

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



Lemon Cream

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
2 tsp sugar or 1 packet sweetener
1/4 tsp lemon extract

Preparation:

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

FROZEN: Any of the Peptamen® formula recipes can be made into a frozen drink by adding the ingredients plus 3 ice cubes to a blender. Mix until smooth. Serve immediately.

WARM: They may also be served warm. Place the mixture in a microwave-safe cup. Heat 2-3 minutes on 50% power until warm (do not boil). Stir and serve immediately.

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Honey Cinnamon

Makes 1 – 8 fl oz serving

Ingredients:

1 carton (250 mL) of Peptamen® formula
1 Tbsp honey
Dash of cinnamon

Preparation:

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

Ice Pops

Any of the beverage recipes may be made into frozen ice pops.

Simply prepare recipe as directed and pour into an ice cube tray or popsicle molds.

Cover and freeze until solid.



Creamy Gelatin

Makes 2 – 3/4 cup servings

Ingredients:

1 carton (250 mL) of Peptamen® formula
1 – 3 oz package gelatin dessert mix, any flavor
1/2 cup boiling water

Preparation:

Dissolve gelatin in boiling water.
Add Peptamen® formula and stir well.
Refrigerate until set.

FROZEN: Any of the Peptamen® formula recipes can be made into a frozen drink by adding the ingredients plus 3 ice cubes to a blender. Mix until smooth. Serve immediately.

WARM: They may also be served warm. Place the mixture in a microwave-safe cup. Heat 2-3 minutes on 50% power until warm (do not boil). Stir and serve immediately.

Use caution when serving hot beverages.

Scan the code to find a Peptamen® formula that's right for you!



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