

SUSTAGEN Recipes

From tasty snacks to delicious meals, boost your
nutritional intake with great tasting recipes
made with SUSTAGEN



Serving Suggestion

How to boost your nutrition



Good nutrition helps you get more out of every day and enjoy all life has to offer.

At times when a busy lifestyle, poor eating habits or a low appetite can mean we don't eat well or what we do eat lacks sufficient nutrients, and this can affect our health.

Each SUSTAGEN product contains a selected blend of nutrients including protein, vitamins, and minerals.

Enjoy this range of great tasting recipes which will inspire you in preparing nourishing drinks, meals, snacks, and desserts all with the added benefits of SUSTAGEN to help supplement your nutritional intake.

SUSTAGEN Hospital Formula provides your diet with a nutritionally complete boost that's high in protein for muscle health. It's packed with essential vitamins and minerals, including vitamin D and 50% of your daily calcium requirements to support bone health. It also contains 10 key nutrients linked to supporting a healthy immune system; vitamins A, B6, B12, C, D, folate and minerals copper, iron, selenium and zinc.

When consumed as part of a varied and balanced diet it's a convenient and tasty way to bolster your nutrition.

Available in seven great tasting flavours.

Simple ways to add SUSTAGEN Hospital Formula Neutral Flavour to your everyday foods

Quick and easy ways to boost energy, protein, calcium, vitamin D and essential micronutrients of drinks, snacks and meals.

FOOD	QUANTITY	SUSTAGEN®	METHOD	ADDED PROTEIN	COMMENTS
Water / Milk	200mL	60g (3 x )	Whisk powder into cold milk or water. Use accordingly.	13.8g	Add your favourite flavouring or fruit if desired.
Tea / Coffee	1 cup or 250mL	20g (1 x )	Stir into tea or coffee as a replacement to milk.	4.6g	
Juice (Orange, Apple)	1 cup or 250mL	20g (1 x )	Whisk into juice with a fork just before serving.	4.6g	May separate on standing, simply mix to combine.
Puréed Vegetable	½ cup or approximately 125g	20g (1 x )	Blend into vegetables whilst puréeing or stir into puréed vegetables.	4.6g	Texture of vegetables may thin slightly.
Soup	1 cup or 250mL	20g (1 x )	Whisk into soup after heating.	4.6g	Gives a creamy appearance. Works well in tomato, pumpkin and corn. Add 20 – 40g depending on taste.
Porridge	½ cup or 40g raw oats	20g (1 x )	Stir into cooked porridge.	4.6g	Add 20 – 40g depending on taste.
Cereal	½ cup	20g (1 x )	Stir into cereal and add milk.	4.6g	
Mashed Potato	1 cup mashed potato or 250g raw peeled potatoes	40g (2 x )	Add to cooked potato and mash together.	9.2g	Can be used instead of milk.
Scrambled Eggs	2 eggs	20g (1 x )	Stir into 125mL (½ cup) milk. Whisk into eggs and cook over a medium heat, stirring continually for 2 – 3 minutes.	4.6g	
Natural Yoghurt	½ cup or 125g	40g (2 x )	Stir into yoghurt 5 minutes before serving.	9.2g	Initial grainy appearance but grains dissolve.
Custard	⅓ cup	20g (1 x )	Stir into hot or cold custard 5 minutes before serving.	4.6g	Initial grainy appearance but grains dissolve.
White Sauce	1 cup or 250mL	80g (4 x )	Gradually blend into white sauce just before serving.	18.4g	Initial grainy appearance but grains dissolve.
Casseroles	400g	60g (3 x )	Gradually stir into heated casserole just before serving.	13.8g	Gives a creamy appearance. Texture of casserole may thin slightly.
Baked Beans	1 cup or 250g	20g (1 x )	Gradually stir into heated baked beans just before serving.	4.6g	Gives a creamy appearance. Add 20–40g depending on taste.
Pasta Sauce or Tomato Purée	1 cup or 250mL	40g (2 x )	Stir into sauce. Use accordingly.	9.2g	Gives a creamy appearance.
Jelly	1 cup or 250mL	100g (5 x )	Shake or mix vigorously.	23g	Forms the consistency and texture of a pudding.

20g = 1  scoop available in every 840g can.

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Smoothies & Drinks



Chocolate Drinks – Mocha Delight



Serving Suggestion

Ingredients

200mL milk

2 scoops vanilla ice cream

1 tablespoon chocolate topping

½ teaspoon instant coffee

60g (3 scoops) SUSTAGEN Hospital Formula Vanilla Flavour or
SUSTAGEN Hospital Formula Plus Fibre Vanilla Flavour

Time: 5 mins

Difficulty:



Portions: 1

Method

1. Place all ingredients in a blender and process until well combined.
2. Pour into a glass and serve.
3. Garnish with grated or flaked chocolate.

Other flavour options:

Black forest – add ¼ cup pitted canned black cherries.

Chocolate lamington – take out instant coffee and replace with ½ teaspoon coconut essence.

Chocolate and cinnamon – take out instant coffee and replace with ½ teaspoon ground cinnamon.

Strong coffee – use SUSTAGEN Hospital Formula Coffee Flavour instead of Vanilla Flavour.

Note:

SUSTAGEN Hospital Formula Vanilla Flavour and Chocolate topping can be replaced with SUSTAGEN Hospital Formula Chocolate Flavour, Coffee Flavour or SUSTAGEN Hospital Formula Plus Fibre Chocolate Flavour.

Benefits:

- Good source of protein.
- High in calcium, iron and zinc.
- Delicious energising snack.

Creamy Chocolate



Serving Suggestion

Ingredients

1 teaspoon (5g) cocoa

20mL water

160mL milk

20mL cream

60g (3 scoops) SUSTAGEN Hospital Formula Vanilla Flavour or SUSTAGEN Hospital Formula Plus Fibre Vanilla Flavour

Method

1. Dissolve cocoa in hot water.
2. Stir in milk and cream.
3. Add SUSTAGEN Hospital Formula and stir vigorously.

Other drink options:

Tea or coffee – stir 20g (1 scoop) SUSTAGEN Hospital Formula Vanilla or Neutral Flavour into 1 cup or 250mL tea or coffee as a replacement to milk.

Orange or apple juice – whisk 20g (1 scoop) SUSTAGEN Hospital Formula Vanilla or Neutral Flavour into 1 cup or 250mL juice with a fork just before serving. Note: May separate on standing, simply mix to combine.

Note:

SUSTAGEN Hospital Formula Vanilla Flavour and cocoa can be replaced with SUSTAGEN Hospital Formula Chocolate Flavour or SUSTAGEN Hospital Formula Plus Fibre Chocolate Flavour.

Time: 5 mins

Difficulty:



Portions: 1

Helpful Tips:

For best results use a shaker.

For a warm drink, you can heat it up on the stove or in the microwave.

Benefits:

- Creamy Chocolate
Added protein 13.8g
- Tea or coffee
Added protein 4.6g
- Juice (Orange, Apple)
Added protein 4.6g

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.

Fruity Drinks – Strawberry & Vanilla



Serving Suggestion

Ingredients

200mL milk

2 scoops vanilla ice cream

½ cup frozen strawberries

60g (3 scoops) SUSTAGEN Hospital Formula Vanilla Flavour

Time: 5 mins

Difficulty:



Portions: 1

Method

1. Place all ingredients in a blender and process until well combined.
2. Pour into a glass and serve.

Other flavour options:

Apricot and almond – replace frozen strawberries with ½ cup canned/stewed apricots and ¼ teaspoon almond essence.

Berry bliss – take out frozen strawberries and replace with mixed berries.

Lemon cheesecake – replace frozen strawberries with ½ cup yoghurt and ¼ teaspoon lemon juice.

Note:

SUSTAGEN Hospital Formula Vanilla Flavour can be replaced with SUSTAGEN Hospital Formula Plus Fibre Vanilla Flavour.

Benefits:

- Energy boost.
- High in calcium.
- Good source of iron and zinc.



Smoothies – Banana Berry



Serving Suggestion

Ingredients

200mL milk

1 small banana, sliced

¼ cup vanilla yoghurt

¼ cup frozen berries

60g (3 scoops) SUSTAGEN Hospital Formula Plus Fibre
Vanilla Flavour

Time: 5 mins

Difficulty:



Portions: 1

Method

1. Place all ingredients in a blender and process until well combined.
2. Pour into a glass and serve.
3. Top with a few extra berries or a sprig of fresh mint.

Other flavour options:

Banana buzz – take out frozen berries.

Banana, prune, and orange – take out frozen berries and replace with ¼ cup pitted prunes and 2 teaspoons finely grated orange rind.

Tropical bliss – replace the frozen berries with ¼ cup fresh or canned mango.

Note:

SUSTAGEN Hospital Formula Plus Fibre Vanilla Flavour can be replaced with SUSTAGEN Hospital Formula Banana, Neutral or Chocolate Flavour.

Benefits:

- Good source of calcium and zinc.
- A serving of fruit in every smoothie.
- Source of fibre.*

*When recipe is made with SUSTAGEN Hospital Formula Plus Fibre Vanilla or Chocolate Flavour.



Tropical Smoothie Pops



Ingredients

1 cup (250mL) water

60g (3 scoops) SUSTAGEN Hospital Formula Vanilla Flavour

$\frac{3}{4}$ cup (100g) frozen pineapple chunks

$\frac{3}{4}$ cup (100g) frozen mango chunks

1 medium banana (200g), peeled and sliced

3 kiwi fruit, peeled and sliced

Time: 5 mins

Difficulty:



Portions: 6

Helpful Tip:

To release, dip mould very briefly in hot water. Pops should easily slide out.

Benefits:

- Good source of protein.
- High in calcium, iron and zinc.
- Delicious energising snack.

Method

1. In a small jug, combine water and SUSTAGEN Hospital Formula and mix well.
2. In a blender, pulse the frozen pineapple, frozen mango chunks, banana and SUSTAGEN mixture until smooth.
3. Divide the kiwi slices amongst six $\frac{1}{2}$ cup (125mL) ice cream moulds, pour mixture into moulds and insert paddle pop sticks or secure with lids. Freeze overnight or until set.



Super-Charged Cherry & Blueberry Smoothie



Serving Suggestion

Ingredients

⅓ cup (50g) fresh or frozen blueberries
½ cup (100g) frozen cherries
150–200mL water based on consistency/thickness preference
1 tablespoon low fat yoghurt
2 tablespoons traditional oats
2 tablespoons LSA Mix
½ cup (60g) SUSTAGEN Hospital Formula Plus Fibre Vanilla Flavour

Time: 10 mins

Difficulty: 

Portions: 1

Method

1. Add all ingredients to a blender or food processor. Blend or process until combined. Add a little more water if the mixture seems too thick.
2. Transfer into serving glass and serve over ice, if desired.

Benefits:

- Source of fibre.
- Energy boost.
- Good source of calcium and zinc.



The power of protein



Protein is important in your diet. You may watch your dietary intake of calories, fat, or salt as part of a balanced diet. However, you should also make sure you're consuming enough protein as it plays a key role in building and maintaining every cell in our bodies.

Unlike fat and carbohydrates, protein is not stored in our body. Instead, it is continuously being broken down and needs to be replaced regularly. That's why you need to include protein in your diet every single day.



Learn why you should be getting enough protein every day.

Breakfasts



Chai Spice Power Bowl



Serving Suggestion

Ingredients

2¾ cups (690mL) almond milk

1¾ cups (210g) SUSTAGEN Hospital Formula Plus Fibre Vanilla Flavour

1 teaspoon ground cinnamon

¾ teaspoon ground ginger

½ teaspoon ground cardamom

1¾ cups (165g) traditional oats

½ cup (60g) toasted pecans, chopped coarsely

1¾ cup (180g) diced mango, peaches or pears

¼ cup (20g) toasted shredded coconut

1 tablespoon honey

Time: 17 mins

Difficulty:



Portions: 4

Method

1. In a medium saucepan over low-medium heat, combine almond milk, SUSTAGEN Hospital Formula Plus Fibre Vanilla Flavour, cinnamon, ginger and cardamom; stir occasionally until almost at a simmer.
2. Stir in oats and simmer for 3–5 minutes, stirring constantly to avoid catching on the base of pan. Remove from heat; stir through pecans and stand 3–4 minutes or until oats reach desired consistency.
3. Divide among serving bowls. Top each with mango (or other fruit of your choice) and coconut; drizzle with honey.

Benefits:

- Good source of protein.
- Source of fibre.
- High in calcium, iron and zinc.

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.



Peanut Butter & Jam Pancakes



Ingredients

$\frac{2}{3}$ cup (100g) plain flour
 $\frac{1}{2}$ cup (80g) wholemeal plain flour
 $\frac{1}{2}$ cup (80g) SUSTAGEN Hospital Formula Vanilla Flavour
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{3}{4}$ teaspoon bicarbonate soda
Pinch salt

1 cup (250mL) milk
1 egg, lightly beaten
 $\frac{1}{4}$ cup (70g) smooth or chunky peanut butter
Cooking oil spray
2 tablespoons raspberry jam
125g punnet fresh raspberries

Time: 20 mins

Difficulty:



Portions: 8

Method

1. In large bowl, whisk together flours, baking powder, SUSTAGEN Hospital Formula, bicarbonate soda and salt. Add combined milk, egg and peanut butter; whisk until combined but still slightly lumpy.
2. Spray oil onto frying pan. Heat over medium heat. Add $\frac{1}{4}$ cup of mixture to each pan. Cook for 2 minutes, or until bubbles appear on the surface. Carefully turn over, cook until golden.
3. Transfer pancakes to a plate, keep warm, repeat with remaining batter, greasing pan between each batch. If you find the pan is getting too hot, reduce heat slightly.
4. Serve pancakes with jam and garnish with fresh berries.



Nutritional Information

Nutrient	Per Serve
Weight	104.3g
Energy	950.9kJ
Protein	8.8g
Total Fat	7.3g
- Saturated Fat	1.9g
Carbohydrate	30.3g
- Sugars	12.9g
Dietary Fibre	>3.0g
Sodium	252.6mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.

Strawberry & Apple Bircher Muesli



Serving Suggestion

Ingredients

¼ cup (60mL) skim milk

¼ cup (60mL) water

80g (4 scoops) SUSTAGEN Hospital Formula Vanilla Flavour

¾ cup (60g) traditional rolled oats

1 tablespoon fat free yoghurt

1 pink lady apple, coarsely grated

2 tablespoons pistachios, toasted, chopped coarsely

100g strawberries, hulled and halved

Time: 10 mins

Difficulty:



Portions: 2

Method

1. In a medium bowl combine skim milk, water and SUSTAGEN Hospital Formula.
2. Add traditional rolled oats, yoghurt, grated apple and pistachios; mix well. Arrange strawberry halves in two serving jars or bowls and spoon in bircher mixture; refrigerate overnight.

Nutritional Information

Nutrient	Per Serve
Weight	284.5g
Energy	1699.9kJ
Protein	17.9g
Total Fat	9.6g
- Saturated Fat	2.0g
Carbohydrate	57.9g
- Sugars	32.5g
Sodium	129.4mg



Strawberry Overnight Oats



Serving Suggestion

Ingredients

40g oats

40g (2 scoops) SUSTAGEN Hospital Formula Strawberry Flavour

200mL water

Time: 5 mins

Difficulty:



Portions: 1

Method

1. Place all ingredients in a bowl and stir well.
2. Cover and leave in the fridge overnight.
3. In the morning, stir gently, garnish with fresh fruit and enjoy.

Helpful Tip:

Why not try nuts, fresh berries or apple slices to garnish?

Nutritional Information

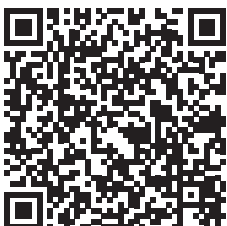
Nutrient	Per Serve
Energy	1560kJ
- Calories	373Cal
Protein	18.9g
Total Fat	5.1g
- Saturated Fat	1.6g
Carbohydrate	60.8g
- Sugars	27.4g
Dietary Fibre	3.9g
Sodium	160.8mg



Are you eating enough protein at breakfast?



If you eat a varied and balanced diet, it is likely that your protein intake will meet your total daily protein needs. However, if you have too much protein at one meal, your body only uses what it requires and it cannot 'store' the excess to use later, like it can with fats and carbohydrates. This may mean your muscles and bones are not getting the full benefit of protein when it is consumed in large amounts at a single meal.



**Read more for tips
on how to boost your
breakfast protein.**

Soups



Pea & Bacon Soup



Serving Suggestion

Ingredients

- 1 tablespoon oil
- ½ onion, chopped
- 500g frozen peas
- 2 carrots, peeled and chopped
- 3 cups water
- ½ teaspoon stock powder
- 140g (7 scoops) SUSTAGEN Hospital Formula Neutral Flavour
- 100g bacon, cooked and chopped

Method

1. Place oil in a saucepan.
2. Add onion and cook until clear.
3. Add peas, carrots, water and stock. Cook until soft.
4. Blend together using a hand-held stick mixer.
5. Stir in SUSTAGEN Hospital Formula.
6. Add bacon.

Time: 30 mins

Difficulty: 

Portions: 4

Helpful Tip:

For a vegetarian option, leave out the bacon.

Nutritional Information

Nutrient	Per Serve
Energy	1480kJ
- Calories	355Cal
Protein	22.6g
Total Fat	12.6g
- Saturated Fat	3.5g
Carbohydrate	32.7g
- Sugars	20.3g
Dietary Fibre	10.8g
Sodium	662mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.



Pumpkin Soup



Serving Suggestion

Ingredients

- 1 tablespoon oil
- ½ onion, chopped
- 400g pumpkin, chopped
- 1 potato, chopped
- 2 cups water
- ½ teaspoon stock powder
- 160g (8 scoops) SUSTAGEN Hospital Formula Neutral Flavour

Time: 25 mins

Difficulty: 

Portions: 4

Helpful Tip:

For an alternative taste you can substitute pumpkin with sweet potato.

Method

1. Heat oil in a pot.
2. When hot add onion and cook until clear.
3. Add pumpkin, potato, water and stock. Cook until soft.
4. Blend with a hand-held stick mixer until smooth.
5. Gradually add SUSTAGEN Hospital Formula and stir into soup.

Nutritional Information

Nutrient	Per Serve
Energy	930kJ
- Calories	225Cal
Protein	9.3g
Total Fat	5.6g
- Saturated Fat	0.8g
Carbohydrate	32.1g
- Sugars	20.5g
Dietary Fibre	3.4g
Sodium	202mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.



Support your immune health with SUSTAGEN



A high protein nutritional drink, SUSTAGEN Hospital Formula provides a boost of essential nutrients and is a quick way to bolster your diet to meet your nutritional needs.

It contains 10 key nutrients; vitamins A, B6, B12, C, D, folate and minerals copper, iron, selenium and zinc, that help support a healthy immune system when consumed as part of a varied and balanced diet.



**See how SUSTAGEN
Hospital Formula
can help.**

Mains



Chicken & Vegetable Casserole



Serving Suggestion

Ingredients

4 tablespoons plain flour
500g chicken, cut into pieces
1 tablespoon olive oil
1 leek, finely sliced
1½ cups liquid chicken stock
2 carrots, peeled and cut into slices
4 small potatoes, peeled and cut into pieces

3 bay leaves
½ cup water
50g spinach
200g (10 scoops) SUSTAGEN Hospital Formula Neutral Flavour
Salt and pepper to taste

Time: 50 mins

Difficulty: 

Portions: 5

Helpful Tip:

You can use any leftover vegetables in place of the carrots and potatoes.

Nutritional Information

Nutrient	Per Serve
Energy	1620kJ
- Calories	390Cal
Protein	25.3g
Total Fat	6.8g
- Saturated Fat	1.8g
Carbohydrate	43.9g
- Sugars	20.6g
Dietary Fibre	3.3g
Sodium	536mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.

Method

1. Place flour in a bowl. Add the chicken and toss through.
2. Heat a heavy saucepan. Add oil.
3. Remove the chicken from the bowl and place in the pan. Cook each side until golden (approximately 3–4 minutes).
4. Transfer to a plate.
5. Place leek and stock to the pan. Cook until softened.
6. Add chicken, carrot, potato, bay leaves and water. Cover with a lid.
7. Bring to the boil. Reduce heat to simmer. Add spinach. Cook for approximately 30 minutes or until vegetables are tender.
8. Turn off the heat. Remove bay leaves and stir through SUSTAGEN Hospital Formula.
9. Season with salt and pepper.

Italian Meatballs



Serving Suggestion

Ingredients

100g (5 scoops)
SUSTAGEN Hospital
Formula Neutral Flavour

500g mince

½ onion, chopped

20g breadcrumbs

1 egg

1 tablespoon dried mixed herbs

40mL oil

500g tomato passata

1 teaspoon beef stock powder

1 cup water

20g fresh basil, chopped

Time: 30 mins

Difficulty: 

Portions: 4

Helpful Tips:

If you do not have any passata, substitute with diced tomatoes.

Serve with pasta, rice or mash.

Method

1. Combine SUSTAGEN Hospital Formula, mince, onion, breadcrumbs, egg and dried mixed herbs in a bowl.
2. Once combined create small balls.
3. Place meat balls on pan and cook at a low heat until brown on all sides.
4. Once cooked cover with tomato passata.
5. Add stock powder and water, stir well.
6. Cover, cook on low for 15 minutes.
7. Add basil and stir through. Serve.

Nutritional Information

Nutrient	Per Serve
Energy	1790kJ
- Calories	430Cal
Protein	37.8g
Total Fat	19.2g
- Saturated Fat	4.9g
Carbohydrate	24.5g
- Sugars	16g
Dietary Fibre	3g
Sodium	475mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.



Omelette



Ingredients

½ cup (125mL) milk

60g (3 scoops) SUSTAGEN Hospital Formula Neutral Flavour

4 eggs, lightly beaten

1 tablespoon olive oil

Time: 15 mins

Difficulty:



Portions: 2

Method

1. In a small jug combine milk and SUSTAGEN Hospital Formula Neutral, mix well.
2. In a medium bowl combine eggs and SUSTAGEN mixture. Place half the oil in small omelette pan on medium-low heat. Swirl to coat pan with oil; reduce heat to low and pour in half the egg mixture. As outside of egg starts to cook, gently move the mixture from the outside of the pan toward the centre, allowing uncooked egg to slip to outer edge of pan. Continue moving the cooked egg to the centre until egg is golden on base. Working quickly, flip omelette onto serving plate.
3. Repeat with remaining oil and egg mixture.

Helpful Tip:

Omelettes can be filled with smoked salmon and sautéed baby spinach leaves, if desired.

Nutritional Information

Nutrient	Per Serve
Weight	205.6g
Energy	1535.9kJ
Protein	21.9g
Total Fat	20.8g
- Saturated Fat	5.7g
Carbohydrate	23.7g
- Sugars	17.7g
Sodium	256.5mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.



Scrambled Eggs



Serving Suggestion

Ingredients

$\frac{2}{3}$ cup (170mL) milk

80g (4 scoops) SUSTAGEN Hospital Formula Neutral Flavour

4 eggs, lightly beaten

20g butter

Time: 10 mins

Difficulty:



Portions: 2

Method

1. In a small jug combine milk and SUSTAGEN Hospital Formula, mix well.
2. In medium bowl combine eggs and SUSTAGEN mixture. Place butter in medium frypan on medium heat. Swirl to coat pan with butter. Once butter is foaming, add egg mixture; cook for 1 minute or until mixture just starts to set. Using a spatula, push the egg towards the centre of the pan until eggs form creamy curds.
3. Serve topped with fresh flat leaf parsley and sliced crusty sourdough, if desired.

Nutritional Information

Nutrient	Per Serve
Weight	239.6g
Energy	1718.9kJ
Protein	25.1g
Total Fat	20.7g
- Saturated Fat	10.2g
Carbohydrate	31.6g
- Sugars	23.6g
Sodium	352.6mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.



Shepherd's Pie



Serving Suggestion

Ingredients

1 tablespoon olive oil
500g beef mince
1 onion, finely chopped
1 carrot, grated
1 zucchini, grated
2 celery sticks, finely chopped
2 tablespoons plain flour
500mL beef stock
1 dried bay leaf

1 tablespoon tomato paste
Salt and pepper to taste
5 (400g) desiree potatoes, peeled, chopped
2 tablespoons butter
125mL milk
200g (10 scoops) SUSTAGEN Hospital Formula Neutral Flavour
Parmesan cheese

Time: 85 mins

Difficulty: 

Portions: 6

Helpful Tip:

This Shepherd's Pie can be portioned and baked in individual ramekins for a more stylish presentation.

Method

1. Preheat the oven to 200°C.
2. Heat oil in a large saucepan.
3. Add mince and cook. Stir constantly to break up the mince.
4. Add onion, carrot, zucchini and celery. Cook for 5 minutes or until soft.
5. Add flour and cook until combined.
6. Add stock, bay leaf and tomato paste. Bring to the boil then reduce the heat and allow to simmer for 30 minutes. Sauce should become thick. Season with salt and pepper.
7. For the topping boil the potatoes until tender. Drain the water and mash the potatoes.
8. Add butter and mix. Once mixed through, stir through the milk and SUSTAGEN Hospital Formula.
9. Spoon the meat in to an ovenproof dish. Cover with the mash potato. Sprinkle salt, pepper and a small amount of parmesan cheese.
10. Bake for 20–25 minutes or until the potato is golden.

Nutritional Information

Nutrient	Per Serve
Energy	1690kJ
- Calories	405Cal
Protein	30.8g
Total Fat	14.3g
- Saturated Fat	5.5g
Carbohydrate	36.5g
- Sugars	18.8g
Dietary Fibre	2.6g
Sodium	414mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.



Serving Suggestion

Tuna & Pasta Bake

Ingredients

50g salt reduced butter

3 tablespoons plain flour

1½ cups milk

240g (12 scoops)
SUSTAGEN Hospital
Formula Neutral Flavour

½ cup grated tasty cheese

Salt and pepper to taste

250g spiral pasta, cooked

3 hard-boiled eggs,
shelled and quartered

425g can tuna in brine
or water, drained

½ cup frozen peas

½ cup grated cheese,
for topping

½ cup fresh breadcrumbs

Time: 40 mins

Difficulty: 

Portions: 6

Helpful Tips:

You can use canned salmon or meat instead of tuna.

This dish can be made in a large dish or individual ramekins.

Method

1. Preheat oven to 180°C (360°F) conventional / 170°C (340°F) fan forced.
2. Grease a 30cm x 20cm baking dish.
3. Melt butter in a small saucepan, add flour and cook for 1 minute. Remove from heat.
4. Gradually whisk in milk, return to heat and bring to the boil stirring continually until sauce thickens.
5. Stir in SUSTAGEN Hospital Formula and grated tasty cheese until melted and smooth.
6. Season with salt and pepper.
7. Arrange cooked pasta, egg, tuna and peas in to baking dish.
8. Pour over sauce and mix through.
9. Sprinkle with grated cheese and breadcrumbs and bake in oven for 20 minutes or until golden.

Note:

For increased fibre, SUSTAGEN Hospital Formula Plus Fibre can be used.

Nutritional Information

Nutrient	Per Serve
Energy	2590kJ
- Calories	620Cal
Protein	43.4g
Total Fat	25g
- Saturated Fat	13.6g
Carbohydrate	53.9g
- Sugars	23g
Dietary Fibre	2.6g
Sodium	687mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.

Where can you get protein from?



Protein is an essential nutrient and a vital part of our diet. It's the building block for nearly every function in our body, from repairing tissues to building muscle, when consumed as part of a varied and balanced diet.



Discover some great sources of protein to keep an eye out for.

Desserts & Snacks



Banana Muffins



Ingredients

1¼ cups self raising flour, sifted

⅓ cup brown sugar

240g (12 scoops) SUSTAGEN Hospital Formula Neutral or Vanilla Flavour

2 tablespoons butter, melted

½ cup full cream milk

1 egg, beaten

1 banana, ripe

Optional:

½ teaspoon cinnamon

Time: 45 mins

Difficulty: 

Portions: 6

Helpful Tip:

You can replace bananas with apples, peaches, pears or any of your favourite fruit.

Nutritional Information

Nutrient	Per Serve
Energy	1545kJ
- Calories	370Cal
Protein	14.3g
Total Fat	7.9g
- Saturated Fat	4.8g
Carbohydrate	59.8g
- Sugars	30.2g
Dietary Fibre	1.5g
Sodium	352mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.

Method

1. Heat oven to 180°C.
2. Grease a six-case muffin tray.
3. Place sifted flour, brown sugar and SUSTAGEN Hospital Formula in a bowl. Mix well.
4. Melt butter and combine in a bowl with milk, egg and chopped banana.
5. Add wet ingredients to dry ingredients and mix gently. Do not over-mix.
6. Place mixture in muffin tray and bake for 30 minutes.
7. Allow to cool out of oven.

Note:

SUSTAGEN Hospital Formula Vanilla Flavour can be replaced with SUSTAGEN Hospital Formula Plus Fibre Vanilla Flavour. You can also try using Chocolate Flavour.

Chocolate Mocha Energy Bars



Serving Suggestion

Ingredients

- 2 cups (280g) quick-cook oats
- 1 cup (190g) chocolate chips
- $\frac{2}{3}$ cup (90g) hemp seeds
- $\frac{2}{3}$ cup (70g) cocoa powder
- 1 tablespoon instant coffee powder
- $\frac{1}{4}$ cup (45g) chia seeds
- 1 cup (140g) pitted dates
- 1 $\frac{1}{4}$ cups (200g) SUSTAGEN Hospital Formula Chocolate Flavour
- $\frac{3}{4}$ cup (190mL) water
- $\frac{1}{4}$ cup (60mL) melted coconut oil

Time: 15 mins

Difficulty:



Portions: 24

Method

1. Grease and line a 23cm square baking pan with baking paper.
2. In large bowl, stir together oats, chocolate chips, hemp seeds, cocoa powder, instant coffee powder and chia seeds; set aside.
3. Using a blender or food processor, pulse pitted dates, SUSTAGEN Hospital Formula powder, water and coconut oil until smooth.
4. Combine date mixture and oat mixture in a bowl. Transfer mixture into prepared pan and press down firmly. Freeze for 40 minutes or refrigerate for 2 hours or until firm. Cut into 24 bars.



Nutritional Information

Nutrient	Per Serve
Weight	52.8g
Energy	>827.6kJ
Protein	6.4g
Total Fat	8.9g
- Saturated Fat	4.2g
Carbohydrate	>21.6g
- Sugars	11.9g
Dietary Fibre	>3.3g
Sodium	37.4mg

Fruit Shortcake



Serving Suggestion

Ingredients

- 1 cup self raising flour
- 1 cup plain flour
- 1 teaspoon caster sugar
- 300g (15 scoops) SUSTAGEN Hospital Formula Vanilla Flavour
- 250g butter, melted
- 2 eggs, beaten
- ½ cup full cream milk
- 800g canned apricots, drained

Method

1. Preheat oven to 180°C (360°F) conventional / 160°C (320°F) fan forced.
2. Grease and line a 20cm x 30cm baking pan.
3. Sift all dry ingredients including SUSTAGEN Hospital Formula into a bowl.
4. Stir in butter, eggs and milk until well combined.
5. Press half of the mixture in to prepared pan.
6. Arrange apricots over mixture and crumble remaining mixture over the top.
7. Bake for 30–35 minutes or until golden and cooked through.
8. Serve warm as a dessert with a dollop of cream or cooled for afternoon tea.

Time: 55 mins

Difficulty: 

Portions: 8

Helpful Tip:

Replace apricots with any of your favourite canned or fresh fruits such as peaches, apples or mixed fruit.

Nutritional Information

Nutrient	Per Serve
Energy	2265kJ
- Calories	540Cal
Protein	15.7g
Total Fat	25.4g
- Saturated Fat	11g
Carbohydrate	60.4g
- Sugars	26.4g
Dietary Fibre	4.4g
Sodium	349mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.

Ginger Turmeric Loaf



Ingredients

⅔ cup (170mL)
coconut oil, melted

2 eggs

1 cup (300g) mashed banana

⅔ cup (170mL) milk

1½ tablespoons minced
fresh ginger

3 teaspoons ground turmeric

1 teaspoon baking powder

1 cup (160g)
SUSTAGEN Hospital
Formula Vanilla Flavour

¾ cup (110g) plain flour

½ cup (80g) wholemeal
plain flour

¼ cup (40g) chopped
dried apricots

¼ cup (45g) chopped
dried mango

1½ tablespoons finely
chopped candied ginger

Time: 80 mins

Difficulty:



Portions: 12

Helpful Tip:

You will need approximately 2 large overripe bananas for this recipe.

Nutritional Information

Nutrient	Per Serve
Weight	103.5g
Energy	>1265.2kJ
Protein	7.5g
Total Fat	17.0g
- Saturated Fat	11.6g
Carbohydrate	>29.2g
- Sugars	13.4g
Dietary Fibre	2.1g
Sodium	92.7mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.

Method

1. Preheat oven to 160°C. Grease and line a 22 x 13cm loaf pan; set aside.
2. Whisk together coconut oil, eggs and banana. Stir in milk, ginger, turmeric and baking powder.
3. Add SUSTAGEN Hospital Formula and flours, stir until just combined – batter may be slightly lumpy at this stage. Stir in apricots and mango. Pour mixture into prepared pan. Sprinkle with candied ginger.
4. Bake for 60 minutes or until a skewer comes out clean when inserted into centre of loaf. Cool in pan for 10 minutes before turning out onto a wire rack to cool. Serve warm or cool completely.

Greek Yoghurt Chocolate Dip & Fruit



Ingredients

170g reduced fat Greek Yoghurt

40g (2 scoops) SUSTAGEN Hospital Formula Chocolate Flavour

Time: 5 mins

Difficulty:



Portions: 1

Method

1. Combine all ingredients in a bowl and mix well.

Helpful Tip:

Add your choice of fresh fruit and berries for dipping.

Nutritional Information

Nutrient	Per Serve
Energy	1690kJ
- Calories	404Cal
Protein	23.5g
Total Fat	9.7g
- Saturated Fat	6.2g
Carbohydrate	54.3g
- Sugars	42.3g
Dietary Fibre	0g
Sodium	282mg



Lemon & Cranberry Shortbread



Serving Suggestion

Ingredients

180g butter

⅓ cup icing sugar

¼ cup dried cranberries, chopped

1 tablespoon lemon rind, finely grated

1½ cups plain flour, sifted

80g (4 scoops) SUSTAGEN Hospital Formula Vanilla Flavour

Time: 25 mins

Difficulty:



Portions: 20

Helpful Tip:

Dried currants can be used as an alternative to dried cranberries.

Method

1. Preheat oven to 170°C (340°F) conventional / 160°C (320°F) fan forced. In a medium bowl cream butter and icing sugar until light and fluffy.
2. Stir in cranberries and lemon rind and gradually mix in flour and SUSTAGEN Hospital Formula to form soft dough.
3. Roll mixture into 1 tablespoon sized balls and arrange onto a baking paper lined baking tray. Flatten each biscuit slightly with a floured fork.
4. Bake for 10 minutes or until pale golden colour. Remove and place onto a wire rack to cool. Dust with icing sugar.

Note:

For increased fibre, SUSTAGEN Hospital Formula Plus Fibre Vanilla Flavour can be used.

Nutritional Information

Nutrient	Per Serve
Energy	567kJ
- Calories	135Cal
Protein	2.1g
Total Fat	7.6g
- Saturated Fat	4.9g
Carbohydrate	14.6g
- Sugars	5.9g
Dietary Fibre	0.5g
Sodium	77mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.



No Bake Ginger Slice



Serving Suggestion

Ingredients

½ cup sweetened
condensed milk

100g butter

250g ginger snap biscuits

120g (6 scoops)

SUSTAGEN Hospital

Formula Vanilla Flavour

Lemon icing:

2 cups icing sugar mixture

40g butter

50mL lemon juice

Time: 15 mins

Difficulty:



Portions: 12

Helpful Tip:

Leave out of the refrigerator for 30 minutes to soften slightly before serving.

Method

1. Grease and line a 17cm x 25cm pan. Place condensed milk and butter in a small saucepan over medium heat. Cook, stirring, for 4–5 minutes or until butter melts.
2. Place biscuits in a food processor and process to a fine crumb. Combine crumbs and SUSTAGEN Hospital Formula. Stir in hot butter mixture until well combined.
3. Press biscuit mixture into prepared pan. Refrigerate for 1 hour or until firm.
4. **To make lemon icing:** Place icing sugar mixture, butter and lemon juice in a bowl. Beat with a wooden spoon until smooth. Spread icing over slice. Refrigerate for a further 30 minutes or until icing has set. Cut into pieces. Serve.

Note:

For increased fibre,
SUSTAGEN Hospital Formula
Plus Fibre Vanilla Flavour
can be used.



Nutritional Information

Nutrient	Per Serve
Energy	1429kJ
- Calories	341Cal
Protein	4.5g
Total Fat	13.8g
- Saturated Fat	8.6g
Carbohydrate	51.3g
- Sugars	41.0g
Dietary Fibre	0.4g
Sodium	204mg

No Bake Protein Bars



Ingredients

- 2 cups (160g) quick-cook oats
- 1 cup (140g) pitted dates
- ½ cup (40g) shredded coconut
- ½ cup (50g) cocoa powder
- 2¼ cups (360g) SUSTAGEN Hospital Formula Chocolate Flavour
- ¼ cup (60mL) melted coconut oil
- ¼ cup (70g) almond butter
- ½ cup (125mL) water
- ¼ cup (45g) chia seeds

Method

1. Grease and line a 20cm square baking pan with baking paper.
2. In food processor, pulse together oats and dates until chopped.
3. Add coconut, cocoa powder and SUSTAGEN Hospital Formula; pulse for about 30 seconds or until in fine crumbs, scraping down sides of bowl as needed.
4. Add coconut oil, almond butter, water and chia seeds; process until smooth and well combined. Press mixture into prepared pan; refrigerate for 2 to 3 hours or until firm. Remove from pan and cut into 12 bars.

Time: 15 mins

Difficulty:



Portions: 12

Helpful Tips:

Refrigerate bars between pieces of waxed paper in airtight container for up to 3 days.

For an extra chocolatey bar, add some chopped 70% dark chocolate to the mixture before pressing into pan.

Nutritional Information

Nutrient	Per Serve
Weight	90.8g
Energy	>1524kJ
Protein	11.3g
Total Fat	17.9g
- Saturated Fat	11.0g
Carbohydrate	>37.6g
- Sugars	20.1g
Dietary Fibre	5.7g
Sodium	98.9mg

Sticky Date Pudding



Serving Suggestion

Ingredients

2 cups pitted dates
1¼ cups water
1 teaspoon bicarbonate soda
60g butter
¾ cup caster sugar
2 eggs, beaten
80g (4 scoops)
SUSTAGEN Hospital
Formula Vanilla Flavour
1 cup self raising flour

Butterscotch sauce:

½ cup thickened cream
100g butter
½ cup brown sugar,
firmly packed

Time: 50 mins

Difficulty: 

Portions: 12

Helpful Tip:

For 'sticky prune puddings' replace dates with pitted prunes.

Nutritional Information

Nutrient	Per Serve
Energy	1754kJ
- Calories	419Cal
Protein	5.0g
Total Fat	20.3g
- Saturated Fat	12.9g
Carbohydrate	54.4g
- Sugars	44.0g
Dietary Fibre	3.4g
Sodium	312mg

Note that cooking may impact the nutrient content of the product and thus the final dish, as certain nutrients are sensitive to heat.

Method

1. Preheat oven to 180°C (360°F) conventional / 160°C (320°F) fan forced. Grease a 12 cup muffin pan.
2. Place dates and water into a saucepan. Bring to the boil, reduce heat and simmer for 5–10 minutes, or until dates have softened. Remove from heat and stir in bicarbonate soda.
3. Cream softened butter and sugar until light and fluffy and gradually beat in eggs. Fold in SUSTAGEN Hospital Formula with flour and stir in date mixture until well combined.
4. Spoon into prepared muffin pan and bake for 20 minutes or until skewer inserted into centre comes out clean.
5. To make sauce: Place all ingredients in a saucepan and cook over a low heat until melted. Simmer for 10 minutes or until thickened.
6. Remove puddings from pan and serve with butterscotch sauce and ice cream.

A few more healthy habits for good health



Eating a well-balanced diet consisting of key nutrients may help support a healthy immune system. Arming yourself with knowledge and staying proactive about your own health is important to help keep your immune system in tip-top shape.

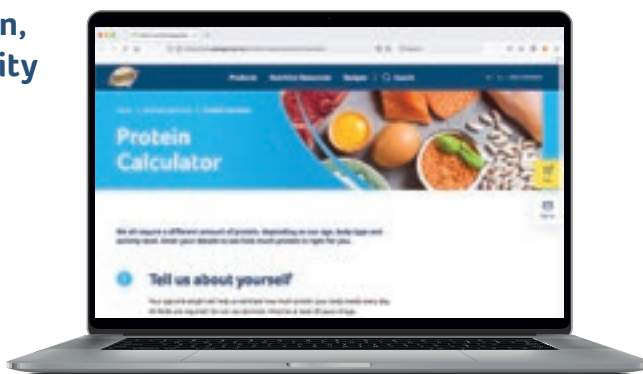


Learn about more ways to develop healthy habits.

Protein calculator



We all require a different amount of protein, depending on our age, body type and activity level. Find out your protein needs with 3 easy questions.



Scan the QR code and try it now.

Notes

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