

Chocolate Banana Pudding Pop (Nutrition Supplement)

Are you having a hard time eating enough food? Using a nutrition supplement drink in your recipe may provide you with extra calories and protein to help you meet your nutrient needs.



Ingredients:

2 bottles (2 cups)	Chocolate nutrition supplement drink	500 mL
1 box (3.4 oz)	Banana flavoured instant pudding mix	1 box (96 g)

Directions:

1. Pour nutritional supplement drink into a bowl and add pudding mix.
2. Mix ingredients together for 2–3 minutes, until no lumps are visible.
3. Pour into a popsicle molds. This should fill 4, ½ cup (125 mL) popsicle molds.
4. Chill in freezer until solid. (3–4 hours).

Makes 4 popsicles (½ cup/ 125mL/ 152 g)

Nutrition Facts

Amount 1 popsicle (¼ of recipe/ 152 g)

Amount	% Daily Value
Calories 210	
Fat 3 g	5 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 450 mg	19 %
Carbohydrate 42 g	14 %
Fibre 0 g	0 %
Sugars 26 g	
Protein 4 g	
Vitamin A	15 %
Vitamin C	25 %
Calcium	14 %
Iron	13 %

Option: This recipe can be made with any flavour of nutrition supplement or instant pudding mix. Nutrition information may vary depending on the type of nutrition supplement drink used.



Nutrition Services – Higher Calorie and Protein Recipe Series