

All-in-one Pro-Cal powder cake

Serves: 8-10 **Prep:** 20 mins **Cook:** 20 mins approx.

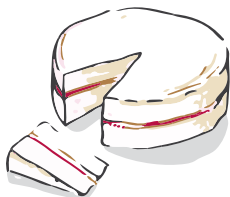
Per serving: Approx.

840 calories & 7.5g protein per slice

Ingredients:

Sponge

- 200g caster sugar
- 200g softened butter
- 4 eggs, beaten
- 200g self-raising flour
- 1 tsp baking powder
- 2 drops of vanilla extract
- 1 tbsp vegetable oil
- 1 tbsp whole milk
- 8 sachets/scoops of **Pro-Cal powder**



Filling

- 100g butter, softened
- 1 drop of vanilla extract
- 140g icing sugar, sifted
- Icing sugar to decorate
- 340g jar strawberry jam
- 4 sachets/scoops of **Pro-Cal powder**

Tip: add 8 sachets/scoops to packet cake mix/4 sachets to prepared soft icing

1. Pre-heat oven to 190°C/170°C fan oven/gas mark 5.
2. Butter two 20cm sandwich tins and line with non-stick baking paper.
3. In a large bowl, using either an electric whisk or hand whisk, beat together sugar and butter until pale and smooth.
4. Gradually mix in the beaten eggs along with 2 tbsp of the flour to stop the batter from splitting.
5. Add vanilla extract, oil, milk, remaining flour and **Pro-Cal powder**.
6. Beat together until you have a smooth, soft batter.
7. Divide the mixture equally between the two tins. Bake for approx. 20 mins until golden and cool on a cooling rack.
8. To make the filling, beat the butter until smooth and creamy, then gradually beat in the icing sugar, vanilla extract and **Pro-Cal powder**.
9. Spread the butter cream over the bottom of one of the sponges, top the second sponge with jam and sandwich both sponges together. Dust with a little icing sugar before serving.

TOP TIP:

For extra calories and protein, try adding the fortified cream (as described overleaf) to your slice of **Pro-Cal powder** cake.

Recipe Ideas

Pro-Cal powder Milkshake

Strawberry flavour

Serves: 1 **Prep:** 10 mins

Per serving: Approx. **600 calories & 11g protein**

Ingredients:

- 100ml whole milk
- 100g strawberry flavoured ice-cream
- 20ml double cream
- 2 sachets/scoops of **Pro-Cal powder**
- 15g strawberry flavoured milkshake powder (1 tbsp)



1. Add the ingredients into a large jug and mix well or use a blender.
2. Can be stored in the fridge and should be discarded after 24hrs if not used.

TOP TIP:

Try using chocolate flavoured ice cream and milkshake powder to make a delicious chocolate flavoured milkshake.

Milkshake recipe courtesy of Central Manchester and Royal Manchester Children's University Hospitals NHS Foundation Trust

For more information about **Pro-Cal powder** contact your local representative or call our Nutritional Services Helpline on:

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The easy way to **boost the Calorie and Protein content of everyday foods...**

**PRO-CAL
POWDER**

15g scoop/sachet
= 100kcal
& 2g protein



Name: _____

Recommended number of scoops / sachets per day: _____

Dietitian name: _____

Dietitian contact number: _____



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15g scoop/sachet
= 100kcal
& 2g protein

What is Pro-Cal[®] powder?

Pro-Cal powder is a powdered neutral-tasting food fortifier. It can be used to boost the calorie and protein content of your food and drinks with minimal effect on the taste, texture or volume.

The following are suggested ways you could use Pro-Cal powder in your diet.

Use 1-2 sachets / scoops per serving

Breakfast ideas



Porridge/Cereal

Prepare as directed, stir in the Pro-Cal powder until dissolved.



Fortified Milk

Paste Pro-Cal powder with a small amount of the milk before adding to the rest of the milk.

TOP TIP: This fortified milk can be used with many of your favourite foods and drinks e.g. you could try adding it to hot chocolate, a malted drink, a cup of coffee, breakfast cereal, mashed potato etc.

- Not suitable for addition to cold water or fruit juice.
- These recipes should be freshly prepared and when possible, used immediately. Any unused portions should be refrigerated and used within 24 hours.
- Please always check with your Healthcare Professional that these serving hints are suitable for you.
- Pro-Cal powder is suitable from 1 year of age.

Lunch ideas



Soups

Paste Pro-Cal powder with a small amount of the warm soup until smooth and then add to the rest of the soup.

TOP TIP: Try using creamy soups as they are often higher in calories.



Cream Cheese

Mix one sachet/scoop of Pro-Cal powder into 60g (4 tbsps) of cream cheese.



Mayonnaise/ Salad Cream

Stir Pro-Cal powder into mayonnaise/salad cream for sandwiches or jacket potato fillings. e.g. tuna or egg.



Purée Foods

Purée food as usual. Add Pro-Cal powder, mix well and add a thickening agent if instructed by your Healthcare Professional. Stir until thickened. Prepare and serve as usual.

Main Meal ideas



Casseroles, Stews and Curries

Sprinkle Pro-Cal powder onto the meal and stir until dissolved.



Macaroni Cheese/ Baked Beans/Spaghetti

Sprinkle Pro-Cal powder onto the meal and stir gently until dissolved.



Mashed Potatoes

Sprinkle Pro-Cal powder onto the mashed potato and stir in well.



Gravy/Pasta Sauce

Add Pro-Cal powder into sauces or gravy and stir gently until dissolved.

TOP TIP:

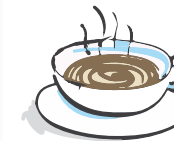
Try using cream based sauces as they are often higher in calories.

Snacks and Drink ideas



Hot Drinks eg. Hot Chocolate

Mix Pro-Cal powder with the drink powder and stir in the hot milk or water.



Coffee

Mix the coffee and Pro-Cal powder, stir in the hot water and add the milk.

Dessert ideas



Custard/ Rice Pudding

Sprinkle Pro-Cal powder into the warm or cold pudding and stir until dissolved.



Powdered Dessert/ Mousse

Mix Pro-Cal powder with the powdered dessert and then make up as per packaging instructions. Alternately stir into the ready made dessert.



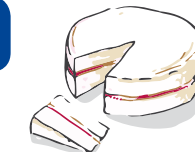
Single or Double Cream

Sprinkle Pro-Cal powder onto the cream and stir gently until dissolved.

Whipping Cream

For best results use 80mls double cream and 20mls whipping cream with 3 sachets/scoops of Pro-Cal powder and stir gently until dissolved.

TOP TIP: This cream can be used on cakes and desserts.



Pro-Cal powder Cake

See overleaf for full recipe instructions.



Yoghurt or Fromage Frais

Sprinkle Pro-Cal powder into the yoghurt or fromage frais and stir until dissolved.

TOP TIP: It is best to use Pro-Cal powder with full-fat (creamy) yoghurts rather than fruit based yoghurts.