

## Southern Health-Sante Sud Regional Fortified Pudding

**Recipe: Fortified Pudding**

**Yield:** 16 servings

**Date:** 03-Mar-22

**Portion Size:** #16 scoop (1/4 cup, 2 ounces)

AMT	UNIT	INGREDIENTS	PROCEDURES
1	cup	<b>Instant Pudding (any flavour)</b>	Combine instant pudding powder, liquid milk, and skim milk powder.  Mix together ingredients until powders has dissolved.  Portion pudding using #16 scoop (1/4
1	Litre	<b>1% Milk *</b>	
2	cups	<b>Skim Milk Powder</b>	
<p>*Tip: To add in more calories use whole milk instead of 1% milk</p> <p>Nutrition information (per 2 ounce serving): 118 kcal, 6.6 g protein</p> <p><b>NOTE: This recipe is to be used instead of commercial supplement recipes.</b></p> <p>If you just want to make 1 serving, you can take a 2 ounce portion of regular pudding, add 2 tbsp. of skim milk powder, and mix with a spoon until there are no lumps.</p>			

**Additional notes:**

- \* Use the regular instant pudding for this recipe. Do not use calorie reduced pudding for this recipe. It is more watery with the calorie reduced and it defeats the purpose of adding calories.
- \* Do not use Cooked Pudding. The consistency is not appropriate with cooked pudding.
- \* For patient safety reasons and to make sure it has high nutrition per portion, do not change or alter the recipe.
- \* This recipe has been tested and is appropriate consistency for it's use.

**Intentions for Use:**

- \* People who require thickened liquids and extra calories.