



## Recipe for Ensure Shake

- One can of Ensure, any flavor (Ensure comes in vanilla, chocolate, strawberry, coffee, butter pecan, eggnog and black walnut)
- One-half cup of ice cream, flavor complementary to Ensure flavor
- 2 oz. Polycose (colorless, odorless, tasteless liquid with high calories and no nutritional value, found near baby formula)

Put in blender and add any of the following according to taste:

- Banana
- Fresh or frozen strawberries
- Any fresh fruit
- Chocolate syrup
- Honey
- Any flavoring
- Oreo cookies or any other cookies like chocolate chip, graham crackers, vanilla wafers

Blend well and enjoy! For weight gain have two shakes a day in addition to regular meals.

