Simple Smoothie
made with Ensure® COMPLETE

A delicious drink with nutrition to help gain weight and maintain muscle

MAKES: 2 servings

INGREDIENTS:
• 10 fl oz (1 bottle) Ensure COMPLETE, any flavor
• 1 cup baby kale or baby spinach
• 1 cup mixed berries, fresh or frozen
• 1 cup ice

DIRECTIONS:
1. Starting with ice, layer ingredients in blender and pulse on medium speed until combined
2. Blend on high for an additional 30 seconds
3. Divide into 2 glasses and enjoy

NUTRITION:
Amount per serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Fat</td>
<td>4g</td>
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<tr>
<td>Carbohydrates</td>
<td>30g</td>
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Note:
If not consuming all the smoothie in one sitting, refrigerate leftovers and consume within 24 hours.
Chocolate Pudding  
**made with Milk Chocolate Ensure® COMPLETE**

*A creamy treat with nutrition to help gain weight and maintain muscle*

**MAKES:** 4 servings (½ cup each)

**INGREDIENTS:**
- 2 cups Milk Chocolate Ensure COMPLETE (approximately 1 ½ bottles)
- 1 package chocolate instant pudding mix

**DIRECTIONS:**
1. Combine 2 cups of Milk Chocolate Ensure COMPLETE with 1 package of chocolate instant pudding in a mixing bowl
2. Beat until pudding mix is fully incorporated
3. Pour mixture into serving dishes
4. Chill until set and enjoy

**NUTRITION:**

<table>
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