RECIPIES TO SUPPORT HYDRATION

Hydration and nutrition go hand-in-hand, which is why at Unilever Food Solutions we're passionate about equipping care settings with the tools they need to deliver both.

We hope you enjoy this sample of recipes from our portfolio of household brands.

Find out more about how we can support your business and discover a wealth of other activities available to your care setting:

Visit: UFS.com/elderlycare or email: Erika.Burany@Unilever.com

THIS IS HOME

Resident wellbeing in action

Unilever Food Solutions

CHICKEN, SWEETCORN & TARRAGON SOUP

Knorr
PROFESSIONAL

Ingredients

1.5l	Water
150g	Knorr Professional® Classic Cream of Chicken Soup
200g	Sweetcorn
5g	Tarragon
40g	Milk Powder
150ml	Double Cream

Method

Place the water in a pan and bring to the boil

Whisk in the Knorr Professional® Classic Chicken Soup mix and simmer for 3 minutes

Add in the sweetcorn, double cream, milk powder and tarragon then cook for 2 minutes

Blend until smooth and serve

CHOCOLATE & EARL GREY PANNA COTTA

CARTE D'OR®

Ingredients

130g	Carte D'or® Panna Cotta
500ml	Semi skimmed milk
500ml	Whipping cream
4g	Pure Leaf Earl Grey Tea
80g	Dark chocolate
20g	Cocoa powder
5g	Edible flowers (optional)

Method

Bring the milk and Pure Leaf Earl Grey tea to the boil

Add the Carte D'or® Panna Cotta and cocoa powder to the boiling milk

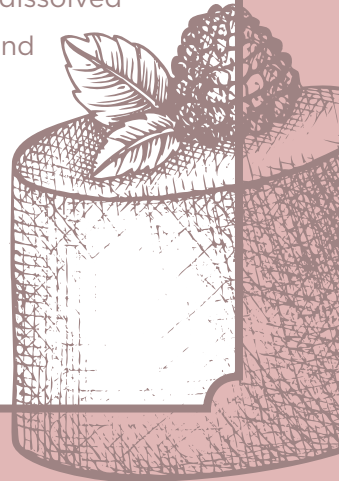Whisk for approximately 30 seconds until fully dissolved

Remove from the heat, then add in the cream and dark chocolate

Stir into the mix until the chocolate has melted

Allow to cool and infuse for 2 minutes then pass the mixture through a fine sieve and divide between the dessert glasses

Refrigerate for at least 3 hours until sets

Garnish with a mixture of edible flowers

HOT FRUIT PUNCH

Ingredients

160g	Oranges
100g	Lemons
15g	Cinnamon stick
4	PG tips 1100 Two Cup Stronger Catering Tea Bags
1.5l	Water
10g	Mint
50g	Honey

Method

Slice the oranges and lemons

Boil the water then remove from the heat

Add in the PG tips tea bags along with the cinnamon stick, mint, honey and sliced fruit

Stir and allow to brew for 2-3 minutes

Pass the mix then store in a flask until ready to use