

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



Resident
wellbeing
in action



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 |

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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



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) |

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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

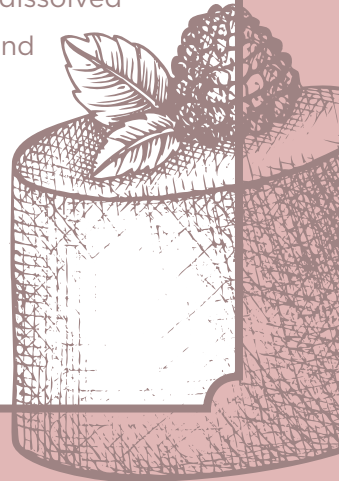
Remove from the heat, then add in the cream and dark chocolate

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 |

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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

