

Healthy Indulgence Recipe

Be in control with

Glucerna®



Abbott

Glucerna®

Steamed Egg

*with Honshimeiji Mushroom
& Spring Onions*

Ingredients

- 6 scoops (62g) Glucerna® vanilla powder reconstituted with 240ml water
- 110g egg
- 25g Honshimeiji mushrooms
- 2g spring onion
- A pinch of sea salt

Methods

1. In a large bowl, beat eggs, Glucerna® and salt together.
2. Pour into desire mould or bowls. Cover with cling wrap and steam for 15 minutes.
3. Blanch mushrooms and arrange them on top of the steamed egg.
4. Thinly slice spring onion. Garnish with spring onion and serve.

NUTRIENT COMPOSITION per serving

Energy **439kcal**
Protein **26.1g**
Fat **20.5g**
Carbohydrate **36.4g**



Glucerna®

Green Tea Ice Cream

NUTRIENT COMPOSITION per serving

Energy **228kcal**

Protein **10.6g**

Fat **8.3g**

Carbohydrate **27.6g**

Ingredients

- 5 scoops (52g) Glucerna® vanilla powder
- 1/4 teaspoon (0.7g) green tea powder
- 200ml boiled, and cooled water

Methods

1. In a mixing bowl, add water and Glucerna® powder.
2. Mix well to dissolve the powder.
3. Add green tea powder and blend well using a food processor or hand blender.
4. Allow liquid to settle, chill and refrigerate till bubbles subside.
5. Pour into ice lolly moulds and freeze.
6. Once frozen, green tea ice cream is ready to be served.



Glucerna®

Vanilla Ice Cream

NUTRIENT COMPOSITION per serving

Energy **226kcal**

Protein **10.2g**

Fat **8.3g**

Carbohydrate **27.2g**

Ingredients

- 5 scoops (52g) Glucerna® vanilla powder
- 200ml boiled, and cooled water

Methods

1. In a mixing bowl, add water and Glucerna® powder.
2. Mix well to dissolve the powder.
3. Blend well using a food processor or hand blender.
4. Allow liquid to settle, chill and refrigerate till bubbles subside.
5. Pour into ice lolly moulds and freeze.
6. Once frozen, Vanilla ice cream is ready to be served.



Glucerna®

Oats Porridge

NUTRIENT COMPOSITION per serving

Energy **394kcal**
Protein **15.8g**
Fat **9.9g**
Carbohydrate **60g**

Suggestions:
may top with
a teaspoon of
honey or a
handful of
nuts

Ingredients

- 5 scoops (52g) Glucerna® vanilla powder
- 50g instant oats
- 100ml plain water

Methods

1. In a medium saucepan, add the water and instant oats.
2. Heat gently, stirring constantly.
3. Slowly add in Glucerna® until the desired texture is reached (do not boil)
4. Transfer to a bowl and serve.



Glucerna®

Mixed Berries Yoghurt

Ingredients

- 5 scoops (52g) Glucerna® vanilla powder
- 2 servings mixed berries yoghurt (280g)

Methods

1. In a medium bowl, pour Glucerna® in.
2. Add in the yoghurt slowly, stirring constantly until a smooth consistency is reached.
3. Transfer to a bowl and serve.

Suggestions:
may top with
fresh berries

NUTRIENT COMPOSITION per serving

Energy **183kcal**
Protein **9.1g**
Fat **7.9g**
Carbohydrate **19.0g**



Glucerna®

Caffè Latte or Caffè Mocha

Ingredients

- 5 scoops (52g) Glucerna® vanilla powder or Glucerna® chocolate powder
- 1 teaspoon coffee powder
- 200ml hot water (non-boiling)

Methods

1. Place Glucerna® vanilla powder in a coffee mug or glass
2. In a separate cup, dissolve coffee in hot water.
3. Slowly add hot coffee mixture to cup containing Glucerna® powder, stirring thoroughly with each addition. Serve immediately
4. Options: Replace the Glucerna® vanilla with Glucerna® chocolate to make it a caffè mocha.

NUTRIENT COMPOSITION per serving

	<i>Caffè latte</i>	<i>Caffè mocha</i>
Energy	230kcal	232kcal
Protein	10.3g	10.5g
Fat	8.3g	8.3g
Carbohydrate	28.1g	27.9g

Suggestions:
Serve it cold by
simply dissolving
coffee in 3 tablespoons
of hot water and add
150ml cold water
before adding to
Glucerna powder.



Glucerna®

Matcha Latte

Ingredients

- 5 scoops (52g) Glucerna® vanilla powder + 200ml hot water
- 1 teaspoon matcha powder
- 60ml hot water

Methods

1. Sift 1 teaspoon of matcha powder into a cup.
2. Melt matcha by adding 60ml hot water and stirring until matcha become a smooth paste
3. Add Glucerna® into 200ml hot water and stir completely until dissolve. Then pour Glucerna® into the cup containing the dissolved matcha
(optional: pour matcha to a small saucepan with the Glucerna® and heat (not boil) until mixture bubbles around the edges. If you prefer a frothy latte, whip up some foam after it's done heating)
4. Serve warm.

Suggestions:
Dust with some
matcha powder
on top of the
drink and
enjoy!

NUTRIENT COMPOSITION per serving

Energy **226kcal**
Protein **10.2g**
Fat **8.3g**
Carbohydrate **27.2g**



Glucerna®

French Toast

NUTRIENT COMPOSITION per serving

Energy **412kcal**
Protein **18.7g**
Fat **17.5g**
Carbohydrate **44.9g**

Ingredients

- 5 scoops (52g) Glucerna® vanilla powder
- 2 medium size eggs
- 1/2 teaspoon cinnamon powder
- 4 slices wholemeal bread
- 1 tablespoon unsalted butter

Methods

1. In a medium bowl, mix together Glucerna®, egg and cinnamon.
2. Soak the bread in the egg mixture.
3. In a frying pan, melt the butter over a medium heat.
4. Place the bread into the pan and cook for approximately 10 minutes on each side or until golden brown.
5. Serve warm.

Total servings: 2



Suggestions:
May serve with
a teaspoon of
honey or fresh
fruits



Glucerna®

Bandung

Ingredients

- 5 scoops (52g) Glucerna® vanilla powder
- 200ml ice water
- 1/2 teaspoon (2.5ml) rose essence
- 1 drop of red food colouring (optional)

Methods

1. Add Glucerna® powder into ice water and stir till completely dissolve.
2. Add rose essence and stir till well blended.
3. Add red food colouring (optional).
4. Serve chilled.

NUTRIENT COMPOSITION per serving

Energy	226kcal
Protein	10.2g
Fat	8.3g
Carbohydrate	27.2g



Glucerna®

Apple Shake

NUTRIENT COMPOSITION per serving

Energy **290kcal**
Protein **10.4g**
Fat **8.8g**
Carbohydrate **42.2g**

Ingredients

- 5 scoops (52g) Glucerna® vanilla powder
- 1 medium apple, peeled and cored, sliced or other desired fruit
- 1 cup ice cubes

Methods

1. Combine the Glucerna®, apple slices and ice cubes in a high speed blender
2. Process for 20 seconds or until smooth
3. Pour in serving glasses
4. Serve and enjoy



Glucerna®

Red Bean Popsicle

NUTRIENT COMPOSITION per serving

Energy **275kcal**

Protein **12.7g**

Fat **8.4g**

Carbohydrate **36.7g**

Ingredients

- 4 scoops (42g) Glucerna® vanilla or chocolate powder
- 160ml boiled, cooled water
- 2 tablespoons sweetener
- 6 tablespoons boiled red beans, drained
- 1/2 teaspoon pandan or vanilla essence

Methods

1. In a mixing bowl, add water, Glucerna® powder and sweetener. Mix well to dissolve the powder.
2. Add 4 tablespoons boiled red beans and blend well using a food processor or hand blender.
3. Add the remaining whole red bean into the prepared mix.
4. Flavour with pandan or vanilla essence. Stir well
5. Allow liquid to settle. Chill in refrigerator till bubbles subside.
6. Pour into ice lolly moulds and freeze.
7. Remove from freezer, dip in a bath of warm water to remove from mould and serve immediately.



Glucerna®

Black Sesame Drink

Ingredients

- 5 scoops (52g) Glucerna® vanilla powder
- 200ml hot water
- 1 tablespoon black sesame powder

Methods

1. Add Glucerna® powder into hot water and stir until completely dissolve.
2. Add black sesame powder and stir till well blended. use a blender if required.
3. Serve warm.

NUTRIENT COMPOSITION per serving

Energy	274kcal
Protein	11.9g
Fat	12.4g
Carbohydrate	28.1g



Glucerna®

Chocolate Pudding

Ingredients

- 5 scoops (52g) Glucerna® chocolate powder
- 2 eggs
- 4 tablespoons water
- 4 tablespoons unsalted butter
- A pinch of sea salt

Methods

1. Separate the egg whites and yolks. In a large bowl, beat the egg whites until stiff peaks.
2. Combine the Glucerna® chocolate powder, water, butter and salt in a saucepan and bring to simmer over medium heat. Stir until all ingredients combine smoothly.
3. Remove from the heat and beat in the egg yolks.
4. Add the egg whites and fold gently until the pudding is uniform in texture.
5. Pour the pudding into serving cups or glasses and chill it for a few hours.

Total servings: 4

NUTRIENT COMPOSITION per serving

Energy **214kcal**
Protein **7.0g**
Fat **16.9g**
Carbohydrate **8.4g**

Suggestions:
may top with
fresh berries



Glucerna® The scientifically proven diabetes specific formula that helps manage blood glucose

Include 1 or 2 servings of Glucerna® in your diet as part of your diabetes management plan

Complete and balanced nutrition with 28 vitamins and minerals

Lactose and gluten free

Meet meal replacement guidelines¹

Low Glycemic Index (GI)

Available in Vanilla and Chocolate flavour

Slow-release carbohydrate system



Recommend 1-2 servings per day as a meal replacement



1 serving: 5 scoops + 200ml cold/warm water



1. Medical Nutrition Therapy Guidelines for Type 2 Diabetes Mellitus. 2nd edition.



A SIMPLE ROUTINE EVERY MORNING, AND I'M IN CONTROL.

Glucerna with slow-release carbohydrate system
supports your blood sugar management*



*When used as part of diabetes management plan including diet and exercise

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