

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

- 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 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

- 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 Jee Cream

# Ingredients

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

### **Methods**

- 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.

# NUTRIENT COMPOSITION per serving

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



# Glucerna® Octs Porridge

# **Ingredients**

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

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



# Glucerna® Mixed Berries Yoghwit

# **Ingredients**

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

- 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.



# Glucerna® Caffé Latte or Caffe Mocha

# **Ingredients**

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

# **Methods**

- Place Glucerna® vanilla powder in a coffee mug or glass
- 2. In a separate cup, dissolve coffee in hot water.
- 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 caffe mocha.

# NUTRIENT COMPOSITION per serving

Caffe latte Caffe mocha

Energy 230kcal 232kcal Protein 10.3g 10.5g

Fat **8.3**g **8.3**g Carbohydrate **28.1**g **27.9**g





# **Ingredients**

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

- 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.



# 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**

- 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



May serve with

a teaspoon of honey or fresh

fruits

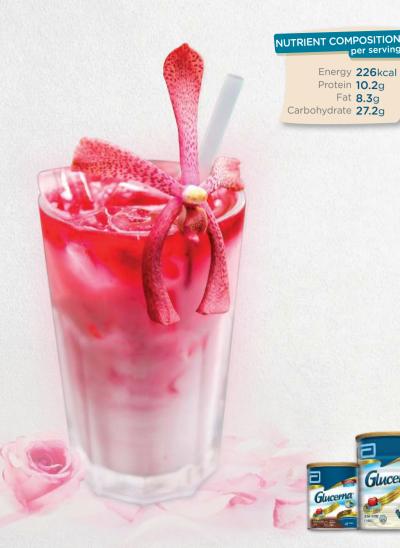


# Ingredients

- 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.



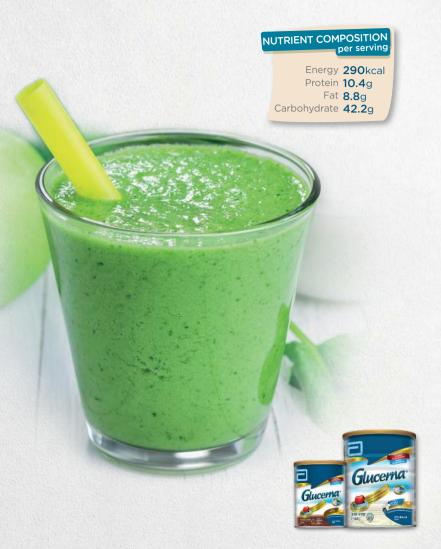
Fat **8.3**a

# Glucerna® Apple Shake

# **Ingredients**

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

- 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

# **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.
- Remove from freezer, dip in a bath of warm water to remove from mould and serve immediately.

# NUTRIENT COMPOSITION

Energy 275kcal Protein 12.7a Fat **8.4**a Carbohydrate 36.7a



Glucerna® Black Sesame Drink

# **Ingredients**

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

## **Methods**

- 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**

- 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.
- 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.
- Pour the pudding into serving cups or glasses and chill it for a few hours.

Total servings: 4





# 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 guidelines<sup>1</sup>

Low Glycemic Index (GI)

Slow-release carbohydrate system



Available in Vanilla and Chocolate flavour

Recommend 1-2 servings per day as a meal replacement

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





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

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







MY.GLU.19.05.020