

## Recipe ideas using AYMES® Shake

### Delicious porridge.

Ingredients	Instructions
1 sachet of instant porridge oats	1. Place instant porridge oats in a bowl
1 sachet vanilla AYMES® Shake	2. Add the sachet of AYMES® Shake and mix well with the porridge oats
150 ml (1/4 pint) boiled whole milk	3. Add the boiled milk and stir well (microwave or add to a pan and heat if desired)
Sugar, jam, honey to sweeten	4. Sweeten to taste with sugar, honey or jam
Fresh, tinned fruit if desired	5. Serve with sliced banana, tinned apricots or peaches or with fresh fruit such as strawberries
Double cream, if desired	6. The addition of double cream will make this porridge more delicious!

### Black forest yogurt delight.

Ingredients	Instructions
1 sachet of chocolate AYMES® Shake	1. Place AYMES® Shake in a bowl
100 ml (1/6 pint) whole milk	2. Add a little of the milk and mix into a smooth cream, then add the remaining milk and mix well
100 ml Black cherry yogurt	3. Add the yogurt and mix well. Place in a serving bowl
Whipped cream	4. Add a whirl of whipped cream
Grated chocolate or crumbled chocolate flake	5. Sprinkle on the chocolate. Serve chilled

### Banana custard.

Ingredients	Instructions
1 sachet of banana AYMES® Shake	1. Place AYMES® Shake in a bowl
100 ml (1/6 pint) whole milk	2. Add a little of the milk and mix into a smooth cream, then add the remaining milk and mix well
100ml ( ¼ tin ) of ready- made custard	3. Add the custard and mix well
Sliced banana	4. Put the sliced banana in the bottom of a serving dish and spoon the custard mix over the bananas.
Whipped cream and glace cherries, if desired	5. Decorate with whipped cream and cherries as desired. Serve chilled

### Strawberries and cream with a shake.

Ingredients	Instructions
1 sachet of strawberry AYMES® Shake	1. Place AYMES® Shake in a bowl
150 ml (¼ pint) whole milk	2. Add a little of the milk and mix into a smooth cream, then add the remaining milk and mix well
50 ml (1/3 small carton) cream – double preferable.	3. Add the cream and mix well. Pour into a glass. Served chilled
Fresh or tinned strawberries	4. Eat the strawberries as you enjoy the drink!

### Super soup.

Ingredients	Instructions
1 sachet of neutral flavoured AYMES® Shake	1. Place AYMES® Shake in a bowl add a little water and mix together to form a cream consistency
1 serving of soup – preferably tomato, chicken or mushroom	2. Heat soup and add the AYMES® Shake mix.
	3. Serve hot in a bowl with buttered toast or fresh bread roll spread thickly with butter

### Fruit conde.

Ingredients	Instructions
1 sachet of vanilla AYMES® Shake	1. Place AYMES® Shake in a bowl and mix with a little water.
1 tin (400g) creamed rice pudding	2. Empty creamed rice pudding into a bowl, add the AYMES® Shake mix and stir well.
3 tablespoons of fruit compote – such as summer fruits or tinned fruit pie filling – such as blackcurrant	3. Divide the mix between 2 tall dessert dishes and top with the fruit. Chill well. Serves 2.

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