



Elderberry Mousse with Vanilla Pears

Ingredients

- 1 well-chilled bottle of *Fresubin PRO Drink Vanilla*
- 1 small pear
- 1 small drop of vanilla extract
- Optionally 1-2 *teaspoons* honey or sugar
- 3-4 *tablespoons* pure elderberry juice*
- 3-4 *scoops* instant thickening powder
- Optionally 1-2 *teaspoons* honey or sugar

*Pure elderberry juice is 100 % squeezed juice with nothing added, other than elderberry nectar that also contains water and sweetening ingredients like sugar.

1 Peel the pear, cut out the core and dice the flesh. Boil the pear with the vanilla extract and 2 *tablespoons* of water. Cover and simmer over very low heat for 5-10 *minutes* depending on the ripeness of the pear. Remove the saucepan from the heat and leave it to cool down. Sweeten to taste with honey or sugar.

2 Using a hand mixer or whisk, whip *Fresubin PRO Drink Vanilla* with the elderberry juice and the instant thickening powder for 1 *minute* until creamy. Stir in honey or sugar to taste. Let the mousse rest for 2-3 *minutes*. Put the mousse in a bowl and serve it with the vanilla pears.

The mousse is particularly quick to make when you use drained and chopped fruit from a can as the topping.

Nutritional Information Per Portion of Prepared Recipe

Protein	29g
Fat	19g
Carbohydrate	66g
Total	568kcal (2,378kJ)

Fresubin
PRO Drink
Vanilla



1
portion 

20
min 