



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Build-Up Milk Jelly

Ingredients

1 sachet strawberry Build-Up

1 packet strawberry jelly

½ pint milk or fortified milk or vanilla Ensure

Method

Dissolve jelly in a little boiling water and make up to ¾ pint with cold water.

Mix Build-Up with the milk.

When jelly is cold but not set, stir slowly into the Build-Up.

Pour into individual dishes or moulds and leave to set.

Alternative flavours. Vanilla Build-Up with various jelly flavours, or chocolate.

