

THRIVE

A practical guide to
low GI in food service

Inside

15 delicious
dessert, breakfast
and drink recipes

The Glycemic
Index explained

Practical tips to
create healthy
low GI menus



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INTRODUCTION

NESTLÉ PROFESSIONAL are excited to bring you this guide to low GI cooking in food service.

In this comprehensive guide, we will introduce you to the concept of the Glycemic Index (GI) and its health benefits. Discover practical tips and techniques to easily incorporate more low GI foods into your menus, allowing you to create delicious and nutritious meals, snacks, and beverages. This guide also provides information on the importance of food and nutrition requirements for older Australians, essential information for aged care providers.

With our guide, you will learn how to develop delicious menus that not only satisfy the taste buds but also promote a healthy lifestyle.

Start your low GI cooking journey today and make low GI foods an exciting part of your menu!



We hope you enjoy following our low GI guide to create delicious and nutritious menus.

Food brings joy and an opportunity to connect with friends and family. That's why we have developed a range of beautifully presented recipes to engage all your senses and create a pleasurable mealtime experience.

For those working in aged care and healthcare, we have included tips to enhance the food, nutrition and dining experience. All the recipes have been specifically developed to meet the nutritional needs of older Australians with healthy core foods to provide additional energy, protein and calcium.

Michelle McCracken
Culinary Nutritionist
and Accredited
Practising Dietitian
Nestlé Professional



As a chef, I understand the importance of catering to special dietary requirements. That's why I'm excited to highlight our range of low GI products including NESTLÉ® DOCELLO® Mousse Mixes and NESTLÉ® DOCELLO® dessert mixes. These versatile products can be used in sweet recipes like cakes, tarts, cheesecakes, frozen parfaits, and shakes.

In addition to their low GI properties, they add deliciousness while meeting the needs of health-conscious diners. We also offer low GI nourishing beverages, including shakes, smoothies, and hot chocolates. By incorporating our low GI products into your menu, you can confidently cater to special dietary requests without compromising on taste or nutrition.

Elke Travers
Commercial
Development Chef
Nestlé Professional

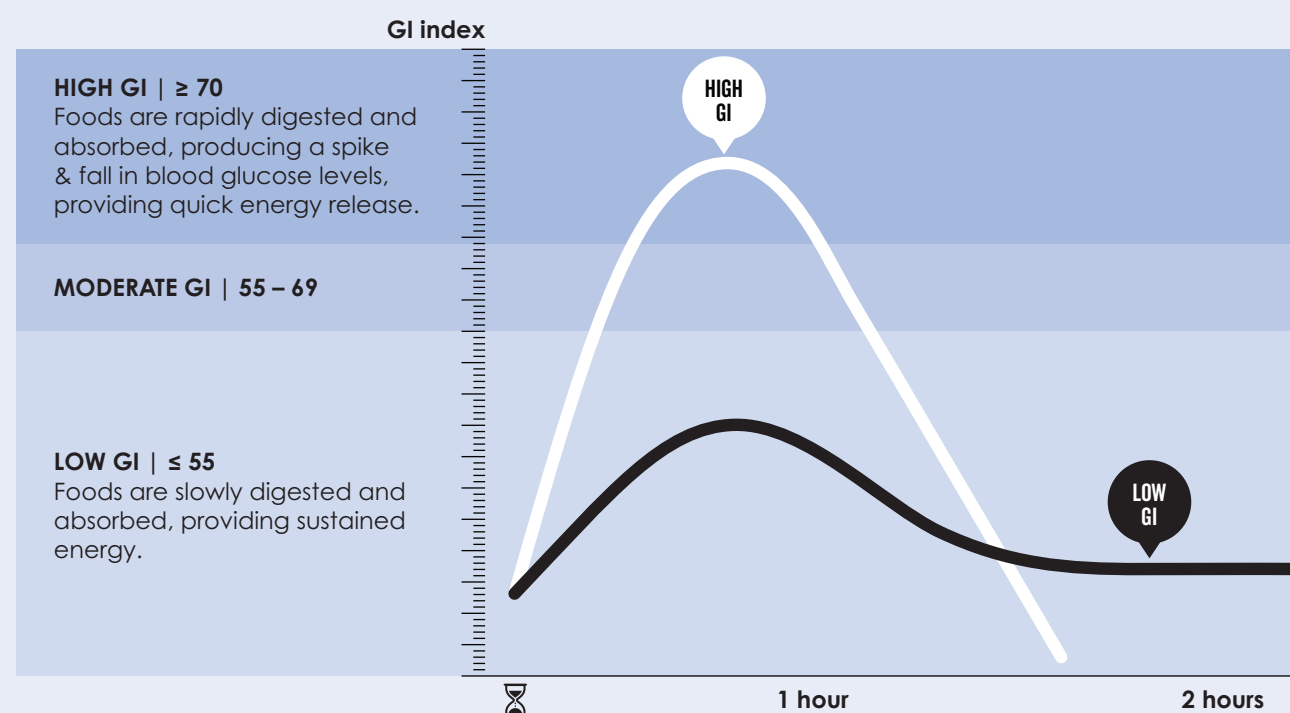


WHAT IS THE GLYCEMIC INDEX?

The Glycemic Index (GI) measures how quickly or slowly carbohydrates in foods are digested and how this impacts the body's blood glucose levels.

The GI is scientifically proven and ranks carbohydrates on a scale of 1 to 100. Low GI foods (score ≤ 55) are a healthy choice.

Understanding the GI value of food can help you make healthier food choices and improve your overall long-term health.



HEALTH BENEFITS OF LOW GI

Low GI foods are a healthy choice. Understanding the GI value of various foods and beverages can help you make healthier choices and benefit your overall health.

Low GI foods are an important part of a healthy diet and can help provide you with the energy needed to keep active for longer.

As part of a healthy, varied diet, low GI foods provide:^{2,3}

- Sustained energy release
- Longer lasting energy
- Slow release energy to help you perform at your best
- Fuel for active bodies
- Help you feel fuller for longer and reduce hunger between meals

CARBOHYDRATE QUALITY

It is important to consider the GI value of carbohydrate foods, the quantity (how much you eat), and the quality (low GI, high fibre and wholegrain choices).

Quantity:

Depending on your age and activity level, adults need 3–6 servings of grain & cereal foods daily.⁴ A serve of carbohydrate foods is:

- 1 slice of bread (40g)
- ½ medium roll or flat bread (40g)
- ½ cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa (75–120g)
- ½ cup cooked porridge (about 120g)
- 2/3 cup wheat cereal flakes (30g)
- ¼ cup muesli (30g)
- 3 crispbreads (35g)
- 1 crumpet (60g) or a small English muffin

Quality:

Include plenty of variety in your bread, cereal and grain food choices. Enjoy low GI, high fibre and wholegrain foods to support digestive wellbeing. Wholegrain and fibre-rich foods include:

- Wholegrain wheat, wholegrain rye and soy & linseed bread
- Wholegrain wheat and bran breakfast cereals
- Oats, muesli and porridge
- Long grain brown rice, barley, freekeh, quinoa, buckwheat and corn
- Wholemeal pasta
- Wholegrain crispbread, crackers and popcorn



Low GI foods provide
SUSTAINED ENERGY
and help you feel fuller for longer

CARBOHYDRATE FOODS INCLUDE...

Everyday core foods like bread, cereal, grains, rice, pasta, noodles, crackers/ crispbread, legumes, potato, corn, fruit, milk and yoghurt as well as **occasional foods** like biscuits, cakes, chocolate, ice cream, lollies, chips and pastries.

Carbohydrates in foods include both sugars and starches. All **carbohydrates** are digested and **broken down to glucose**. Glucose is absorbed into the blood stream and is the main **energy source** for the brain and body.

LOW GI FOOD GUIDE⁵

Follow our practical guide to add more low GI foods to your menu

Food	Lower GI food choices
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Bread & Cereal

- Wholegrain, multi-grain and seed breads
- Soy & linseed bread
- Oat & wholegrain rye bread
- Sourdough wholemeal bread
- Wraps & high fibre white breads
- Raisin toast
- Traditional rolled oats (moderate GI)
- Steel cut oats
- Muesli & Granola
- Wholegrain or high fibre cereals
- Wheat bran cereal

Rice, Pasta, Noodles & Grains

- Basmati rice
- Brown doongara rice
- Pearl couscous
- Israeli couscous
- Pasta
- Vermicelli noodles
- Mung bean noodles
- Soba noodles
- Rice noodles
- Udon noodles
- Hokkien noodles
- Buckwheat noodles
- Quinoa
- Barley
- Buckwheat
- Sorghum
- Freekah
- Semolina
- Teff

Food	Lower GI food choices
------	-----------------------

Legumes & Lentils

- All dried legumes and lentils
- All canned legumes and lentils e.g. chickpeas, kidney beans, brown lentils, red lentils, cannellini beans

Crackers & Crispbread

- Wholegrain crackers
- Rye crackers
- JATZ crackers

Milk & Yoghurt

- Milk
- Yoghurt
- Soy milk – choose a calcium fortified soy milk

Fruit

- Apple
- Pear
- Banana
- Nectarine
- Peach
- Apricot
- Plum
- Orange
- Mandarin
- Passionfruit
- Grapefruit
- Strawberries
- Blueberries
- Raspberries
- Kiwi fruit
- Grapes
- Pineapple
- Paw paw
- Mango
- Figs
- Cherries
- Dates

Vegetables & Salad

- Enjoy a variety of different coloured vegetables and salads every day
- Low GI tip: Pre-cooking and cooling potato, i.e. for a potato salad, lowers the GI of potato.

PRACTICAL TIPS TO CREATE HEALTHY LOW GI MENUS

**Follow our easy tips
to add more nourishing
foods to create healthy
menus.**

Collaborate with an Accredited Practising Dietitian (APD) or Culinary Nutritionist to help create a nutritious menu. Consider your target audience and ensure the menu is culturally appropriate and meets any special dietary requirements, e.g. halal, gluten free or vegetarian.

Include various hot and cold options, light and smaller portion meals, on-the-go nourishing snacks and finger foods, soups, salads and main meals from a range of cultural cuisines.

Add variety to your menu with vibrant coloured fruits and vegetables included in abundance at different meals and snacks.

Include protein-rich foods in main meals and snacks, such as red meat, chicken, fish, seafood, eggs, tofu, soy, legumes, nuts, milk, yoghurt and cheese. Aim for 25-30g protein per serve at main meals and 5-10g protein per serve for snacks.^{6,7}

Boost dairy foods across the menu and add to cooking in the kitchen for extra nourishment, such as milk or cheese added to sauces, soups and vegetables and yoghurt in desserts, smoothies, marinades and salad dressings.

LOW GI – WHOLEGRAIN – HIGH FIBRE



Include Low GI food choices at every meal.



Include wholegrain and high fibre breads, cereals, grains and crackers across the menu every day.



Add natural fibre supplements such as psyllium husk to smoothies, yoghurts and in cooking as a thickener. Soluble fibre helps to lower the GI of the overall meal.



Pre-cooking and cooling rice and potato lowers the GI



The addition of acidity to a meal, such as vinegar or lemon juice, also helps to lower the GI



Foods naturally high in protein such as meat, chicken, fish, eggs, tofu and cheese also help to lower the GI of a meal.

THRIVE

DELICIOUS & NUTRITIOUS RECIPES TO ENHANCE THE DINING EXPERIENCE

Food is more than just fuel for our bodies. Food provides joy, pleasure and an opportunity to connect with friends and family. Food and eating together is central to many cultures worldwide and is often at the heart of celebrations such as birthdays, weddings, religious festivals and ceremonies.⁸

Food – a multisensory experience

Eating and tasting food is a multisensory experience. We enjoy and taste food with our taste buds, and all five senses are engaged when we see, smell, touch, hear and taste food.⁹ Balance and enhance the flavours of food with sweet, salty, sour, bitter and umami ingredients (such as miso, soy sauce, mushrooms, mustard, tomato and olives).

Gastrophysics – how perception influences eating behaviour

Our perception of how a food tastes and our overall enjoyment of a meal is influenced by the environment around us, i.e., how and where the food is served. This is a field of sensory science research called gastrophysics.¹⁰ Every element, from how the food is presented in food styling to the size & colour of the plate, the type of cutlery and table cloth used, to lighting, indoor vs. outdoor environment and whether any music is played, all influence our perception of how food tastes, whether we enjoy the food and our behaviour, i.e. how much food we eat.

Understanding gastrophysics can help you create pleasurable mealtime experiences through beautiful food styling, appealing dining rooms and eating environments.



*Eating and tasting
food is a multi-sensory
experience*

All the recipes in this book have been expertly created by a chef and culinary nutritionist, beautifully styled and presented to enhance the overall enjoyment and appeal of the dishes.

Each recipe features a low GI endorsed NESTLÉ PROFESSIONAL product, such as the NESTLÉ® DOCELLO® Mousse Mixes. The recipes include healthy core food ingredients such as fruit, milk, yoghurt and nuts to provide a source of protein, fibre and calcium. Nutrition analysis has been included for each recipe so you can see the amount of key nutrients such as energy, protein, fibre and calcium per serve.





BIRCHER MUESLI

A delicious and nutritious way to start your day full of goodness from oats, fruit, yoghurt, nuts and seeds.

HIGH PROTEIN

HIGH FIBRE

HIGH CALCIUM

PREP TIME: 15 MINUTES (PLUS OVERNIGHT SOAKING)
SERVES: 10 COST PER SERVE: \$2.03

INGREDIENTS

- 400g **UNCLE TOBYS Rolled Oats**
- 600ml milk
- 500g apples, skin on | grated
- 150g raisins
- 5g cinnamon
- 200ml milk
- 100g **NESTLÉ® DOCELLO® French Vanilla Flavoured Mousse Mix**
- 400g high protein Greek yoghurt
- 150g walnuts | chopped
- 100g pepita seeds
- 100g coconut flakes

METHOD

1. Combine oats with milk, grated apple, raisins and cinnamon. Leave overnight.
2. Add cold milk and **NESTLÉ® DOCELLO® French Vanilla Flavoured Mousse Mix** into stand mixer and using a balloon whisk, mix on medium speed for 1 minute until combined. Scrape sides.
3. Resume mixing on high speed for 6 minutes.
4. Next, stir yoghurt, walnuts, pepita seeds and coconut flakes through oat mix.
5. Gently fold **NESTLÉ® DOCELLO® French Vanilla Flavoured Mousse Mix** through oat and yoghurt mixture.
6. Spoon the Bircher muesli vanilla mousse mix into individual serving glasses. Garnish with additional pepita seeds, walnuts and coconut flakes.



NESTLÉ® DOCELLO® French Vanilla Flavoured Mousse Mix
12026967

Nutrition Information (per serve)

Energy:	2,343 kJ		Protein:	19.2 g		Total Fat:	26.9 g		Saturated Fat:	8.5 g	
Carbohydrate:	56.7 g		Total Sugars:	32.5 g		Sodium:	101 mg		Fibre:	7.9 g	
Calcium:	328 mg										

CULINARY NUTRITION TIPS:

- Soak oats in milk rather than fruit juice to increase calcium.
- Use a high protein Greek style yoghurt to boost protein.
- Add nuts, seeds and fruit to provide texture, flavour and fibre.



Serving suggestion.



CULINARY NUTRITION TIPS:

- Add high protein Greek style yoghurt when you prepare the mousse mix to create a balanced flavoured mousse suitable to serve at breakfast.
- Berries such as strawberries, blueberries, raspberries and blackberries are an excellent source of polyphenols.¹¹



Serving suggestion.



MIXED BERRY BREAKFAST CUP

A new and refreshing way to enjoy your favourite breakfast cereal or muesli, nestled into the base of the glass and topped with silky smooth mousse and sweet mixed berries.



PREP TIME: 15 MINUTES SERVES: 10 COST PER SERVE: \$1.74

INGREDIENTS

- 500ml milk
- 300g plain Greek style high protein yoghurt
- 250g **NESTLÉ® DOCELLO® Mixed Berry Flavoured Mousse Mix**
- 750g blueberries / strawberries / raspberries
- 300g **MORNING SUN Natural Style Fruit Muesli**

METHOD

1. Place cold milk and yoghurt into stand mixer and using a balloon whisk, mix on medium speed for 30 seconds until combined.
2. Add the **NESTLÉ® DOCELLO® Mixed Berry Flavoured Mousse Mix** and mix on medium speed for 1 minute, or until mixture is fully combined. Scrape sides.
3. Resume mixing on high speed for 6 minutes.
4. For best results and maximum yield, gently transfer mixture from the mixing bowl into a piping bag.
5. In individual glasses, place 30g **MORNING SUN Natural Style Fruit Muesli**, topped with 100g **NESTLÉ® DOCELLO® Mixed Berry Flavoured Mousse Mix** and 75g mixed berries.
6. Chill for a minimum of 1 hour before serving.



NESTLÉ® DOCELLO® Mixed Berry Flavoured Mousse Mix 12026964



Nutrition Information (per serve)
Energy: 1,247 kJ | Protein: 10.7 g | Total Fat: 7.2 g | Saturated Fat: 5.7 g | Carbohydrate: 44.2 g | Total Sugars: 26.6 g | Sodium: 142 mg | Fibre: 5.6 g | Calcium: 484 mg | Estimated Polyphenols:¹¹ 252 mg

CULINARY NUTRITION TIP:

- Psyllium husks are an excellent source of natural dietary fibre to support digestive wellbeing.

LOW GI
RECIPE

Serving suggestion.

MILO SMOOTHIE

A delicious on-the-go breakfast with the goodness of MILO and milk, probiotics from yoghurt and fibre from oats and psyllium husk.

HIGH
PROTEIN

HIGH
CALCIUM

HIGH
FIBRE

INGREDIENTS

200ml milk
50g yoghurt
20g **NESTLÉ MILO**
10g **UNCLE TOBYS Traditional Oats**
5g psyllium husk
40g frozen strawberries



NESTLÉ MILO
102296

PREP TIME: 5 MINUTES SERVES: 1 COST PER SERVE: \$1.58

METHOD

- Place all ingredients in a blender. Blend until smooth.
- Pour into tall glasses and serve with a straw.



Nutrition Information (per serve)

Energy: 1,263 kJ | Protein: 15.8 g | Total Fat: 10.1 g | Saturated Fat: 6.0 g |
Carbohydrate: 33.5 g | Total Sugars: 24.4 g | Sodium: 119 mg | Fibre: 7.2 g |
Calcium: 463 mg

CULINARY NUTRITION TIP:

- Look for low GI honey to add sweetness to recipes.

LOW GI
RECIPE

Serving suggestion.

MALTED BANANA HONEY SMOOTHIE

A classic malted milk smoothie with the goodness of banana, oats and the sweetness of low GI honey.

HIGH
PROTEIN

HIGH
CALCIUM

HIGH
FIBRE

PREP TIME: 5 MINUTES SERVES: 1 COST PER SERVE: \$3.02

INGREDIENTS

250ml milk
20g **NESTLÉ Malted Milk**
100g frozen banana | sliced
10g low GI Honey
20g **UNCLE TOBYS Traditional Oats**
40g ice



NESTLÉ Malted Milk
101147

METHOD

- Place all ingredients in a blender. Blend until smooth.
- Pour into tall glasses and serve with a straw.



Nutrition Information (per serve)

Energy: 1,996 kJ | Protein: 15.1 g | Total Fat: 12.8 g | Saturated Fat: 6.9 g |
Carbohydrate: 73.3 g | Total Sugars: 48.7 g | Sodium: 148 mg | Fibre: 4.1 g |
Calcium: 422 mg

STRAWBERRY MOUSSE CHIA PUDDING

A light & fresh dessert with sweet strawberries, creamy chia pudding, crunchy pistachios and moist coconut flakes.



PREP TIME: 15 MINUTES (PLUS OVERNIGHT SOAKING)
SERVES: 10 COST PER SERVE: \$2.90

INGREDIENTS

300g chia seeds
1L skim milk
500mL skim milk
250g **NESTLÉ® DOCELLO® Strawberry Flavoured Mousse Mix**
100g coconut flakes, toasted
100g pistachios, toasted, chopped
400g strawberries, sliced

METHOD

1. Prepare chia pudding one day in advance. Mix chia seeds with milk and refrigerate overnight or for at least 8 hours.
2. To prepare the strawberry mousse, place cold milk in a bowl and add **NESTLÉ® DOCELLO® Strawberry Flavoured Mousse Mix**.
3. Use balloon whisk attachment & mix on medium speed for 1 minute, or until mixture is fully combined. Scrape sides.
4. Resume mixing on high speed for 6 minutes.
5. For best results and maximum yield, gently transfer mixture from the mixing bowl into a piping bag.
6. In individual serving glasses, layer the chia pudding, **NESTLÉ® DOCELLO® Strawberry Flavoured mousse mix** with strawberries, coconut flakes & pistachios. Chill for a minimum 1 hour before serving.



NESTLÉ® DOCELLO®
Strawberry Flavoured Mousse Mix
12277538

Nutrition Information (per serve)

Energy: 1,750kJ | Protein: 15.7g | Total Fat: 22.1g | Saturated Fat: 8.6g |
Carbohydrate: 33.4g | Total Sugars: 28.2 | Sodium: 187mg | Fibre: 13.0g |
Calcium: 750mg | Omega 3 (ALA): 5.4 g



CULINARY NUTRITION TIPS:

- Soak chia seeds in milk rather than water to boost protein & calcium.
- Chia seeds are rich in essential nutrients – calcium, healthy omega 3 fats & fibre.



Serving suggestion.

CULINARY NUTRITION TIPS:

- For a healthier crumble, use olive oil instead of butter and low GI honey rather than sugar.
- Add walnuts or almonds for a crunchy texture and nutty flavour.



LOW GI
RECIPE

Serving suggestion.

APPLE CRUMBLE CUSTARD

A quick and simple way to prepare a delicious no bake egg custard with added crunchy goodness from the oat & walnut crumble and the sweetness of apple.



PREP TIME: 10 MINUTES COOK TIME: 20 MINUTES
SERVES: 10 COST PER SERVE: \$1.39

INGREDIENTS

No bake custard:

1.275L milk
170g **NESTLÉ® DOCELLO®**
No Bake Egg Custard
750g diced tinned apple

Crumble:

50ml olive oil
75g low GI honey
125g walnuts or almonds |
ruff chop
125g **UNCLE TOBYS**
Traditional Rolled Oats
6g cinnamon

METHOD

1. To prepare the crumble, heat oil and honey together, combine with oats, nuts and cinnamon. Bake until golden, set aside.
2. To prepare the custard, combine **NESTLÉ® DOCELLO® No Bake Egg Custard** with 1/3 of milk. Stir until smooth.
3. Bring remaining milk to boil.
4. Stir in prepared **NESTLÉ® DOCELLO® No Bake Egg Custard**. Return to boil simmer for 3 minutes, stirring continuously.
5. Place diced apples in the bottom of individual serving glasses or jars. Pour prepared custard on top of apples, cool and refrigerate for minimum 1 hour.
6. Before service, top with crumble.



NESTLÉ® DOCELLO®
No Bake Egg Custard
12104221

Nutrition Information (per serve)

Energy: 1,675 kJ | Protein: 8.8g | Total fat: 19.6 g | Saturated Fat: 4.6 g |
Carbohydrate: 45.6 g | Total Sugars: 37.2 g | Sodium: 138 mg | Fibre: 4.2 g |
Calcium: 163 mg



MANGO & COCONUT MOUSSE FRUIT SALAD BOWL

A deliciously light mango & coconut flavoured mousse served with zesty fresh fruit, fragrant coconut and crunchy macadamias.



HIGH
PROTEIN



HIGH
CALCIUM



HIGH
FIBRE

INGREDIENTS

- 100g **MAGGI Coconut Milk Powder**
- 400ml warm milk
- 250g **NESTLÉ® DOCELLO® Mango Flavoured Mousse Mix**
- 1kg fresh fruit in season, e.g. mango and passionfruit, kiwi fruit & banana, pear and strawberries
- 100g macadamia nuts, toasted, chopped
- 50g coconut flakes, toasted
- Fresh mint, garnish



NESTLÉ® DOCELLO®
Mango Flavoured Mousse Mix
12026966

PREP TIME: 20 MINUTES SERVES: 10 COST PER SERVE: \$2.51

METHOD

1. Warm milk and add **MAGGI Coconut Milk Powder**, stir to dissolve. Place in the fridge to chill.
2. To prepare the mango & coconut mousse, place cold coconut milk in a bowl and use a balloon whisk attachment, mix on low speed for 30 seconds to combine.
3. Add **NESTLÉ® DOCELLO® Mango Flavoured Mousse Mix** on medium speed for 1 minute, or until mixture is fully combined. Scrape sides.
4. Resume mixing on high speed for 6 minutes.
5. For best results and maximum yield, gently transfer mixture from the mixing bowl into a piping bag.
6. Pipe the **NESTLÉ® DOCELLO® Mango Flavoured Mousse Mix** into shallow serving bowls.
7. Top with slices of seasonal fresh fruit, macadamia nuts, coconut flakes and garnish with mint.

Nutrition Information (per serve)

Energy: 1,516kJ | Protein: 11.1g | Total fat: 20.6g | Saturated Fat: 12.7g |
Carbohydrate: 34.5g | Total Sugars: 30.4g | Sodium: 142mg | Fibre: 5.1g |
Calcium: 465 mg

CULINARY NUTRITION TIPS:

- Enjoy seasonal fresh fruit in this recipe.
- Low GI seasonal fruit combinations include pear & strawberries, peach & nectarine, banana & apricot or figs & berries.

Serving suggestion.



CULINARY NUTRITION TIPS:

- Cherries are a low GI fruit that help to cut through the richness of this chocolate dessert.
- Cut smaller slices of this indulgent dessert to enjoy for special celebrations.



Serving suggestion.



BLACK FOREST DELICE

Treat yourself to the delight of the low GI **NESTLÉ® DOCELLO® Chocolate Flavoured Mousse Mix** in this indulgent celebration chocolate mousse cake with cherries.



PREP TIME: 20 MINUTES **COOK TIME: 20 MINUTES**
SERVES: MAKES 2 CAKES **COST PER SERVE: \$0.66**

INGREDIENTS

Sponge:

4 eggs
120g sugar
80g plain flour
50g corn flour
4g baking powder
3g vanilla essence
1g salt

Chocolate Mousse:

300g **NESTLÉ Dark Bitter Couverture Chocolate** | melted
250g **NESTLÉ® DOCELLO® Chocolate Flavoured Mousse Mix**
500ml milk

Filling:

400g macerated cherry,
plus syrup

Garnish:

NESTLÉ Dark Bitter Couverture Chocolate | shavings



NESTLÉ® DOCELLO® Chocolate Flavoured Mousse Mix
12026839

METHOD

Sponge:

1. Set your oven to 180°C and line 2 spring form round tins 23cm.
2. In your mixing bowl whisk the eggs and sugar, vanilla until ribbon stage.
3. Fold in the sifted flours, salt.
4. Gently place in cake tin cook for, 25 to 30 minutes until it bounces back.
5. Cool, Cut in half.

Mousse:

6. Prepare the **NESTLÉ® DOCELLO® Chocolate Flavoured Mousse Mix** as per pack instructions with milk.
7. Fold through melted chocolate, stand aside.

Assembling:

8. Line 2 x 21cm spring tin with grease proof paper.
9. Cut the sponge in half, brush the sponge with small amount of syrup add cherries.
10. Spread the chocolate mousse mix until smooth & refrigerate 2 hours.
11. Cut & serve.

Nutrition Information (per serve)

Energy: 984 kJ | Protein: 5.5 g | Total Fat: 10.6 g | Saturated Fat: 6.7 g |
Carbohydrate: 28.0 g | Total Sugars: 21.9 g | Sodium: 86 mg | Fibre: 0.2 g |
Calcium: 196 mg

CITRUS CHEESECAKE

Enjoy the zesty burst of citrus, paired with ricotta and cream cheese to create a pleasurable and simple no bake cheesecake.



SOURCE OF PROTEIN



SOURCE OF CALCIUM



GLUTEN FREE

INGREDIENTS

Base:
300g of plain gluten-free sweet biscuits
120g butter | melted

Gelatin Syrup:
60ml water
3g of gelatin powder
30g of sugar
1 lime | zested

Filling:
125g of ricotta cheese
125g cream cheese | softened
125g milk
62g of **NESTLÉ® DOCELLO® Citrus Flavoured Mousse Mix**
Lemons and limes, zest, for garnish (in sugar syrup)



NESTLÉ® DOCELLO®
Citrus Flavoured Mousse Mix
12026837

PREP TIME: 30 MINUTES SERVES: 10 COST PER SERVE: \$1.03

METHOD

1. To prepare the base, process the biscuits to a crumb, add butter.
2. Divide into 10 small flan tins size (10cm x 1cm), press into flan & refrigerate.
3. Take 60ml water add the gelatine powder to bloom, stand aside.
4. Add lime juice & 30g sugar & bring to the boil, remove from heat.
5. Dissolve gelatine into sugar syrup and stand aside.
6. Beat the ricotta & cream cheese together, set aside.
7. Place cold milk add **NESTLÉ® DOCELLO® Citrus Flavoured Mousse Mix** in a bowl, whisk on low speed for 30 seconds to combine.
8. Scrape sides, resume mixing on high speed for 5 minutes.
9. Fold through the whipped ricotta & cream cheese, add the warm sugar syrup and gelatine mix & lime zest, mix through to combine. Pipe into tarts & refrigerate & serve.

Note: For best results pipe into flan tins. For garnish, poach lemon and lime zest strips or slices in sugar syrup 25g water to 100g sugar.

Nutrition Information (per serve)
Energy: 1,395 kJ | Protein: 6.0 g | Total Fat: 23.4 g | Saturated Fat: 14.9 g |
Carbohydrate: 25.6 g | Total Sugars: 16.2 g | Fibre: 0.6 g | Sodium: 255 mg |
Calcium: 150 mg

CULINARY NUTRITION TIPS:

- Add ricotta cheese to cheesecake recipes to boost protein and calcium.
- Vary the flavour of this recipe with different citrus fruits such as orange or mandarin.



Serving suggestion.

CULINARY NUTRITION TIP:

- Prepare drinks on enriched milk (by adding 130g milk powder to 1 litre of milk) to boost energy, protein and calcium.



Serving suggestion.

LEMON CHEESECAKE SHAKE

This zesty lemon cheesecake-flavoured dessert shake can be enjoyed immediately as a cold beverage for afternoon tea or poured into smaller dishes to set in the fridge and eat as a dessert.



INGREDIENTS

50g mascarpone
40g ice
50g vanilla ice cream
170g milk
40g **NESTLÉ® DOCELLO® Protein Enriched Lemon Flavoured Dessert Mix**

Garnish:

Lemon zest



NESTLÉ® DOCELLO® Protein Enriched Lemon Flavoured Dessert Mix
12277537

PREP TIME: 5 MINUTES SERVES: 1 COST PER SERVE: \$0.62

METHOD

1. Add mascarpone, ice, vanilla ice cream, milk, **NESTLÉ® DOCELLO® Protein Enriched Lemon Flavoured Dessert Mix** & blend in a blender.
2. Pour into a glass and garnish with lemon zest. Serve and drink immediately.



Nutrition Information (per serve)

Energy: 2,412 kJ | Protein: 13.7 g | Total Fat: 34.7 g | Saturated Fat: 24.2 g | Carbohydrate: 53.4 g | Total Sugars: 41.2g | Sodium: 371 mg | Fibre: 0 g | Calcium: 372 mg

CULINARY NUTRITION TIP:

- Prepare **NESTLÉ Hot Chocolate Complete Mix** with milk to provide a serve of dairy



Serving suggestion.

CHAI HOT CHOCOLATE

A classic twist on a regular hot chocolate with flavorsome aromatic spices to make you feel warm and cozy.



PREP TIME: 5 MINUTES COOK TIME: 5 MINUTES
SERVES: 1 COST PER SERVE: \$2.08

INGREDIENTS

250ml skim milk
25g **NESTLÉ Hot Chocolate Complete Mix**
1 cinnamon stick
1 star anise
3 cloves
3 green cardamom pods
1g nutmeg



NESTLÉ Hot Chocolate Complete Mix
12086132

METHOD

1. Bring milk to simmer with whole spices for 3 mins.
2. Add **NESTLÉ Hot Chocolate Complete Mix** before boil.
3. Simmer for a few mins, whisking occasionally.
4. Strain into serving glass/mug.



Nutrition Information (per serve)

Energy: 857kJ | Protein: 11.9g | Total Fat: 2.4g | Saturated Fat: 1.9g | Carbohydrate: 34.2g | Total Sugars: 28.9g | Sodium: 217mg | Fibre: 1.5g | Calcium: 385mg

STRAWBERRY & WHITE CHOCOLATE PARFAIT

The taste of sweet strawberries paired with white chocolate create this delicious frozen parfait dessert.



INGREDIENTS

- Base:**
300g of plain chocolate biscuits
120g butter | melted
- Parfait:**
250ml milk
65g **NESTLÉ® DOCELLO® Protein Enriched Strawberry Flavoured Dessert Mix**
200g **NESTLÉ® DOCELLO® White Arctic Couverture Chocolate**, melted
20g strawberry puree
- Garnish:**
250g strawberries



NESTLÉ® DOCELLO® Protein Enriched Strawberry Flavoured Dessert Mix 12277538

PREP TIME: 15 MINUTES SERVES: 10 COST PER SERVE: \$1.42

METHOD

1. Mix the biscuits & butter together & line individual tart tin 10cm.
2. In a bowl place the milk & **NESTLÉ® DOCELLO® Protein Enriched Strawberry Flavoured Dessert Mix** whisk for 3 minutes & let stand for 2 minutes. Whisk for a further 3 minutes, fold in melted **NESTLÉ® DOCELLO® White Arctic Couverture Chocolate** & swirl through strawberry puree.
3. Spoon into tart shells & freeze.
4. Top with sliced strawberries before serving.

Nutrition Information (per serve)	
Energy:	1,584 kJ Protein: 5.3 g Total Fat: 22.9 g Saturated Fat: 13.9 g
Carbohydrate:	38.6 g Total Sugars: 24.5 g Sodium: 255 mg Fibre: 1.2 g
Calcium:	111 mg



CULINARY NUTRITION TIPS:

- Adding melted chocolate to the **NESTLÉ® DOCELLO®** dessert and mousse mixes creates a delicious frozen dessert or ice cream (when frozen).
- Use fresh, tinned or frozen berries in this recipe.



Serving suggestion.

CULINARY NUTRITION TIPS:

- Add extra sliced dates as a garnish to this recipe to boost the fibre content.
- Include dairy based desserts on the menu that incorporate milk or yoghurt to help meet daily dairy requirements.

STICKY DATE BUTTERSCOTCH SLICE

Date and butterscotch flavours are paired perfectly in this indulgent slice, perfect for afternoon tea or dessert.



PREP TIME: 20 MINUTES COOK TIME: 20 MINUTES
SERVES: 16 SLICES COST PER SERVE: \$0.88

INGREDIENTS

Cake:

- 110g dates
- 5g NESCAFE GOLD ORIGINAL
- 150ml hot water
- 3g bicarb soda
- 50g butter
- 85g brown sugar
- 2 eggs
- 115g SR flour sift

Mousse topping:

- 1L milk
- 245g NESTLÉ® DOCELLO® Protein Enriched Butterscotch Flavoured Dessert Mix

METHOD

1. Pre heat your oven to 180°C, line a baking tray - 33cm x 23cm x 6cm with baking paper.
2. Blend the dates with NESCAFE GOLD coffee & hot water, stand aside.
3. In a bowl whisk butter & brown sugar, add the eggs slowly, add the flour.
4. Dissolve the Bicarb soda in the date mix & pour into the batter.
5. Place in lined baking tray & bake for 15 minutes or until the cake bounces back, cool in baking dish, stand aside.
6. In a bowl place the milk & NESTLÉ® DOCELLO® Protein Enriched Butterscotch Flavoured Dessert Mix, whisk for 3 minutes & let stand for 2 minutes. Whisk for a further 3 minutes.
7. Top slice with prepared NESTLÉ® DOCELLO® Protein Enriched Butterscotch Flavoured Dessert Mix.
8. Refrigerate 2 hours before serving. Slice into squares & serve. Garnish with sliced dates.



NESTLÉ® DOCELLO® Protein Enriched Butterscotch Flavoured Dessert Mix
12277535

Nutrition Information (per serve)

Energy: 819 kJ | Protein: 5.1 g | Total Fat: 5.4 g | Saturated Fat: 3.6 g |
Carbohydrate: 31.6 g | Total Sugars: 22.0 g | Sodium: 267 mg | Fibre: 0.8 g |
Calcium: 134 mg

Serving suggestion.

CARAMEL PEAR MOUSSE

Silky caramel mousse with swirls of caramel dulce de luce, balanced with the freshness of pears.



SOURCE OF PROTEIN



SOURCE OF CALCIUM



SOURCE OF FIBRE

INGREDIENTS

- 500ml milk
- 300g plain Greek style high protein yoghurt
- 250g **NESTLÉ® DOCELLO® Caramel Flavoured Mousse mix**
- 750g tinned pears/sliced
- 100g **NESTLÉ TOP 'N' FILL Caramel**

PREP TIME: 10 MINUTES SERVES: 10 COST PER SERVE: \$1.82

METHOD

1. Place cold milk and yoghurt into stand mixer and using a balloon whisk, mix on medium speed for 30 seconds until combined.
2. Add the **NESTLÉ® DOCELLO® Caramel Flavoured Mousse Mix** and mix on medium speed for 1 minute, or until mixture is fully combined. Scrape down sides of bowl.
3. Resume mixing on high speed for 6 minutes.
4. For best results and maximum yield, gently transfer mixture from the mixing bowl into a piping bag.
5. In individual glasses, place 75g pear, topped with 100g **NESTLÉ® DOCELLO® Caramel Flavoured Mousse Mix** and on top swirl though 10g **NESTLÉ TOP 'N' FILL Caramel**.
6. Chill for a minimum of 1 hour before serving.



NESTLÉ DOCELLO Caramel Flavoured Mousse Mix 12026831

Nutrition Information (per serve)
Energy: 1,053 kJ | Protein: 8.7 g | Total Fat: 7.4 g | Saturated | Fat: 6.1 g | Carbohydrate: 35.6 g | Total Sugars: 33.6 g | Sodium: 120 mg | Fibre: 2.3 g | Calcium: 93 mg

CULINARY NUTRITION TIPS:







- Tinned fruit is a nutritious, convenient and affordable option to add to a variety of recipes.
- When sourcing plant-based milks to meet special dietary requirements, look for brands that provide a source of protein with added calcium and vitamins for the most nutritious alternative.



NESTLÉ PROFESSIONAL LOW GI PRODUCT RANGE



We understand the challenges of managing special dietary requests in a busy kitchen. That’s why NESTLÉ PROFESSIONAL offers a range of low GI products to add to your pantry essentials. Our goal is to simplify menu planning and reduce kitchen workload while delivering uncompromising taste, quality, and versatility.

With NESTLÉ PROFESSIONAL, you can have peace of mind knowing that our claims are backed by stringent manufacturing processes. The NESTLÉ PROFESSIONAL Low GI product range has been tested by the University of Sydney at the Glycemic Index Research Service. Get in touch with us to help support your menu development with reliable and exceptional products.

	Product description	NESTLÉ product code	Packaging	Serving size	Serves per pack	GI Value
	NESTLÉ® DOCELLO® French Vanilla Flavoured Mousse Mix	12026967	1.9kg x 6	100 mL	173	35
	NESTLÉ® DOCELLO® Chocolate Flavoured Mousse Mix	12026839	1.9kg x 6	100 mL	182	32
	NESTLÉ® DOCELLO® Strawberry Flavoured Mousse Mix	12027037	1.9kg x 6	100 mL	182	32
	NESTLÉ® DOCELLO® Mixed Berry Flavoured Mousse Mix	12026964	1.9kg x 6	100 mL	182	33
	NESTLÉ® DOCELLO® Citrus Flavoured Mousse Mix	12026837	1.9kg x 6	100 mL	163	36
	NESTLÉ® DOCELLO® Mango Flavoured Mousse Mix	12026966	1.9kg x 6	100 mL	182	40

CONTACT NESTLÉ PROFESSIONAL:

P: 1800 20 30 50
E: customerservice.nestleprofessional@au.nestle.com
www.nestleprofessional.com.au

	Product description	NESTLÉ product code	Packaging	Serving size	Serves per pack	GI Value
	NESTLÉ® DOCELLO® Caramel Flavoured Mousse Mix	12026831	1.9kg x 6	100 mL	172	45
	NESTLÉ® DOCELLO® No Bake Egg Custard	12104221	2kg x 6	120g	147	43
	NESTLÉ® DOCELLO® Protein Enriched Butterscotch Flavoured Dessert Mix	12277535	2.05kg x 6	120g	90	47
	NESTLÉ® DOCELLO® Protein Enriched Lemon Flavoured Dessert Mix	12277537	2.05kg x 6	120g	90	47
	NESTLÉ® DOCELLO® Protein Enriched Strawberry Flavoured Dessert Mix	12277538	2.05kg x 6	120g	90	47
	NESTLÉ MILO	102296	1.9kg x 6	20g	95	36
	NESTLÉ Malted Milk	101147	1.5kg x 6	20g	75	52
	NESTLÉ Hot Chocolate Complete Mix	12086132	2kg x 6	25g	80	52

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