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Cantonese: 本資料亦以特大字體、錄音形式或其它語文提供，如有需要，請聯絡劍橋郡社區服務國家健康信託 (Cambridgeshire and Peterborough NHS Foundation Trust)，電話01223 726767 電郵地址communications@cpft.nhs.uk

Turkish: Eğer bu bilginin kendi dilinizde çevirisini (ya da daha büyük harflerle baskısını veya kasete kayıtlı halini) isterseniz, lütfen Cambridge Bölgesi Kamu Hizmetleri Ulusal Sağlık Hizmeti Birimini (Cambridgeshire and Peterborough NHS Foundation Trust) 01223 726767 no'lu telefon numarasından arayın veya communications@cpft.nhs.uk adresine e-mail gönderin.

Homemade Supplements

For Care Home Use

Nutrition and Dietetic Service

“As easy to make as a cup of tea!”



Cambridgeshire and Peterborough NHS Foundation Trust: providing services across
Cambridgeshire and Peterborough

Directions for Use:

After preparation, drinks can be stored in a refrigerator for up to 24 hours – any unused supplement drinks should be discarded after this time. Soup Plus and Hot Mocha should be drunk while hot and should not be reheated. The lemon and caramel-nougat desserts can be stored in a fridge for 3 days.

Drinks are best served chilled. Once poured, they should be drunk within 2 hours and thrown away if not consumed.

Milk Plus

Ingredients	Servings		
	20	30	40
Whole Milk (L)	2.8	4.2	5.6
Skimmed Milk Powder (g)	760	1140	1520
Milkshake Powder (g)	400	600	800

Per 200ml serving

Kcal	302
Protein	18.6g
Fat	6 g
Carbohydrate	46.2 g



Ensure you are using a milkshake powder that is enriched with vitamins and minerals.

Method:

1. Pour whole milk into a jug.
2. Slowly add the milkshake powder and the skimmed milk powder and blend well with a fork, whisk or a hand-held blender.

Suggestion:

You can vary the flavour of your milk by using different milkshake powders.

Nougat-Caramel Dessert

Ingredients	Servings		
	20	30	40
Nougat-Caramel Chocolate bar (g) / Bars	866 / 14	1300 / 20	1733 / 27
Double Cream (L)	1	1.5	2
Skimmed Milk Powder (g)	200	300	400

Per 100ml serving

Kcal	488
Protein	6.4g
Fat	34.8g
Carbohydrate	39.6g



Method:

1. Gently heat cream with the milk powder until milk powder has dissolved.
2. Chop the chocolate bars into small pieces.
3. Add the pieces to warmed cream and continue to heat gently, stirring regularly until all the chocolate bar pieces have melted.
4. Pour into 3 small dessert bowls and chill. Serve once chilled.
5. Can also be served as a frozen dessert. If kept frozen, use within one week.

For further information about this service contact:

Nutrition & Dietetics on:

0330 726 0077

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HQ: Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF
Tel: 01223 726789 **Fax:** 01480 398501
Website: www.cpft.nhs.uk

Lemon Dessert

Ingredients	Servings		
	20	30	40
Double Cream (L)	2	3	4
Caster Sugar (g)	467	700	934
Skimmed Milk Powder (g)	200	300	400
Lemon Juice (ml)	230	350	460

Per 120ml serving	
Kcal	565
Protein	5g
Fat	48.4g
Carbohydrate	29g



Method:

1. Gently heat the cream with the milk powder until milk powder has dissolved.
2. Add the sugar and bring to the boil.
3. Boil for 3 minutes and turn off the heat.
4. Mix in the lemon juice. Pour into 3 small dessert bowls and chill. Serve once chilled.
5. Can also be served as a frozen dessert. If kept frozen, use within one week.

Mini Milk Plus

Ingredients	Servings		
	20	30	40
Evaporated Milk (L)	1.8	2.7	3.6
Skimmed Milk Powder (g)	200	300	400
Drinking Chocolate or Milkshake Powder (g)	250	375	500
Double Cream (ml)	350	525	700

Per 125ml serving	
Kcal	304
Protein	12.1g
Fat	18.6g
Carbohydrate	23.2g



Method:

1. Combine skimmed milk powder and drinking chocolate powder in a medium sized jug.
2. Add 30ml of the evaporated milk and mix to make a paste.
3. Add the remaining evaporated milk and the double cream and mix well using a fork, whisk or hand-held blender.

Best served chilled.

Smoothie Plus

Ingredients	Servings		
	20	30	40
Whole Milk (L)	2.6	3.9	5.2
Fruit - fresh, tinned (drained), frozen (kg)	1.3	1.95	2.6
White Sugar (g)	300	450	600

Per 200ml serving

Kcal	170
Protein	4.7g
Carbohydrate	27.9g
Fat	5.1g



Method:

Use a hand blender to blend the milk, fruit and sugar together until smooth.

Alternatives:

Use a pot of full-fat fruit yoghurt (approx. 120g) instead of 130ml milk to make a **yoghurt smoothie**.

Use 130ml of soft ice-cream (slightly melted) instead of 130ml milk to make an **ice-cream smoothie**.

Alternate the fruit you use, e.g. strawberries, banana, blueberries.

Fruit Plus

Ingredients	Servings		
	20	30	40
Egg White Powder (g)	160	240	320
Orange Juice (L)	2.5	3.75	5
Flavoured Milkshake Syrup (L)	1.5	2.25	3
White Sugar (g)	160	240	320

Per 200ml serving

Kcal	200
Protein	6.5g
Fat	0.1g
Carbohydrate	46g



Method:

1. Empty sachet of egg protein powder into a medium sized jug.
2. Add milkshake syrup and blend using a whisk or hand-held blender.
3. Add fruit juice and sugar and mix well.

Hot Mocha

Ingredients	Servings		
	20	30	40
Instant Coffee (g)	20	30	40
Drinking Chocolate Powder (g)	300	450	600
White Sugar (g)	160	240	320
Evaporated Milk (L)	2	3	4
Whole Milk or Water (L)	2	3	4

Per 220ml Serving

	Milk	Water
Kcal	305	239
Protein	12.7g	9.4g
Fat	14.2g	10.3g
Carbohydrate	33.5g	28.9g



Method:

1. Blend instant coffee with one tablespoon of boiling water.
2. Add drinking chocolate powder, sugar and evaporated milk and stir.
3. Stir in whole milk and microwave for 30 seconds to one minute until hot.

Yoghurt Smoothie Plus

Ingredients	Servings		
	20	30	40
Full Fat fruit Yoghurt (g)	2400	3600	4800
Fruit - fresh, tinned (drained), frozen (kg)	1.3	1.95	2.6
White Sugar (g)	300	450	600

Per 200ml serving

	Yoghurt smoothie
Kcal	215
Protein	5.2g
Carbohydrate	43.3g
Fat	3.6g



Ice Cream Smoothie Plus

Ingredients	Servings		
	20	30	40
Ice Cream (L)	2.6	3.9	5.2
Fruit - fresh, tinned (drained), frozen (kg)	1.3	1.95	2.6
White Sugar (g)	300	450	600

Per 125ml serving

Kcal	243
Protein	13g
Fat	10.5g
Carbohydrate	25.6g



Mousse Plus

Ingredients	Servings		
	20	30	40
Whole Milk (L)	1.5	2.25	3
Double Cream (ml)	200	300	400
Instant Dessert Powder (g)	240	360	480
Skimmed Milk Powder (g)	560	840	1120

Method:

1. Mix the whole milk and double cream in a bowl.
2. Slowly add the skimmed milk powder and instant dessert powder. Blend well with a fork, whisk or hand-held blender.

The mousse can either be eaten straight away or left to stand in the fridge for 1 hour.

Per 125ml serving

Kcal	243
Protein	13g
Fat	10.5g
Carbohydrate	25.6g



Mousse Plus using Creative Base

Ingredients	Servings		
	20	30	40
Milkshake Syrup (ml)	500	750	1000
Skimmed Milk Powder (g)	500	750	1000
Creative Base (kg)	1.5	2.25	3

Per 125ml serving

Kcal	256
Protein	12.7g
Fat	12.2g
Carbohydrate	25.25g



Soup Plus



Ingredients	Servings		
	20	30	40
Dried Soup Powder (g) / Packs	420 / 20	630 / 30	840 / 40
Skimmed Milk Powder (g)	200	300	400
Hot Water or Whole Milk (L)	3.2	4.8	6.4
Double Cream (ml)	800	1200	1600

Method:

1. Combine the soup powder and skimmed milk powder and add 160ml of hot milk (or water). Stir until well blended.
2. Add the double cream and stir well again.

Per 230ml serving

	Milk	Water
Kcal	422	316
Protein	10.9g	5.6g
Fat	30.8g	24.5g
Carbohydrate	26.9g	19.5g

Vary the flavour of the soup by using different powders, or tinned soups as an alternative.

Add grated cheese to increase calories and protein.

Check the temperature before serving, to ensure the soup is neither too hot nor too cold.