

Nourishing drinks and shots

Milk based drinks

Use fortified milk as a basis for nourishing milkshakes and add preferred flavourings

Fortified Milk

1 pint full fat milk
5 tablespoons skimmed milk powder
5 tablespoons double cream

Directions

Mix/whisk dried skimmed milk powder with milk until dissolved. Mix in cream.

Supershake

200mls fortified milk
3 heaped teaspoons vitamin fortified milkshake flavouring (preferred flavour)
350kcal 20g protein

Supershake Compact

125mls fortified milk
2 heaped teaspoons vitamin fortified milkshake flavouring (preferred flavour)
2 tablespoons skimmed milk powder
300kcal 21g protein

Supersoup

200mls fortified milk heated
1 sachet cup a soup powder mixed with splash of boiling water
370kcal 18g protein

Hot chocolate

200mls fortified milk, heated
2-3 teaspoons hot chocolate powder
320kcal, 20g protein

Malted Milk

200mls fortified milk, heated
2-3 teaspoons malted milk powder
320kcal, 20g protein

Milky coffee

200mls fortified milk, heated
1 teaspoons coffee granules
320kcal, 20g protein

Offer
daily
multi-
vitamin

Juice based drinks

Superjuice

200mls fruit juice
2 sachets dried egg white powder
2 tablespoons icing sugar or
1 tablespoon golden syrup
300kcal, 9g protein

Breakfast smoothie

200mls fruit juice
120g Greek Yoghurt
1 tablespoon honey or icing sugar
1 tablespoon skimmed milk powder
250kcal, 16g protein

Superfloat

100mls full sugar lemonade
100mls fruit juice
1 tablespoon icing sugar
Top with 1 scoop ice cream
300kcal, 3g protein

2-4
portions
daily

Booster shots

Suitable for those with smaller appetites. Useful for giving at medication rounds.

Booster Milk Shot

40mls condensed milk
1 tsp chocolate spread or seedless jam
or add flavouring essence
(vanilla/almond/peppermint)
Stir together
150kcal, 3g protein

Super Creamshot

40mls double cream
Flavouring essence/extract
1tsp icing sugar
180kcal, 2g protein

Nourishing snacks and sauces

Milk-based snacks

Fab Fool

- 100mls double cream
- 1 tablespoon icing sugar
- Juice of ½ lemon/lime/orange or other flavouring
- 1 tablespoon skimmed milk powder

Directions

1. Mix milk powder, icing sugar and citrus juice, stir until dissolved
2. Add to cream - mix until mixture is firmer

620kcal, 5g protein

Wonderful Whip – makes 3 portions

- 1 packet of instant whip
- 150mls full fat milk
- 150mls double cream
- 4 tablespoons skimmed milk powder

Directions

1. Mix instant whip powder and milk powder with splash of milk to make a smooth paste
2. Mix remaining milk and cream
3. Pour into 3 dishes and chill until set

360kcal, 10g protein

Fortified Yoghurt

- 150g Greek yoghurt (not Greek Style Yoghurt)
- 1 tablespoon skimmed milk powder
- 1 tablespoon honey/golden or fruit syrup/seedless jam

Directions

1. Mix milk powder into Greek yoghurt until dissolved.
2. Add syrup/honey/jam, top with chopped fruit if desired

320kcal, 10g protein

Marvellous Milky Jelly

- 1 packet jelly, melted in 50mls boiling water
- 270mls fortified milk
- 270mls condensed milk

Directions

1. Mix the melted jelly cubes with the milk and condensed milk
2. Pour into 4 dishes and leave to set
3. Serve with chopped fruit and cream

320kcal, 18g protein

2-4
portions
daily

Use fortified milk and evaporated milk to make nourishing puddings and sauces

Per 100ml portion	Calories	Protein
Custard made with fortified milk	143	6.5
Custard made with evaporated milk	220	9
Rice pudding made with fortified milk	173	6.7
Rice pudding made with evaporated milk	249	9.2
Semolina made with fortified milk	150	6.5
Semolina made with evaporated milk	230	9
Porridge made with fortified milk	250	7
Porridge made with evaporated milk	290	11
White or parsley sauce made with fortified milk	148	8
Cheese sauce made with fortified milk	200	12

Food fortification

Ideas to enrich meals and snacks to make them more nourishing

Food	Grated or cream cheese	Oils and butter	Cream and crème fraîche	Ground nuts or nut butters	Jam, sugar and syrups	Skimmed milk powder
Potatoes	✓	✓	✓			✓
Bread, toast, tea cakes, malt loaf	✓	✓		✓	✓	
Scones	✓	✓	✓	✓	✓	
Soups	✓	✓	✓			✓
Sauces	✓	✓	✓	✓		✓
Milkshakes and milky puddings			✓	✓	✓	✓
Eggs	✓	✓	✓			✓
Stews or casseroles	✓	✓	✓			✓
Vegetables	✓	✓	✓ Creamy sauces			✓ Creamy sauces
Pasta	✓	✓	✓	✓		✓
Beans	✓	✓				
Custard, rice pudding, semolina, porridge		✓	✓	✓	✓	✓
Cereals			✓	✓	✓	✓
Cakes, whips and jellies			✓	✓	✓	✓

With many thanks to our dietitian colleagues at York Teaching Hospital and Rotherham, Doncaster and South Humber for these recipes

Nourishing Drinks

Try some of the drinks below between meals to increase your intake

Hot chocolate (360kcal + 12g protein)

- 150ml whole milk
- 1 tbsp milk powder
- 2 tbsp double cream
- 3 tsp hot chocolate

Blend the hot chocolate and milk powder with a small amount of milk. Heat the milk until simmering and then add to the chocolate mix along with the cream.

Fruit Smoothies (470kcal + 20g protein)

- 300ml whole milk
- 1 pot thick and creamy yoghurt or 1 scoop ice cream
- 1 tbsp milk powder
- 75g soft fresh fruit or tinned fruit in syrup
- Liquidise ingredients for 10-15 minutes



Nourishing soup (280kcal + 13g protein)

- 200ml whole milk
- 1 tbsp milk powder
- 1 packet dried soup powder

Heat milk until simmering, mix with soup and milk powder using a mini whisk

Nourishing milkshake (430kcal + 14g protein)

- 4 tsp Nesquik powder or 2tsp Cruscha syrup
- 1 tbsp milk powder
- 200ml whole milk
- 1 scoop ice cream
- 2 tbsp double cream

Blend the Nesquik or Cruscha with the milk powder with some milk to make a paste then add the remaining milk and whisk thoroughly

Fortified Milk (569kcal + 48g protein)

Mix 4 tablespoons of milk powder to paste with little full cream milk, and then whisk in the rest of the pint of milk. Try to take 1 pint of fortified milk per day. Keep in a jug in the fridge and add to soups, sauces, puddings and milky drinks.