



Nourishing Drinks Recipe Ideas

Information for Patients and Relatives

Introduction

If you have a small appetite or have noticed recent weight loss, you may need some additional nourishment. It can be easier to have a high calorie drink. Some drinks fill you up without providing much nourishment.

This leaflet contains simple recipes for delicious nourishing drinks. All the ingredients are low cost and can be found in most household cupboards.

- Additional high calorie drinks should not replace meals. They should be taken as a snack, between meals. Always choose full fat products.
- No special equipment is required to make the high calorie drinks. A hand blender or liquidiser can be used to whizz together the ingredients.

If you do not have a liquidiser, try using a sieve to push all of the ingredients through before serving, to remove any lumps.

These drinks have high sugar content and should be used with caution, in those living with Diabetes.



How to make Fortified Milk

Fluids are vital to stay hydrated. Water, tea and cordial are good for hydration but they are not very high in calories. Using the recipe below you can make up a pint of fortified milk. This can be used in drinks and foods throughout the day to boost your nourishment.

You will need:

- Box Skimmed milk powder**
- 1 pint of Whole Milk**
- Measuring Jug**
- Tablespoon**
- Fork**



(1). Add 4 heaped tablespoons of skimmed milk powder to a jug.



(2). Add a small amount of milk and mix with a fork to make a smooth paste.



(3). Add in the remainder of the milk and stir well.



(4.) Aim to use the pint of nourishing milk throughout the day.



Add it to your drinks, to soup, to cereal and to make milky drinks or milk puddings.

Make a milkshake or milky coffee with the fortified milk or make porridge with fortified milk. Keep refrigerated and use within 24 hours.



Delicious Nourishing Drinks

These recipes provide a similar amount of calories as supplement drinks that are available to buy or get on prescription.

They will help to supplement your daily calorie and protein intake, if you take them between meals.

Simple Nourishing Shake

- 200mls (1/3 of a pint) of fortified milk
- 1 (125g) pot full fat strawberry yoghurt
- 1 heaped tablespoon of strawberry milkshake powder

Whisk milk, yoghurt together and add the milkshake flavouring.

Provides 350kcal and 18g protein



Delicious Berry & Cream Shake

- 100g full fat fruit yoghurt
- 100ml cranberry juice
- 5 tablespoons double cream
- 1 tablespoon strawberry milkshake powder

Whisk together all ingredients.
Provides 550kcal, 13g protein



Chocolate Hazelnut Dream

- 200ml whole milk
- 2 tablespoons of condensed milk
- 2 tablespoons of double cream
- 2 tablespoons of hazelnut chocolate spread
- 1 tablespoon of dried skimmed milk powder

Whisk together all ingredients.
Provides 580kcal, 15g protein



Caramel Coffee Shake

- 150mls fortified milk
- 1 pot of crème caramel
- 1 small banana
- 1 teaspoon of golden syrup
- 1-2 teaspoons of coffee

Mash the banana and mix with the milk and crème caramel. Add the golden syrup and coffee.

Provides 352kcal and 12g protein



Savoury High Calorie Drinks

Super Soup

- 200ml fortified milk
 - 1 packet of powdered soup (single serving) *
 - Warm the milk. Add the powdered soup and stir well.
 - 2 tablespoons of full fat cream
- * If using tomato flavour, mix the powder with 50mls of water into a paste, then add 150mls of hot fortified milk

Provides 330-480kcal and 10-15g protein, depending on soup used. A small handful of croutons will provide an additional 60kcal and 2g protein.



Nourishing Hot Chocolate

- 200ml fortified milk
- 1 tablespoon of drinking chocolate
- Sugar

Warm the milk and add the chocolate power. Add sugar to taste. For additional flavour try adding a teaspoon of coffee or a pinch of cinnamon.

Provides 240kcal and 16g protein



Non-Dairy High Calorie Drinks

Tropical Smoothie

This is a great option if you cannot take or dislike dairy.

- 150ml carton of orange juice
- 1 mashed banana
- 3-4 tablespoons of tinned peaches (in syrup)
- 2 teaspoons of honey

Blend all ingredients.

Provides 264kcal and 3g protein



Banana-licious

Try to look at labels and choose dairy free alternatives with higher calorie and protein content/100g

- 100g vanilla soya yoghurt
- 130mls sweetened soya milk
- 30mls of dairy-free cream
- 1 whole banana, chopped
- 1 teaspoon of honey

Blend all ingredients.

Top tip: for a thicker smoothie, freeze the banana chunks before blending.

Provides 305kcal and 6.5g protein



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Contacts and further information: Please contact your Dietitian or GP if you require further information.