

Are you fortifying your food by 'fortifying your milk'?



By adding 2-4 heaped tablespoons (28g-56g) of skimmed milk powder to a pint of your 'usual milk' you can add an **extra 100-200 calories and 10g-20g of protein** to your pint of milk

To make 'fortified milk': add a small amount of milk to the skimmed milk powder, mix to a smooth paste and gradually stir/whisk in the remainder of the milk until completely dissolved. Store in the fridge use within 24hrs

You can use this in place of your 'usual' milk to make porridge, packet soups, milk puddings, egg custards, milk jellies, add it to scrambled egg, mashed potatoes, cream soups/sauces or use it to make milkshakes, smoothies, chocolate milk, Horlicks, Ovaltine, Hot Chocolate, Cocoa or Coffee

These are just a few ideas of how you can increase the nutritional value of your food and drinks without having to increase the actual amount you eat

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