

NOURISHING DRINK IDEAS

In addition to balanced meals and food fortification, these drinks may be useful for those who require extra protein and calories to gain weight.

Milkshake (200 calories, 8g protein)

- 140ml full fat milk
- 1 tablespoon dried skimmed milk powder
- 1 tablespoon milkshake powder (any flavour)
- 1 scoop ice cream

Add the milkshake powder and dried skimmed milk powder to the milk and whisk to mix thoroughly. Mix in the ice-cream (may need to be blended or leave to soften so that it can be mixed easily).

Fruit drink (200 calories)

- 100ml fruit juice
- 100ml lemonade (non-diet variety)
- 1 scoop sorbet
- 1 tablespoon sugar

Blend all the ingredients together until smooth.

Fruit yogurt drink (370 calories, 13g protein)

- 1 pot full fat fruit yogurt (125g)
- 130ml full fat milk
- 1 tablespoon dried skimmed milk powder
- 2 teaspoons honey

Mix the ingredients together and blend until smooth

Hot chocolate (220 calories, 11g protein)

- 200ml full fat milk
- 1 tablespoon of dried skimmed milk powder
- 3 heaped tablespoons of drinking chocolate
- Sugar to taste

Warm the milk. Add the dried skimmed milk powder, chocolate powder and sugar and mix together.