

## 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.