

# Homemade fortified milky drinks

These drinks are high in both energy and protein and are great to have when you have a poor appetite or are at risk of malnutrition. Try to have **at least two** of these drinks each day between meals.

## Milky drink base

Ingredients: Serves 1

- **200ml whole/full fat milk**
- **2 tablespoons (18g) of dried skimmed milk** (e.g. *Marvel*<sup>®</sup>) **or whole milk** (e.g. *Nido*<sup>®</sup>) **powder**
- **1 teaspoon of honey, golden syrup or icing sugar**



Whisk or blend the ingredients together and add your favourite flavours, e.g. milkshake powder, fresh or frozen fruit, full fat Greek yoghurt, crushed biscuits, chocolate spread, vanilla, nut butter or ice cream.

**Base alone made with skimmed milk powder provides approximately 230kcal and 13g of protein.**

## 'Super shake' milky drink base (higher energy)

Ingredients: Serves 1

- **200ml of whole/full fat milk**
- **2 tablespoons (18g) of dried skimmed milk** (e.g. *Marvel*<sup>®</sup>) **or whole milk** (e.g. *Nido*<sup>®</sup>) **powder**
- **2 tablespoons (30ml) of double cream**
- **1 large scoop (~50g) of Cornish/clotted vanilla, or higher calorie ice cream** (e.g. *caramel/chocolate*)



Whisk or blend the ingredients together alongside your favourite flavours e.g. milkshake powder, fresh or frozen fruit, full fat Greek yoghurt, crushed biscuits, chocolate spread, vanilla extract or nut butter.

**Base alone made with skimmed milk powder provides approximately 450kcal and 14g of protein.**

## Fortified milkshake (from our 'Nourishing drinks' resource)

Ingredients: Serves 1

- **180ml whole/full fat milk**
- **4 tablespoons (36g) of dried skimmed milk or whole milk** (e.g. *Nido*<sup>®</sup>) **powder**
- **2 tablespoons (18g) of milkshake powder fortified with vitamins and minerals** (e.g. *Aldi*<sup>®</sup> *Cowbelle Milkshake Powder*, *Lidl*<sup>®</sup> *Goody Cao*, *Asda*<sup>®</sup>, *Morrisons*<sup>®</sup> or *Tesco*<sup>®</sup> *Milkshake Mixes*, *Nesquik*<sup>®</sup>)



Using a fork or a shaker, blend the dried milk powder and milkshake powder together with a little milk. Gradually mix in the remaining milk until dissolved, then serve.

**Recipe made with skimmed milk powder approximately 320kcal and 19g of protein.**

*You can increase the calories further by adding double cream, whipped cream or ice cream.*

✓ *The above recipes are all suitable for vegetarians. Pictures are for illustrative purposes only.*

## Fortified milky coffee

Double cream is a great fortifier – it provides 70 calories per tablespoon!



Ingredients: Serves 1

- **250ml of whole/full fat milk**
- **2 tablespoons (18g) of dried skimmed milk (e.g. Marvel®) or whole milk (e.g. Nido®) powder**
- **1 heaped teaspoon of instant coffee dissolved in boiling water**
- **1 tablespoon (15ml) of double cream (you could also flavour with sugar syrups)**

Add the dried milk powder to a mug or cup, slowly add the milk and whisk until combined. Microwave this for ~1.5-2 minutes, or until hot. While the milk is heating, dissolve the instant coffee in a small amount of boiling water, then pour into the hot milk and stir. Stir in cream and serve.

**Above recipe with skimmed milk powder provides approximately 300kcal and 15g of protein.**

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## Fortified hot chocolate or malted drink

Ingredients: Serves 1

- **200ml of whole/full fat milk**
- **2 tablespoons (18g) of dried skimmed milk or whole milk (e.g. Nido®) powder**
- **3 heaped teaspoons (18g) of hot chocolate/malted milk powder (avoid 'light'/low calorie versions)**
- **2 tablespoons of double cream (30ml)**



Add the dry ingredients to a mug. Heat the milk in a saucepan until hot, or in a microwave for 1.5-2 minutes, stirring halfway. Slowly add the hot milk into the mug, while mixing thoroughly until the powder has dissolved. Stir in the cream and serve.

**Recipe made with skimmed milk powder provides approximately 440kcal and 16g of protein.**

*You can increase the calories further by adding whipped cream, grated chocolate, sugar or marshmallows.*

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## Banana and peanut butter milkshake

Ingredients: Serves 1

- **150ml whole/full fat milk**
- **1 large scoop (~50g) of Cornish/clotted vanilla ice cream**
- **1 small banana**
- **1 tablespoon (15g) peanut butter**
- **2 tablespoons (18g) of dried skimmed milk or whole milk (e.g. Nido®) powder**
- **Optional: 1 teaspoon of honey/sugar to sweeten**



Add the ingredients to a blender and liquidise until smooth. Serve chilled. Can be split into two doses.

**Recipe with skimmed milk powder & honey provides approximately 500kcal and 18g of protein.**

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