

# Homemade fortified **dairy-free** drinks

These drinks are high in energy 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. Some of these recipes are vegan, but **check any additional ingredients that you add**, as they may not be.

Dairy-free drinks can be lower in protein; therefore, it is important to obtain protein from other food sources in your diet too, or choose higher protein ingredients such as those listed (*you could also use protein powders*). Speak to your dietitian if you need more support with this.

## Dairy-free milkshake base

Ingredients: Serves 1

- **100ml sweetened soya drink\***
- **100ml full fat tinned coconut milk**
- **2 tablespoons (30ml) of vegan cream** (e.g. Elmlea® Plant or Oatly® Whippable)
- **1 tablespoon (~15g) of golden syrup**



*'Elmlea® Plant' cream is a great vegan fortifier – it provides 43 calories per tablespoon!*

Whisk or blend the ingredients together alongside your favourite flavours e.g. dairy-free milkshake powder, fresh or frozen fruit, full fat dairy-free yoghurt, dairy-free crushed biscuits, dairy-free chocolate spread, vanilla extract or nut butter. See page two for example flavoured shakes.

**Recipe with Elmlea® Plant provides approximately 320kcal and 5g of protein**

## Fortified chocolate soya drink

Ingredients: Serves 1

- **200ml chocolate soya drink\*** (e.g. Alpro® Protein Chocolate [higher in protein], or Alpro® Chocolate)
- **4 tablespoons (60ml) of vegan cream** (e.g. Elmlea® Plant or Oatly® Whippable)

*Quick, tasty and protein-rich!*



Pour the soya drink into a glass, add the vegan cream and whisk/stir with a fork. Serve chilled. You can also add other flavours such as banana, nut butter or dairy-free ice cream into a blender to make a shake.

**Recipe with Alpro® Protein Chocolate provides approximately 310kcal and 10g of protein**

## Choco-nut and banana shake

Ingredients: Serves 1

- **150ml chocolate soya drink\*** (e.g. Alpro® Protein Chocolate [higher in protein], or Alpro® Chocolate)
- **2 tablespoons (30ml) of vegan cream** (e.g. Elmlea® Plant or Oatly® Whippable)
- **1 tablespoon (~15g) of peanut or other nut butter**
- **½ a banana**



Add the ingredients to a blender and mix until smooth, serve chilled.

**Recipe with Alpro® Protein Chocolate provides approximately 350kcal and 13g of protein**

**Key:**  Vegetarian  Vegan

*Pictures are for illustrative purposes only.*

## Eton mess shake



Ingredients: Serves 1

- 2 meringue nests
- 150ml sweetened soya drink\* (*Alpro® Plant Protein Original is higher in protein*)
- 2.5 tablespoons (~20g) of strawberry milkshake powder
- 3 tablespoons (~50g) of strawberry jam
- 1 tablespoon (~12g) of icing sugar

Add the ingredients to a blender and mix until smooth, serve chilled. Can be split into two doses.

**Recipe with Alpro® Plant Protein provides approximately 430kcal and 10g of protein**

## Iced peanut butter coffee



Ingredients: Serves 1

- 1 teaspoon coffee granules
- 25ml boiling water
- 275ml coconut drink (carton)\* (*Alpro® Barista Coconut is higher in protein*)
- 4 tablespoons (~60g) smooth peanut butter
- 6 ice cubes

Dissolve the coffee granules in boiling water, then leave to cool. Blend the cooled coffee with the remaining ingredients and serve chilled. Add more coconut drink if too thick.

**Recipe with Alpro® Barista Coconut provides approximately 450kcal and 21g of protein**

## Cookies and cream shake



Ingredients: Serves 1

- 150ml sweetened soya drink\* or chocolate soya drink (*e.g. Alpro® Protein or Protein Chocolate [both higher in protein], or Alpro® Chocolate*)
- 2 scoops (~100g) of vegan ice cream (*Oatly®, Ben and Jerry's® Dairy-free and Hackney Gelato® are higher in calories*)
- 5 Oreo® biscuits or other sandwich cookies
- Drizzle (~15g) of chocolate syrup (*Hersheys® and Sweet Freedom® Choc Shot are vegan*)
- Vegan Squirry Cream *e.g. Food Heaven®*

Blend the soya drink, ice cream and biscuits together. Top with squirry cream and a drizzle of syrup. Can be split into two doses if too filling.

**Recipe with Alpro® Protein Chocolate and Oatly® ice cream provides approximately 670kcal and 12g of protein**

## Banana and berry shake



Ingredients: Serves 1

- 100ml sweetened soya drink\* (*Alpro® Plant Protein Original is higher in protein*)
- 100ml full fat tinned coconut milk
- ½ a banana
- A handful (~100g) of mixed fresh or frozen berries
- 1 tablespoon (~15g) of golden syrup

Add the ingredients to a blender and mix until smooth, serve chilled. If shake is too thick – add more soya drink.

**Recipe with Alpro® Plant Protein provides approximately 350kcal and 8g of protein**

*\*Choose a milk alternative that is fortified, especially with Calcium! 'Barista' versions are often higher in energy*

*Also see the 'Lemon and lime sublime' and 'Virgin Pina Colada' recipes on our 'Fruity drinks resource, which are also dairy-free.*

**Key:**  Vegetarian  Vegan

*Pictures are for illustrative purposes only.*