

'Elmlea® Plant' cream is a great vegan fortifier –

it provides 43 calories

per tablespoon!

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 V

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

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 320kcals and 5g of protein

Fortified chocolate soya drink $\sqrt{\varepsilon}$

Quick, tasty and



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)

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 310kcals and 10g of protein

Choco-nut and banana shake



Ingredients: Serves 1

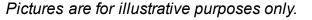
- 150ml chocolate soya drink* (e.g. Alpro® Protein Chocolate [higher in protein], or Alpro® Chocolate)
- 2 tablespoons (30ml) of vegan cream (e.g. Elmlea® Plant or Oatly® Whippable)
- 1 tablespoon (~15g) of peanut or other nut butter
- ½ a banana

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

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







Eton mess shake **∀**

Ingredients: Serves 1

- 2 merinaue 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 430kcals and 10g of protein

Iced peanut butter coffee ****€

Ingredients: Serves 1

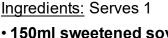


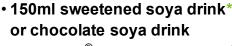
- 25ml boiling water
- 275ml coconut drink (carton)* (Alpro® Barista Coconut is higher in protein)
- 4 tablespoons (~60g) smooth peanut butter
- 6 ice cubes

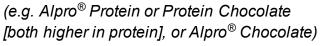
Dissolve the coffee granules in boiling water, then leave to cool. Blend the cooled coffee with the remaining ingredients and serve chilled. Add more coconut drink if too thick.

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

Cookies and cream shake VE







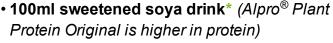
- 2 scoops (~100g) of vegan ice cream (Oatly®, Ben and Jerry's® Dairy-free and Hackney Gelato® are higher in calories)
- 5 Oreo® biscuits or other sandwich cookies
- Drizzle (~15g) of chocolate syrup (Hersheys® and Sweet Freedom® Choc Shot are vegan)
- Vegan Squirty Cream e.g. Food Heaven[®]

Blend the soya drink, ice cream and biscuits together. Top with squirty 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 670kcals and 12g of protein

Banana and berry shake 🎉

Ingredients: Serves 1



- 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 350kcals 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.





Pictures are for illustrative purposes only.