

Homemade Fortified Coffee

Drinking nourishing drinks between meals can help give you extra energy and protein.

It is important that you have these in addition to regular meal and snacks, rather than as a replacement.

Aim to drink 2 servings each day

Ingredients for 1 serving

200ml whole milk (blue top)
3 tablespoons (18g) dried milk powder
1 teaspoon instant coffee powder or shot of espresso
2 (8g) teaspoons sugar
40 mls cream

Method

1. Using a fork or shaker, blend the dried milk powder together with a little milk.
2. Warm milk to required temperature.
3. Stir in cream, sugar, coffee .

Milk powder can be found in supermarkets and health food shops. For example *Marvel®* (skimmed) and *Nido®* (whole milk powder). Shop own-brand options may be cheaper.

Nutrition: The basic recipe provides approximately 400kcals, 13g protein. (The total amount of energy and protein will vary depending on added ingredients)

Other high-calorie milky drinks such as hot chocolate, Ovaltine™ and Horlicks™ can also be fortified with whole milk, skimmed milk powder, double cream and sugar.

Do you have a small appetite or need to gain weight? Ask your Doctor or Dietitian for the leaflet '**A Food First Approach: Making the most of what you eat**' for practical ideas on how to fortify your food and drinks.

Think, Food First!