

Homemade fortified fruity 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.

Fruity drinks that do not contain dairy will be lower in protein; therefore, it is important to obtain protein from other food sources in your diet (you can also use protein powders in some of these recipes). Speak to your dietitian if you need more support with this.

Lemon and lime sublime (dairy-free)

Ingredients: Serves 1

- 100ml lemonade (full sugar e.g. Sainsburys® 'Classic' lemonade is higher in energy)
- 100ml lime cordial/squash (undiluted full sugar or 'hi-juice' variety e.g. Britvic®, Rose's®)
- 2 tablespoons (~40g) of lemon curd
- 2 tablespoons (~24g) of icing sugar
- 1 tablespoon (~15g) of golden syrup

Mix the lemon curd, icing sugar and golden syrup into a paste. Slowly whisk in the lemonade and lime cordial. If lumpy, strain with a sieve before serving, or mix in a blender. Split into two doses if too sweet.

Recipe provides approximately 400kcal and 0g of protein

Virgin Pina Colada (dairy-free)

Ingredients: Serves 1

- 100ml tinned full fat coconut milk
- 100ml pineapple juice
- 2 tablespoons (~40g) of apricot jam
- 2 tablespoons (~24g) of icing sugar
- 1 tablespoon (~15g) of golden syrup
- Optional: add 1 x 5g sachet of egg white powder for protein boost, e.g. Dr Oetker®

Add the ingredients to a blender and mix until smooth. Can add ice if preferred.

Recipe with egg white powder provides approximately 430kcal and 6g of protein.

Apple cooler

Ingredients: Serves 1

- 150ml apple juice
- 2 tablespoons (18g) of dried skimmed or whole milk (e.g. Nido®) powder
- 50g full fat Greek yoghurt (Yeo Valley® Greek Style, Fage® Total 5% Fat Lancashire Farm® Greek Style, Sainsburys® Authentic Greek Yogurt, Asda® Extra Special Greek Yogurt & Greek Inspired Yogurt are higher in protein).

Add the milk powder to a glass, add the apple juice slowly and whisk until smooth, then add the yoghurt and mix thoroughly, or combine in a blender. Serve chilled.

Recipe provides approximately 170kcal and 8g of protein.

Fruit milkshake

Ingredients: Serves 1

- 200ml whole/full fat milk
- 1 scoop (~50g) of Cornish/clotted vanilla, or higher calorie ice cream
- 2 tablespoons (16g) of dried skimmed or whole milk (e.g. Nido®) powder
- 1 cup (~200g) fresh, tinned or frozen fruit

Add all the ingredients to a blender and liquidise until smooth.

Recipe provides approximately 365kcal and 16g of protein.

You can use any type of fruit, or dairy alternative with this shake, but soya varieties will be higher in protein than others.

Yoghurt and berry smoothie

Ingredients: Serves 1

- 150ml whole/full fat milk
- 150g of full fat Greek yoghurt (Yeo Valley® Greek Style, Fage® Total 5% Fat, Lancashire Farm® Greek Style, Sainsburys® Authentic Greek Yogurt, Asda® Extra Special Greek Yogurt & Greek Inspired Yogurt are higher in protein).
- 2 tablespoons (16g) of dried skimmed or whole milk (e.g. Nido®) powder
- 1 cup (~200g) fresh or frozen strawberries, raspberries or blueberries (or forest fruits mix)

Add all the ingredients to a blender and liquidise until smooth.

Recipe provides approximately 365kcal and 16g of protein.

You can use any type of fruit, or dairy alternative with this shake, but soya varieties will be higher in protein than others.

Fruit blast

Ingredients: Serves 1

- 100ml fresh fruit juice e.g. pineapple or apple
- 100ml lemonade (full sugar e.g. Sainsburys® 'Classic' lemonade is higher in energy)
- 1 scoop (~50g) of Cornish/clotted vanilla or higher calorie ice cream
- 1 tablespoon (15ml) of double cream
- 1 tablespoon (~12g) of icing sugar

Mix the ingredients together thoroughly with a whisk or blender until combined and serve chilled.

Provides approximately 300kcal and 2g of protein.

