

# A Food First Approach



## Nourishing drinks

A booklet providing high-calorie recipes to help those  
with a poor appetite.

## What are nourishing drinks?

Nourishing drinks recipes should be consumed between meals, rather than as a meal replacement. You could also take one of these instead of a snack if preferred. Nourishing drinks can be enjoyable and also beneficial to your health.

Homemade varieties are usually tastier than commercial sip feeds, and as they are very nutritious, they can help people who are losing weight or who need building up to meet their daily nutritional needs.

The recipes are designed to be simple and easy to prepare. Special equipment is not needed to make these drinks, but a liquidiser, blender or smoothie maker can make it even easier.



### Food safety tips:

- **After preparation** drinks can be stored in the fridge for up to 24 hours. Any unused homemade fortified drinks should be discarded after 24 hours.
- **Once poured** they should be drunk within 2 hours and thrown away if not consumed.



***It is recommended that you aim for \_\_\_\_\_ fortified drinks a day.***

*Please note that finished recipes may not look exactly like the pictures.*

## Fortified milk

### Ingredients

1 pint (568mls) whole milk

4 tablespoons (24g) skimmed milk powder



### Method

Whisk ingredients together with a fork.

**Estimated to provide:** 450Kcal, 27g protein

*Use 1 pint daily as a drink or add to drinks, cereals, puddings etc.*

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## Fortified milkshake

(Makes 1 milkshake)

### Ingredients

250mls whole milk

3 tablespoons (18g) skimmed milk powder

4 teaspoons (16g) flavoured milkshake powder



### Method

Add the skimmed milk powder and milkshake powder to glass or shaker.

Add a small amount of the milk and whisk into a paste with a fork. Top up with the remaining milk and whisk/shake until smooth.

Serve chilled.

**Estimated to provide:** 300Kcal, 15g protein

*Tip: Different flavours are available (chocolate, strawberry, banana) and supermarket-own brands tend to be cheaper.*

## Hot chocolate or malted drink

(Makes 1 milkshake)

### Ingredients

150mls whole milk

2 tablespoons (12g) skimmed milk powder

3 teaspoons (12g) hot chocolate or malted drink powder



### Method

Warm the milk then add the remaining ingredients and whisk together until the powder has mixed in.

**Estimated to provide:** 305Kcal, 12g protein

*Tip: For a creamier drink, consider adding some cream or top with some whipped cream and marshmallows (if not on a modified-consistency diet).*

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## Fruit milkshake

(Makes 1 milkshake)

### Ingredients

200mls whole milk

2 scoops (20g) ice cream (flavour of choice)

2 tablespoons (12g) skimmed milk powder

1 cup (50g) fresh, tinned or frozen fruit



### Method

Place all ingredients in a blender and liquidise until smooth (if using large fruits slice these up first).

**Estimated to provide:** 300Kcal, 13g protein

## **Yoghurt and berry smoothie**

(Makes 1 smoothie)

### **Ingredients**

150mls whole milk

150mls Greek yoghurt

2 tablespoons (12g) skimmed milk powder

1 cup (50g) fresh or frozen strawberries, raspberries or blueberries



### **Method**

Place all ingredients in a blender and liquidise until smooth.

**Estimated to provide:** 300Kcal, 17g protein

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## **Banana and peanut butter smoothie**

(Makes 1 smoothie)

### **Ingredients**

150mls whole milk

1 scoop (20g) vanilla ice cream

1 tablespoon (12g) skimmed milk powder

1 banana

1 tablespoon (15g) peanut butter



### **Method**

Place all ingredients in a blender and liquidise until smooth. Serve chilled.

**Estimated to provide:** 300Kcal, 12g protein

## Iced coffee delight

(Makes 1 milkshake)

### Ingredients

- 150mls whole milk
- 2 tablespoons (12g) skimmed milk powder
- 2 teaspoons (4g) instant coffee powder
- 1 pot (100g) crème caramel
- 1 scoop (20g) vanilla ice cream



### Method

Place all ingredients in a blender and liquidise until smooth. Serve chilled.

**Estimated to provide:** 300Kcal, 13g protein

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## Banoffee milk treat

(Makes 1 milkshake)

### Ingredients

- 150mls whole milk
- 2 tablespoons (12g) skimmed milk powder
- 1 small banana
- 1 pot (100g) crème caramel



### Method

Place all ingredients in a blender and liquidise until smooth. Serve chilled.

**Estimated to provide:** 300Kcal, 13g protein

## Oreo milkshake

(Makes 1 milkshake)

### Ingredients

200mls whole milk  
2 tablespoons (12g) skimmed milk powder  
2 scoops (20g) ice cream  
2 Oreo biscuits



### Method

Place all ingredients in a blender and liquidise until smooth. Serve chilled.

**Estimated to provide:** 350Kcal, 14g protein

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## Chocolate bar milkshake

*(for those with a sweet tooth!)*

(Makes 1 milkshake)

### Ingredients

200mls whole milk, warmed  
2 scoops (20g) ice cream  
1 chocolate bar of choice, broken into pieces



### Method

Blend 100mls of the milk with the chocolate bar. Add the rest of the milk and ice cream to the blender. Liquidise until smooth. Serve chilled.

**Estimated to provide:** 360Kcal, 11g protein

## Angel Delight milkshake

(Makes 1 milkshake)

### Ingredients

200mls whole milk

2 tablespoons (12g) skimmed milk powder

2 scoops (20g) ice cream (flavour of your choice)

Quarter of a 15g sachet of Angel Delight (or instant whipped dessert)



### Method

Place all ingredients in a blender and liquidise until smooth.

Serve chilled.

**Estimated to provide:** 300Kcal, 14g protein



## Plant-based recipes



### Salted caramel shake

(Makes 2 shakes)

#### Ingredients

3 dates  
1 banana  
1 tin coconut milk (400mls)  
2 dessertspoons/40g peanut butter  
Pinch of salt



#### Method

Blend all ingredients together, separate into 2 glasses and refrigerate.

**Estimated to provide:** 400Kcal, 7g protein (1 portion)

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### Mocha Frappuccino / chocolate espresso

(Makes 2 milkshakes)

#### Ingredients

200mls chocolate soya milk  
3 dates (50g)  
2 tablespoons Espresso coffee powder  
2 dessertspoons/30g maple syrup  
2 pinches of salt



#### Method

Blend all the ingredients together and divide into 2 portions  
Refrigerate. **Estimated to provide:** 361Kcal, 4.4g protein (1 serving)

# Mint bourbon milkshake

(Makes 1 milkshake)

## Ingredients

200mls chocolate soya milk  
80ml coconut cream (½ can)  
2 bourbon biscuits  
2 drops peppermint extract  
2 drops vanilla extract



## Method

Place all ingredients in a blender and liquidise until smooth. Serve chilled.

**Estimated to provide:** 450Kcal, 9g protein (1 serving)

*For extra sweetness try adding honey or maple syrup.*

## Notes:

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Your dietitian: \_\_\_\_\_

Dietitian contact number: \_\_\_\_\_

This document can be made available in other languages and formats upon request.

**Think, Food First!**