

Homemade fortified drinks information leaflet

This handout is aimed at adults only and is not suitable for children.

If you or someone you care for has a small appetite, nourishing drinks can be helpful to provide extra energy or calories, protein and other nutrients. These recipes provide similar amounts of calories and protein to many ready-made build-up drinks. It is important to try and have these nourishing drinks or desserts in addition to meals, not as a meal replacement, as they will not meet complete nutritional needs on their own.

The fortified milkshake and fortified hot chocolate are the most nutritionally complete drinks, so are the best choice if you are not eating well.

Avoid filling up on low calorie drinks such as tea, coffee, herbal teas, Bovril, broth style soups, diet squash or diet fizzy drinks. Try to have a nourishing drink instead if you can.

Fortified milkshake

Ingredients

- 30g (2½ tbsp) skimmed milk powder
- 20g (4 tsp) milkshake powder with added vitamins and minerals eg Nesquik or Asda, Lidl or Morrriasons milkshake mix
- 200ml full fat milk
- 15ml (1 tbsp) double cream

Method

- Mix the skimmed milk powder and milkshake powder together.
- Add full-fat milk gradually and stir well.
- Stir in double cream.



Calories	Protein	Cost per serving
390 kcal	18.5g	40p

Fortified hot chocolate

Ingredients

- 200ml full fat milk
- 30g (2½ tbsp) skimmed milk powder
- 20g (4 tsp) hot chocolate powder ideally with added vitamins and minerals
- 15ml (1 tbsp) double cream
- Marshmallows (optional)

Method

- Add the skimmed milk powder to the full fat milk and mix well to make fortified milk.
- Warm the fortified milk and add gradually to the hot chocolate powder and stir well.
- Stir in the double cream.
- Add marshmallows if desired.



Calories	Protein	Cost per serving
390 kcal	18.5g	45p

Nourishing drinks

If you prefer fruity or savoury drinks, try the recipes below.

Fruit fizz

Not recommended if you have diabetes.

Ingredients

- 100ml fruit juice
- 100ml lemonade - not 'diet' or 'sugar-free'
- 30ml high-juice squash - not 'no added sugar'
- 15g (1 tbsp) sugar
- 50g (1 scoop) vanilla ice-cream

Method

- Mix the fruit juice, lemonade and high-juice squash together in a glass.
- Add the sugar and stir well.
- Add the ice cream and stir well.



Calories	Protein	Cost per serving
255 kcal	2.5g	25p to 40p

Fortified soup

Makes 2 servings. Calories, protein and cost per serving varies depending on flavour of condensed soup used.

Ingredients

- 1 tin (295g) cream of condensed soup, for example tomato, chicken, mushroom or celery
- 285ml (½ pint) full-fat milk
- 25g (2 tbsp) skimmed milk powder

Method

- Mix the milk powder into the milk and stir well.
- Empty the soup into a saucepan.
- Gradually add all of the milk, stirring constantly.
- Heat to serving temperature.



Calories	Protein	Cost per serving
270 to 370 kcal	11g to 13.5g protein	64p

Fortified cup-a-soup

Makes 1 serving.

Ingredients

- 1 cream of cup-a-soup sachet - best with creamy cup-a-soups such as chicken or mushroom
- 200ml full-fat milk
- 20g (1½ tbsp) skimmed milk powder

Method

- Mix the milk powder into the milk and stir well.
- Warm the milk.
- Add cup-a-soup sachet to a mug or cup and gradually mix in the warm milk.
- Stir well.



Calories	Protein	Cost per serving
282 kcal	15g	46p

Dairy-free chocolate banana peanut smoothie

Makes 1 serving.

Ingredients

- 180ml sweetened soya milk (note other milk alternatives are lower in calories and protein)
- 1 heaped tbsp (25g) smooth peanut butter
- 1 tsp cocoa powder
- 1 tsp vegetable oil
- 4 tsp sugar or honey (reduce the sugar or honey to 1tsp if you have diabetes)
- Half a ripe banana (optional)

Method

- Mix all the ingredients together in a blender or smoothie maker and blend until smooth.
- Alternatively, mix together the peanut butter, cocoa, oil and sugar or honey into a smooth paste.
- Gradually whisk in the soya milk.



Calories	Protein	Cost per serving
405 kcal	14.5g	40p

Peaches and cream smoothie

Ingredients

- 100g (1 small pot) full-fat Greek yoghurt
- Quarter of a tin (100g) of peaches including the syrup (replace peaches in syrup with peaches in natural juice if you have diabetes)
- 1 tbsp skimmed milk powder
- 100ml full fat milk
- 1 tbsp (15ml) double cream

Method

- Mix all the ingredients together in a blender or smoothie maker and blend until smooth.
- Ensure there are no lumps.



Calories	Protein	Cost per serving
380 kcal	14g	48p

Nourishing desserts

Sweet milk jelly

Makes 4 servings. Not recommended if you have diabetes.

Ingredients

- 1 packet (135g) jelly (not no added sugar or sugar-free)
- 285 ml (½ pint) boiling water
- 285 ml (½ pint) sweetened condensed milk

Method

- Separate jelly into cubes and place in a jug or bowl.
- Add the boiling water and stir until dissolved.
- Add the sweetened condensed milk, stir, then pour into mould or serving dish.
- Allow to cool, refrigerate to set.

Calories per serving	Protein per serving	Cost per serving
337 kcal	8g	32p

Fortified instant whip

Makes 3 servings.

Ingredients

- 200ml full fat milk
- 100ml (6½ tbsp) double cream
- 40g (3 tbsp) skimmed milk powder
- 1 packet (60g) of Instant Whip dessert, for example Angel Delight or supermarket own brand

Method

- Mix the milk powder into the milk and stir well
- Add the double cream
- Add the sachet of instant whip and whisk well
- Divide into three portions and leave to thicken, no need to chill



Calories per serving	Protein per serving	Cost per serving
354 kcal	8g	33p

Lemon cream

Makes 4 servings.

Ingredients

- 300ml double cream
- 70g caster sugar
- Zest and juice of 1 lemon
- 30g (2½ tbsp) skimmed milk powder

Method

- Put cream and milk powder in a small saucepan.
- Gently heat until milk powder has dissolve and add sugar.
- Stirring, bring to a simmer for 1 minute.
- Take off the heat and mix in lemon zest and juice.
- Pour into 4 small dessert bowls and chill.

Calories per serving	Protein per serving	Cost per serving
450 kcal	4g	35p