

Homemade fortified drinks

Nourishing drinks can be helpful to provide extra energy or calories, protein and other nutrients in those with a small appetite. 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 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 a resident is not eating well.

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

Fortified milkshake

Ingredients

- 30g (2.5 tbsp) skimmed milk powder
- 20g (4 tsp) milkshake powder with added vitamins and minerals (Nesquik or Asda, Lidl, Morrison's 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
390kcal	18.5g	40p

Fortified hot chocolate

Ingredients

- 200ml full fat milk
- 30g (2.5 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 skimmed milk powder to full fat milk and mix well to make fortified milk.
- Warm fortified milk and add gradually to hot chocolate powder and stir well.
- Stir in double cream.
- Add marshmallows (optional).



Calories	Protein	Cost per serving
390kcal	18.5g	45p

Other nourishing drinks

Fortified fruit juice

Ingredients

- 180ml fruit juice (preferably with added vitamins, for example Lidl's Vitafit or Tropicana Multivitamins).
- 40ml undiluted high juice squash or cordial (not sugar free, diet or no added sugar).
- 10g (2 x 5g sachets) egg white powder (in home-baking section at supermarket or purchase online).

Method

- Mix undiluted cordial or squash with egg white powder (do not whisk).
- Gradually mix in the fruit juice.



Calories	Protein	Cost per serving
180kcal to 250kcal	8.4g to 9.4g	32p to £1.50

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 (0.5 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
270kcal to 370kcal	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 (1.5 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
280kcal	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 1 tsp 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
405kcal	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
380kcal	14g	48p

Nourishing desserts

Sweet milk jelly

Makes 4 servings. Not recommended if you have diabetes. colour will vary depending on flavour of jelly used

Ingredients

- 1 packet (135g) jelly (not no added sugar or sugar free)
- 285 ml (0.5 pint) boiling water
- 285 ml (0.5 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	Protein	Cost per serving
337kcal	8g	40p

Fortified instant whip

Makes 3 servings.

Ingredients

- 200ml full fat milk
- 100ml (6.5 tbsp) double cream
- 40g (3 tbsp) skimmed milk powder
- 1 packet (60g) of Instant Whip dessert, such as 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 3 portions and leave to thicken, no need to chill.



Calories	Protein	Cost per serving
354kcal	8g	33p

Lemon cream

Makes 4 servings.

Ingredients

- 300ml double cream
- 70g caster sugar
- Zest and juice of 1 lemon
- 30g (2.5 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	Protein	Cost per serving
450kcal	4g	35p

Contact the ICB

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