

Nourishing drinks and shots

Milk based drinks

Use fortified milk as a basis for nourishing milkshakes and add preferred flavourings

Fortified Milk

- 1 pint full fat milk
- 5 tablespoons skimmed milk powder
- 5 tablespoons double cream

Directions

Mix/whisk dried skimmed milk powder with milk until dissolved. Mix in cream.

Supershake

- 200mls fortified milk
 - 3 heaped teaspoons vitamin fortified milkshake flavouring (preferred flavour)
- 350kcal 20g protein**

Supershake Compact

- 125mls fortified milk
 - 2 heaped teaspoons vitamin fortified milkshake flavouring (preferred flavour)
 - 2 tablespoons skimmed milk powder
- 300kcal 21g protein**

Supersoup

- 200mls fortified milk heated
 - 1 sachet cup a soup powder mixed with splash of boiling water
- 370kcal 18g protein**

Hot chocolate

- 200mls fortified milk, heated
 - 2-3 teaspoons hot chocolate powder
- 320kcal, 20g protein**

Malted Milk

- 200mls fortified milk, heated
 - 2-3 teaspoons malted milk powder
- 320kcal, 20g protein**

Milky coffee

- 200mls fortified milk, heated
 - 1 teaspoons coffee granules
- 320kcal, 20g protein**

Offer daily multi-vitamin

Juice based drinks

Superjuice

- 200mls fruit juice
 - 2 sachets dried egg white powder
 - 2 tablespoons icing sugar or 1 tablespoon golden syrup
- 300kcal, 9g protein**

Breakfast smoothie

- 200mls fruit juice
 - 120g Greek Yoghurt
 - 1 tablespoon honey or icing sugar
 - 1 tablespoon skimmed milk powder
- 250kcal, 16g protein**

Superfloat

- 100mls full sugar lemonade
 - 100mls fruit juice
 - 1 tablespoon icing sugar
 - Top with 1 scoop ice cream
- 300kcal, 3g protein**

2-4 portions daily

Booster shots

Suitable for those with smaller appetites. Useful for giving at medication rounds.

Booster Milk Shot

- 40mls condensed milk
 - 1 tsp chocolate spread or seedless jam or add flavouring essence (vanilla/almond/peppermint)
 - Stir together
- 150kcal, 3g protein**

Super Creamshot

- 40mls double cream
 - Flavouring essence/extract
 - 1tsp icing sugar
- 180kcal, 2g protein**

Nourishing snacks and sauces



York Teaching Hospital
NHS Foundation Trust

Milk-based snacks

Fab Fool

- 100mls double cream
- 1 tablespoon icing sugar
- Juice of ½ lemon/lime/orange or other flavouring
- 1 tablespoon skimmed milk powder

Directions

1. Mix milk powder, icing sugar and citrus juice, stir until dissolved
2. Add to cream - mix until mixture is firmer

620kcal, 5g protein

Wonderful Whip – makes 3 portions

- 1 packet of instant whip
- 150mls full fat milk
- 150mls double cream
- 4 tablespoons skimmed milk powder

Directions

1. Mix instant whip powder and milk powder with splash of milk to make a smooth paste
2. Mix remaining milk and cream
3. Pour into 3 dishes and chill until set

360kcal, 10g protein

Fortified Yoghurt

- 150g Greek yoghurt (not Greek Style Yoghurt)
- 1 tablespoon skimmed milk powder
- 1 tablespoon honey/golden or fruit syrup/seedless jam

Directions

1. Mix milk powder into Greek yoghurt until dissolved.
2. Add syrup/honey/jam, top with chopped fruit if desired

320kcal, 10g protein

Marvellous Milky Jelly

- 1 packet jelly, melted in 50mls boiling water
- 270mls fortified milk
- 270mls condensed milk

Directions

1. Mix the melted jelly cubes with the milk and condensed milk
2. Pour into 4 dishes and leave to set
3. Serve with chopped fruit and cream

320kcal, 18g protein

2-4 portions daily

Use fortified milk and evaporated milk to make nourishing puddings and sauces

Per 100ml portion	Calories	Protein
Custard made with fortified milk	143	6.5
Custard made with evaporated milk	220	9
Rice pudding made with fortified milk	173	6.7
Rice pudding made with evaporated milk	249	9.2
Semolina made with fortified milk	150	6.5
Semolina made with evaporated milk	230	9
Porridge made with fortified milk	250	7
Porridge made with evaporated milk	290	11
White or parsley sauce made with fortified milk	148	8
Cheese sauce made with fortified milk	200	12

With many thanks to our dietitian colleagues at Rotherham, Doncaster and South Humber for these recipes

Food fortification

Ideas to enrich meals and snacks to make them more nourishing

Food	Grated or cream cheese	Oils and butter	Cream and crème fraiche	Ground nuts or nut butters	Jam, sugar and syrups	Skimmed milk powder
Potatoes	✓	✓	✓			✓
Bread, toast, tea cakes, malt loaf	✓	✓		✓	✓	
Scones	✓	✓	✓	✓	✓	
Soups	✓	✓	✓			✓
Sauces	✓	✓	✓	✓		✓
Milkshakes and milky puddings			✓	✓	✓	✓
Eggs	✓	✓	✓			✓
Stews or casseroles	✓	✓	✓			✓
Vegetables	✓	✓	✓ Creamy sauces			✓ Creamy sauces
Pasta	✓	✓	✓	✓		✓
Beans	✓	✓				
Custard, rice pudding, semolina, porridge		✓	✓	✓	✓	✓
Cereals			✓	✓	✓	✓
Cakes, whips and jellies			✓	✓	✓	✓

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