



## Patient Dietary Advice – Dairy Free Fortified Drinks

### Introduction

When you are unwell you may find your appetite is poor and you're not eating so well. The high calorie recipes in this leaflet are designed to help supplement your diet – they are not designed to be a meal replacement.

#### Super Shake

**Ingredients:**

- 150ml of soya drink
- 125g soya vanilla (alternative to yoghurt)
- 3 digestive biscuits

**How to prepare:**

1. Mix all the ingredients and blend them

Energy: 352Kcal  
Protein: 12.8g  
Potassium: 4.3mmol  
Fluid: 250ml

#### Berry Blast

**Ingredients:**

- 150ml of soya drink
- 125g soya vanilla (alternative to yoghurt)
- 3 digestive biscuits
- 1 tablespoon of soya single cream
- 50g of strawberries, fresh or frozen

**How to prepare:**

1. Mix all the ingredients and blend them

Energy: 440Kcal  
Protein: 18.8g  
Potassium: 4.8mmol  
Fluid: 280 ml

#### Fruit Smoothie

**Ingredients:**

- 100ml of soya drink
- 125g soya vanilla (alternative to yoghurt)
- 2 tablespoons of double cream (optional)
- 50g of strawberries, fresh or frozen
- 1 scoop of dairy free vanilla ice cream
- 3 digestive biscuits

**How to prepare:**

1. Mix all the ingredients and blend them

Energy: 546Kcal  
Protein: 21.1g  
Potassium: 6.5mmol  
Fluid: 310ml

## References

Nutritional information calculated using:

- Alpro soya organic wholebean UHT
- McVitie's digestive biscuits
- Alpro plant based yoghurt alternative
- Alpro alternative to single cream

