



Patient Dietary Advice – Milk Based 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.

Fortified Milk

Ingredients:

2 tablespoons of dried skimmed milk powder
200ml of whole milk

Energy: 236 Kcal
Protein: 17.2 g
Potassium: 21mmol
Fluid: 200ml

How to prepare:

1. Mix the powder with a small amount of milk to make a paste
2. Whisk in the rest of the milk

Strawberry Milkshake

Ingredients:

2 tablespoons of dried skimmed milk powder
200ml of whole milk
1 tablespoon of double cream
50g of strawberries, fresh or frozen

Energy: 325 Kcal
Protein: 17.7 g
Potassium: 24mmol
Fluid: 250ml

How to prepare:

1. Mix the powder with a small amount of milk to make a paste
2. Whisk in the rest of the milk/drink
3. Mix the remaining ingredients and blend them

Fruit Smoothie

Ingredients:

1 tablespoon of dried skimmed milk powder
100ml of whole milk
2 tablespoons of double cream
50g of strawberries, fresh or frozen
1 scoop of vanilla ice cream

Energy: 374 Kcal
Protein: 11.5 g
Potassium: 16.5mmol
Fluid: 180ml

How to prepare:

1. Mix the powder with a small amount of milk to make a paste
2. Whisk in the rest of the milk/drink
3. Mix the remaining ingredients and blend them

