

# Homemade fortified drinks


If you or someone you care for has a small appetite, nourishing drinks can be helpful to provide extra energy (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 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 or diet squash or diet fizzy drinks - try to have a nourishing drink instead if you can.

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

## Fortified milkshake


Ingredients	Method	
<ul style="list-style-type: none"> <li>• 30g (2½ tbsp) skimmed milk powder</li> <li>• 20g (4 tsp) milkshake powder with added vitamins and minerals eg Nesquik or Tesco milkshake mix</li> <li>• 200ml full fat milk</li> <li>• 15ml (1 tbsp) double cream</li> </ul>	<ul style="list-style-type: none"> <li>• Mix the skimmed milk powder and milkshake powder together</li> <li>• Add full-fat milk gradually and stir well</li> <li>• Stir in double cream</li> </ul>	
Calories	Protein	Cost per serving
390 kcal	18.4g	40p


## Fortified hot chocolate


Ingredients	Method	
<ul style="list-style-type: none"> <li>• 200ml full fat milk</li> <li>• 30 g (2½ tbsp) skimmed milk powder</li> <li>• 20g (4 tsp) hot chocolate powder with added vitamins and minerals, eg Nesquik hot chocolate powder</li> <li>• 15 ml (1 tbsp) double cream</li> <li>• Marshmallows (optional)</li> </ul>	<ul style="list-style-type: none"> <li>• Add the skimmed milk powder to the full-fat milk and mix well to make fortified milk</li> <li>• Warm the fortified milk</li> <li>• Add warmed fortified milk gradually to the hot chocolate powder and stir well</li> <li>• Stir in the double cream</li> <li>• Add marshmallows if desired</li> </ul>	
Calories	Protein	Cost per serving
387 kcal	18.6g	45p

# Nourishing drinks

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

Fruit fizz		
Ingredients	Method	
<ul style="list-style-type: none"> <li>• 100ml fruit juice</li> <li>• 100ml lemonade - not 'diet' or 'sugar-free'</li> <li>• 30ml high-juice squash - not 'no added sugar'</li> <li>• 15g (1 tbsp) sugar</li> <li>• 50g (1 scoop) vanilla ice-cream</li> </ul>	<ul style="list-style-type: none"> <li>• Mix the fruit juice, lemonade and high-juice squash together in a glass</li> <li>• Add the sugar and stir well</li> <li>• Add the ice cream and stir well</li> </ul>	
Calories	Protein	Cost per serving
255 kcal	2.6g	25-40p

Fortified soup (makes two servings)		
Ingredients	Method	
<ul style="list-style-type: none"> <li>• 1 tin (295g) 'cream of' condensed soup, eg tomato, chicken, mushroom or celery</li> <li>• 285ml (½ pint) full-fat milk</li> <li>• 25g (2 tbsp) skimmed milk powder</li> </ul>	<ul style="list-style-type: none"> <li>• Mix the milk powder into the milk and stir well</li> <li>• Empty the soup into a saucepan</li> <li>• Gradually add all of the milk, stirring constantly</li> <li>• Heat to serving temperature</li> </ul>	
Calories per serving	Protein per serving	Cost per serving
270–370 kcal	10.7g – 13.5g	64p
(varies depending on flavour of condensed soup used)		

Fortified cup-a-soup (makes one serving)		
Ingredients	Method	
<ul style="list-style-type: none"> <li>• 1 'cream of' cup-a-soup sachet – best with creamy cup-a-soups such as chicken or mushroom</li> <li>• 200 ml full-fat milk</li> <li>• 20g (1½ tbsp.) skimmed milk powder</li> </ul>	<ul style="list-style-type: none"> <li>• Mix the milk powder into the milk and stir well</li> <li>• Warm the milk</li> <li>• Add cup-a-soup sachet to a mug or cup and gradually mix in the warm milk, stir well</li> </ul>	
Calories	Protein	Cost per serving
282 kcal	15g	46p

# Nourishing desserts

## Sweet milk jelly (makes four servings)

Ingredients	Method	
<ul style="list-style-type: none"> <li>1 packet (135g) jelly</li> <li>285 ml (½ pint) boiling water</li> <li>285 ml (½ pint) sweetened condensed milk</li> </ul>	<ul style="list-style-type: none"> <li>Separate jelly into cubes and place in a jug/bowl.</li> <li>Add the boiling water and stir until dissolved.</li> <li>Add the sweetened condensed milk, stir, then pour into mould/serving dish.</li> <li>Allow to cool, refrigerate to set.</li> </ul>	
Calories per serving	Protein per serving	Cost per serving
337 kcal	8g	32p

## Fortified instant whip (makes three servings)

Ingredients	Method	
<ul style="list-style-type: none"> <li>200ml full fat milk</li> <li>100ml (6½ tbsp) double cream</li> <li>40g (3 tbsp) skimmed milk powder</li> <li>1 packet (60g) of Instant Whip dessert eg Angel Delight or supermarket own brand</li> </ul>	<ul style="list-style-type: none"> <li>Mix the milk powder into the milk and stir well</li> <li>Add the double cream</li> <li>Add the sachet of instant whip and whisk well</li> <li>Divide into three portions and leave to thicken, no need to chill</li> </ul>	
Calories per serving	Protein per serving	Cost per serving
354 kcal	8.1g	33p