

## Food First in Care Homes: Fortified Drinks and Puddings Recipes

This leaflet was designed to provide residential home and care home catering staff with standardised recipes for high calorie and protein drinks and puddings. These recipes should be offered to those residents who struggle to eat enough to maintain a healthy weight (MUST $\geq$ 1)

### Fortified milk



A basic recipe for boosting the calorie and protein content of milk.

**Fortified milk should be used instead of milk on breakfast cereals, porridge, hot drinks or just taken as a drink.**

Ingredients	Directions
Four tablespoons (~60-70g) dried skimmed milk powder 1 pint of full fat milk	1. Mix the powder with a small amount of milk to make a paste 2. Whisk in the rest of the milk

**Nutritional content per pint of fortified milk — 595 kcal and 45g protein**

### Standard fortified milkshake



Ingredients for single portion	Directions
180 ml full fat milk 30g skimmed milk powder 20g vitamin enriched milkshake powder eg Nesquik/ Ovaltine/ Horlicks <b>For 5 portions:</b> 900ml full fat milk 150g skimmed milk powder 100g vitamin enriched milkshake powder eg Nesquik/ Ovaltine/ Horlicks	Mix the skimmed milk powder and the milkshake powder together in a large glass. Gradually add the milk, stirring thoroughly. <b>OR:</b> add all ingredients to a blender and mix for a few seconds.

### **Nutritional content per portion**

1 portion= 220ml

305 kcal, 17g protein, 44 g carbohydrate, 7.5g fat. Cost: 40p per portion

### Fruity fortified milkshake



<p><b>Ingredients for single portion</b> 50g strawberry yoghurt, 50g plain ice cream, 25g milk powder, 50g full cream milk, ½ banana</p> <p><b>Ingredients for 5 portions</b> 250g strawberry yoghurt 250g plain ice cream 125 milk powder 250g full cream milk 2 large bananas</p>	<p><b>Directions</b> Add all ingredients to a blender and mix for up to 30 seconds</p>
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### **Nutritional content per portion**

265 kcal 16g protein 32g carbohydrate 17g fat

### Fortified fruit juice

For those who do not like milk, or who have lactose or milk intolerance

<p><b>Ingredients for single portion</b> 180ml fruit juice 40ml undiluted squash/ cordial – do not use sugar free or diet squash 10g/ 2x5g sachets of egg white powder</p> <p><b>Ingredients for 5 portions:</b> 900ml fruit juice 200ml undiluted squash/ cordial- do not use sugar free or diet squash</p>	<p><b>Directions</b> Mix cordial slowly into egg white by hand then gradually add fruit juice. <b>Do Not</b> whisk or use a blender as it will froth up enormously</p>
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### **Try the following flavour combinations:**

Cranberry juice and high juice blackcurrant squash or Apple juice and elderflower cordial.

**Nutritional content** 1 portion= 220ml

### **Cranberry juice and high juice blackcurrant squash**

212 kcal, 8.4g protein 42.4g carbohydrate, 0g fat. Cost:80p per portion



### **Apple juice and elderflower cordial**

### Coconut and date shake

A plant- based fortified shake



#### **Ingredients for single portion**

60g smooth peanut butter,  
5 medjool dates,  
200ml coconut milk,  
50ml cold water/ a few ice cubes

#### **Ingredients for 5 portions**

300g smooth peanut butter  
25 medjool dates  
1L coconut milk  
250 ml cold water/ a trayful of ice cubes

#### **Directions**

Add all ingredients to a blender and mix for up to 1 minute. **Please note**, the dates may not blend thoroughly and small pieces may remain in the finished shake.

**Nutritional content** 1 portion= 300ml

458 kcal, 15g protein, 32g fat, 38g carbohydrate. Cost: £1.54 per portion

### Fortified pudding

A smooth textured high protein and calorie pudding



#### **Ingredients for 1 portion**

½ packet Angel delight (or similar instant pudding mix),  
3 tbsp skimmed milk powder,  
75ml double cream,  
75 ml whole milk

#### **Ingredients for 5 portions**

2 ½ packets angel delight (or similar instant pudding mix)  
15 tbsp skimmed milk powder  
75ml double cream  
75 ml whole milk

#### **Directions**

Add milk powder to Angel Delight powder, then gradually add milk, then stir in cream. Leave to rest 5 minutes in refrigerator before serving. Will keep up to 24 hours in refrigerator.

**Nutritional Content** 1 portion= approximately 250ml

\*All prices based on Sainsbury's ingredient prices, correct as of August 2020.