

## Homemade Nutritious Drinks

There are a wide range of nutritious drinks that can be made at home to increase the calorie and protein content of your diet. Below are some recipes to try.

### Fortified Milk

This is a recipe for boosting the calorie and protein content of milk. Fortified milk can be used in cereals, sauces, custards, soups and drinks. It can also be enjoyed as a drink on its own, either warm or cold, and with added sugar or honey to taste. Aim to use 1 pint of fortified milk throughout the day.

This recipe makes 1 pint of fortified milk which provides 595kcal and 41g protein.

### Ingredients

- 4 tbsp (60g) dried skimmed milk powder
- 1 pint (568ml) of full fat milk

### Types of Milk Powder

Skimmed milk powders typically have the highest protein content. Brands include:



ASDA® Dried Skimmed Milk Powder



Co-op® Skimmed Milk Powder



Marvel® Dried Skimmed Milk



Morrisons® Instant Skimmed Milk Powder



Sainsbury's® Skimmed Milk Powder



Tesco® Instant Dried Skimmed Milk

## Method

1. Add the dried milk powder to a jug



2. Add a splash of milk and stir with a whisk or fork to make a paste



3. Gradually mix in the rest of the milk



4. Store in the fridge and use throughout the day



## Other Homemade Nutritious Drinks

### Plant-Based Fortified Milk

The above method can also be used to make a plant-based fortified milk.

This recipe makes 1 pint of plant-based fortified milk which provides approximately 330kcal and 36g protein.

#### Ingredients

- 2 tbsp (30g) plant-based protein powder e.g. soya, pea, brown rice, hemp or oat
- 1 pint (568ml) plant-based milk

#### Method

1. Add the plant-based protein powder to a jug
2. Add a splash of the milk and stir with a whisk or fork to make a paste
3. Gradually stir in the rest of the milk
4. Store in the fridge and use throughout the day

#### Tips

- Soya milk generally has a higher energy and protein content than other plant-based milks.
- Sweetened, Barista and full-fat versions also contain more energy.
- Products labelled as 'organic' do not have any extra vitamins or minerals added to them.

### Fortified Milkshake

Makes 1 portion which provides 305kcal and 17g protein.

#### Ingredients

- 180ml full-fat milk
- 2 tbsp (30g) dried skimmed milk powder
- 4 tsp (20g) vitamin-enriched milkshake powder e.g. Nesquik® Milkshake Mix or ASDA® Flavour Mix Milkshake

#### Method

- Add the powdered ingredients into a glass
- Gradually stir in the milk

#### Tips

- Soft fresh/tinned fruit and ice cream can be added to increase nutritional content more. A blender can be used to mix the ingredients.
- Hot milk and chocolate flavour milkshake powder can be used to make a hot chocolate drink.

### **Fortified Ovaltine® or Horlicks®**

This recipe makes 1 portion which provides 319kcal and 18g of protein.

#### **Ingredients**

- 180ml warm full-fat milk
- 2 tbsp (30g) of dried skimmed milk powder
- 5 tsp (25g) of 'Ovaltine® Original Add Milk' or 'Horlicks® Original Malted Drink'

#### **Method**

- Stir all ingredients together in a mug

### **Fortified Fruit Juice**

This recipe makes a fruity drink which is ideal for people who do not like milk or have lactose intolerance or milk allergy. It makes 1 portion which provides approximately 230kcal and 8g protein.

#### **Ingredients**

- 180ml fruit juice
- 40ml undiluted fruit squash or cordial (do not use sugar-free or diet versions)
- 10g (2 x 5g) sachet of egg white powder

#### **Method**

- Mix the cordial with the egg white powder then gradually add the fruit juice.
- **Do not** whisk or use a blender as it will froth up.

#### **Tips**

Try different flavour combinations e.g. cranberry juice and high-juice blackcurrant squash or apple juice with elderflower cordial

### **Fortified Mango Lassi**

This recipe makes 1 portion of which provides 263kcal and 11g of protein.

#### **Ingredients**

- 100ml fortified milk (see recipe above)
- 100g full-fat yogurt
- 1 tablespoon double cream
- 1 mango or 230g frozen or tinned mango
- 4 teaspoons sugar
- Sprinkle of nutmeg

#### **Method**

- Mix all ingredients together in a blender

## Coconut and Date Shake

This is a recipe for a plant-based fortified shake suitable for vegans and vegetarians. It makes 1 portion which provides 458kcal and 15g of protein.

### Ingredients

- 60g smooth peanut butter
- 5 medjool dates (stones removed)
- 200ml coconut milk
- 50ml cold water or a few ice cubes

### Method

- Put all the ingredients into a blender and mix for up to one minute.
- The dates may not blend completely and may leave small pieces in the finished shake. For a smooth shake pass the shake through a sieve to remove any bits.

For more ideas to boost your food intake please scan the QR code or follow the link to see [Food-Based Resources](#).

