

Easy Homemade Nourishing Drinks

Fortified Milk Recipe

- 4 tablespoons skimmed milk powder
- 1 pint (568ml) whole milk

Whisk small amount of milk with powder to make a smooth paste. Add remaining milk and whisk until well combined. Cover, label and refrigerate for up to 24hrs.
Provides 600kcal & 40g protein

Fortified milk can be used in drinks i.e., on its own, in tea, coffee, hot chocolate, malted drinks, on cereals, in porridge or to make up sauces i.e., cheese sauce, custard, mixed into mashed potato.

1 glass contains 175kcal & 11g protein- twice as much as standard semi skimmed milk.

Fortified Milkshake

- 180ml/1/3 pint whole milk
- 2 heaped tablespoons milk powder
- 4 heaped teaspoons/20g milkshake powder (any flavour)

Mix milk powder and milkshake powders together in a glass. Gradually add in milk, whisk well until smooth.

Provides- 305kcal & 17g protein

Fortified Malt Drink

- 180ml/1/3 pint whole milk
- 2 heaped tablespoons milk powder
- 5 heaped teaspoons/25g malt drink powder

Mix milk powder and malt powders together in a mug. Gradually add in milk, whisk well until smooth.

Provides- 319 kcal & 18.5 -19.4g protein

Fortified Fruit Juice (yogurt base)

- 120g Greek yogurt
- 200ml orange juice
- 1 tablespoon honey to taste

Put Greek yogurt in a glass. Add orange juice and stir well. Add honey to taste if desired.

Provides- 250kcal & 8.5g protein

Fortified fruit juice (egg base)

- 180ml fruit juice
- 10g egg white powder

Add egg white powder to a glass with 2 tbsp of fruit juice. Whisk well until smooth and combined. Gradually whisk in remaining fruit juice until smooth and blended.

Provides- 180-240kcal & approx. 9g protein.

Fortified Fruit Dessert

- 30ml fruit puree
- 150ml custard
- 2 tablespoons skimmed milk powder

Mix skimmed milk powder into custard. Layer with fruit puree of your choice. Cover and chill until served.

Provides- 286kcal & 15g protein

Fortified Chocolate Dessert (makes 3 portions)

- 200ml whole milk
- 100ml double cream
- 3 tablespoons skimmed milk powder
- 1x sachet Angel Delight (or shops own brand)

Whisk milk powder into milk. Add double cream and stir. Add Angel Delight sachet and mix well until combined but not too stiff. Cover and chill until served.

Per portion provides- 354 kcal & 8.1g protein

Finding ingredients

- Egg white powder- this can be found in the baking section of most large supermarkets
- Milk powder- this can be found in the UHT section or with tea/coffee etc. look for options with added vitamins where possible

Brand Examples

- Fortified fruit juices- Tropicana® multivitamins, Capri Sun® Multivitamin squash, Lidl Vitafit®
- Malted drink powders- Ovaltine®, Horlicks®