

## PATIENT INFORMATION


# Homemade Fortified Drinks and Desserts

If 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 provide the nourishing drinks in between meals, not as 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 and are therefore the best choice for people who are not eating well. A 200ml milkshake can be offered in 4 x 50ml servings for those with very poor appetites. Encourage the person you care for to have one of these nourishing drinks instead of tea, coffee, herbal teas, Bovril, broth-style soups or diet squash or diet fizzy drinks, which are lower in calories.

This handout is suitable for adults only. Please use these recipes as suggestions – if some ingredients are not available please adapt as needed.

### 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 &amp; minerals e.g. Nesquik or Asda / Morrison own brand (strawberry/choc/banana)</li> <li>• 200ml full fat milk (fresh or UHT)</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 milk gradually and stir well</li> <li>• Stir in double cream</li> </ul>	
390 Kcal per serving	18.4g protein per serving	45p per serving


## Fortified Hot Chocolate

Ingredients	Method	
<ul style="list-style-type: none"> <li>200ml full fat milk (fresh or UHT)</li> <li>30g (2½ tbsp) skimmed milk powder</li> <li>20g (4 tsp) hot chocolate powder with added vitamins &amp; minerals e.g. Nesquik hot chocolate powder</li> <li>15ml (1 tbsp) double cream</li> <li>Marshmallows (optional)</li> </ul>	<ul style="list-style-type: none"> <li>Add the skimmed milk powder to the 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>	
<b>387 Kcal per serving</b>	<b>18.6g protein per serving</b>	<b>48p per serving</b>


## Other Nourishing Drinks

For people who 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 / 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>	
<b>255 Kcal per serving</b>	<b>2.6g protein per serving</b>	<b>25p per serving</b>

### Fortified Soup (makes two servings)


Ingredients	Method	
<ul style="list-style-type: none"> <li>1 tin (295g) 'cream of' condensed soup, e.g. 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>	
<b>270–370 Kcal per serving</b>	<b>10.7g – 13.5g protein per serving</b>	<b>64p per serving</b>
(varies depending on flavour of condensed soup used)		

## Other Nourishing Drinks

Working with you, for you

For people who prefer fruity or savoury drinks, try the recipes below:

## 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>	
<b>282 Kcal per serving</b>	<b>15g protein per serving</b>	<b>65p per serving</b>

## 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> </ul>	
<b>337 Kcal per serving</b>	<b>8g protein per serving</b>	<b>28p per serving</b>

### 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>	
<b>354 Kcal per serving</b>	<b>8.1g protein per serving</b>	<b>44p per serving</b>

Prices reviewed April 2020

**Key:** tsp = teaspoon      tbsp = tablespoon

Adapted with Permission from Kernow CCG

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.