

PATIENT INFORMATION

Homemade Fortified Drinks and Desserts

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 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 and nourishing drinks

Fortified milkshake

Ingredients

- 30g (2½ tbsp) skimmed milk powder
- 20g (4 tsp) milkshake powder with added vitamins and minerals e.g. Nesquik or Asda / Morrison own brand (strawberry, chocolate or banana)
- 200ml full fat milk (fresh or UHT)
- 15ml (1 tbsp) double cream

Method

- Mix the skimmed milk powder and milkshake powder together
- Add milk gradually and stir well
- Stir in double cream

Nutrition and cost

- 390 calories per serving
- 18.4g protein per serving
- 45p per serving

Fortified hot chocolate

Ingredients

- 200ml full fat milk (fresh or UHT)
- 30g (2½ tbsp) skimmed milk powder
- 20g (4 tsp) hot chocolate powder with added vitamins and minerals, e.g. Nesquik hot chocolate powder
- 15ml (1 tbsp) double cream
- Marshmallows (optional)

Method

- Add the skimmed milk powder to the milk and mix well to make fortified milk
- Warm the fortified milk
- Add warmed fortified milk gradually to the hot chocolate powder and stir well
- Stir in the double cream
- Add marshmallows if desired

Nutrition and cost

- 387 calories per serving
- 18.6g protein per serving
- 48p per serving

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

Fruit fizz

Ingredients

- 100ml fruit juice
- 100ml lemonade (not diet or sugar-free)
- 30ml high-juice squash (not no added sugar)
- 15g (1 tbsp) sugar
- 50g (1 scoop) vanilla ice-cream

Method

- Mix the fruit juice, lemonade and high-juice squash together in a glass
- Add the sugar and stir well
- Add the ice cream and stir well

Nutrition and cost

- 255 calories per serving
- 2.6g protein per serving
- 25p per serving

Fortified soup (makes two servings)

Ingredients

- 1 tin (295g) 'cream of' condensed soup, e.g. tomato, chicken, mushroom or celery
- 285ml (½ pint) full fat milk
- 25g (2 tbsp) skimmed milk powder

Method

- Mix the milk powder into the milk and stir well
- Empty the soup into a saucepan
- Gradually add all the milk, stirring constantly
- Heat to serving temperature

Nutrition and cost

- 270 to 370 calories per serving
- 10.7g to 13.5g protein per serving
- 64p per serving

Fortified cup-a-soup (makes one serving)

Ingredients

- 1 'cream of' cup-a-soup sachet (best with creamy cup-a-soups, such as chicken or mushroom)
- 200 ml full-fat milk
- 20g (1½ tbsp.) skimmed milk powder

Method

- Mix the milk powder into the milk and stir well
- Warm the milk
- Add cup-a-soup sachet to a mug or cup and gradually mix in the warm milk, stir well

Nutrition and cost

- 282 calories per serving
- 15g protein per serving
- 65p per serving

Nourishing desserts

Sweet milk jelly (makes four servings)

Ingredients

- 1 packet (135g) jelly
- 285 ml (½ pint) boiling water
- 285 ml (½ pint) sweetened condensed milk

Method

- Separate jelly into cubes and place in a jug/bowl.
- Add the boiling water and stir until dissolved.
- Add the sweetened condensed milk, stir, then pour into mould or serving dish

Nutrition and cost

- 337 calories per serving
- 8g protein per serving
- 28p per serving

Fortified instant whip (makes three servings)

Ingredients

- 200ml full fat milk
- 100ml (6½ tbsp) double cream
- 40g (3 tbsp) skimmed milk powder
- 1 packet (60g) of instant whip dessert, e.g. Angel Delight or supermarket own brand

Method

- Mix the milk powder into the milk and stir well
- Add the double cream
- Add the sachet of instant whip and whisk well
- Divide into three portions and leave to thicken, no need to chill

Nutrition and cost

- 354 calories per serving
- 8.1g protein per serving
- 44p per serving

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.
