

RECIPES TO ENHANCE NUTRITION

The use of full fat milk can be useful in itself either plain or with milkshake flavours added.

N.B. Alternatives to cow's milk can be used, if a person is intolerant, e.g. Lactose Free cow's milk, soya, oat or rice milks. Try to look for those with calcium added.

FORTIFYING MILK

Liquid milks can be enhanced by adding dried skim milk powder. To one pint (approx 0.5 litres) add 2-4 tablespoons of skimmed milk powder whisk and keep refrigerated until needed.

Can be used in drinks, on breakfast cereals, to make custard and porridge etc.

Per pint would provide:	Calorie content	Protein content (grams)
2 tablespoons added	490	30
4 tablespoons added	594	41

NUTRITIOUS DRINKS

Strawberry Milkshake

200mls full fat cows milk or other milk
2-3 teaspoons of milkshake powder or syrup as directed on package
Stir well, cool if desired
Per recipe 150kcal, 6g protein

Chocolate Cooler

140mls fortified milk
4 teaspoons chocolate powder
1 teaspoon sugar
½ scoop vanilla ice-cream
Place all ingredients into liquidiser and blend for 15 seconds and serve immediately
Per recipe 274kcal, 11g protein

Banana Milkshake

140mls fortified milk
½ sachet vanilla Build Up
½ banana
½ scoop ice-cream
Place all ingredients into a liquidiser and blend and serve immediately
Per recipe 312kcal, 15g protein

NUTRITIOUS DRINKS (continued)

High Protein Milkshake

200mls of fortified milk
2 tablespoons of double cream
+ Flavouring

Flavouring ideas

1. Fresh fruit e.g. Banana, Strawberries
2. Cocoa, Ovaltine, Coffee
3. Crusha syrup, Ribena Rosehip syrup
4. Nesquik Build-Up Complian
5. Sherry or Brandy, Sugar or Honey
6. Carton of yoghurt
7. Vanilla essence

Place all ingredients into a liquidiser and blend, serve immediately
Per recipe 499kcal, 19g protein

Bed-time drinks

Warm fortified milk, milky coffee, hot chocolate
1 tablespoon double cream

190mls fortified milk
2-4 teaspoons of chocolate powder or 1 tps of instant coffee
1 tablespoon of double cream
Drink contains 395kcal, 16g protein

Night Cap

½ pint (300mls) cold full cream milk
1oz (25g) skimmed milk powder
1 measure of brandy
Cinnamon
Whisk together milk and milk powder, add brandy to taste. Sprinkle with cinnamon.
All recipe 335kcal, 8g protein

Caribbean Milkshake

200mls full cream milk
2 teaspoons of rum
½ teaspoon of coffee ½ teaspoon of cocoa
2 teaspoons of brown sugar
1 scoop of chocolate ice cream
Liquidise, pour into glass and put in another scoop of ice cream
All recipe 439kcal, 11g protein

NUTRITIOUS DISHES

Porridge with a punch

Take a half of or 1 whole sachet of instant oats, may be plain or fruit flavoured
Add 180mls of fortified full fat milk, sugar to taste if wanted.
Cook as per instructions in a saucepan or in a dish in the microwave.
All recipe approx. 280kcal, 15g protein, half a dish 140kcal, 7.5g protein

Muller Rice

1 mini Muller or other brand of rice pudding
1 tablespoon double cream
1 tablespoon skimmed milk powder
Can be taken cold or warmed
All recipe 287kcal, 9g protein

Yoghurt Dessert

1 small fruit yoghurt
1 scoop ice cream
1 tablespoon double cream
Liquidise all ingredients
All recipe 300kcal, 9g protein

Fruit Crumble & Custard

These items can be home made or bought ready made as shown below.
100gms fruit crumble
120g custard add 2 tablespoons skimmed milk powder
All recipe 437kcal, 17g protein

Toffee Mousse and Ice Cream

1 toffee mousse or other flavoured dessert
1 scoop ice cream
All recipe 296kcal, 6g protein

Fruit Fool – 3 servings

1 tablespoon custard powder
300mls full cream milk
1 tablespoon skimmed milk powder
200g pureed fruit
1 carton fruit yoghurt (150g)
Whisk together skimmed milk powder and milk
Mix custard powder and a little milk to form a paste
Bring rest of milk to the boil and add to paste
Return to heat, simmer until it thickens

When cool add to pureed fruit and yoghurt
Serve chilled
Per portion 200kcal, 10g protein

Egg Custard – 3 servings

1 pint full cream milk
2 tablespoons skimmed milk powder
4 eggs
Vanilla essence
Sugar to taste

Whisk together milk and skimmed milk powder and heat.
Whisk eggs with sugar and pour in the heated milk.
Pour into a dish and cook in a water bath at 170deg C (325 F), Reg 3.
Per portion 342kcal, 24g protein

Bread and Butter Pudding serves 2

2 slices buttered bread
300mls full cream milk
25g skimmed milk powder
50g dried fruit
Mixed spice

Cut bread into 4 triangles and arrange in dish.
Sprinkle spice and fruit onto it.
Whisk milk powder into milk and beat in eggs.
Pour over bread and bake at Reg 3, 170 deg C, 325F for 45 minutes.
Per portion 381kcal, 14g protein

Fish Mornay serves 1

100g white/smoked fish
300mls full cream milk
25g skimmed milk powder
25g plain flour
25g margarine
25g cheddar cheese
Salt & Pepper to taste

Whisk skimmed milk powder into milk and pour into pan.
Poach fish until soft.
Strain milk and make cheese sauce.
Place fish in glass dish, pour over sauce and heat under grill.
All recipe 791kcal, 53g protein

NUTRITIOUS DISHES (continued)

Cheese and Potato Bake 3 servings

25g butter
450g potatoes thinly sliced
1 onion chopped
100g cheese – grated
150mls full cream milk
2 tablespoons skimmed milk powder
Salt & Pepper

Preheat oven to 200C/400F/Gas 6.
Grease ovenproof dish with a little of the butter.
Place a layer of potato, onion, cheese and continue until all the potato is used up.
Season each layer.
Whisk milk powder into milk and pour over.
Dot the remaining butter on the top.
Cook for 30-45 minutes until golden brown.
Per portion 359kcal, 15g protein

NUTRITIOUS SOUPS

Soups can be warming and provide useful energy but may lack protein. Here are a few ideas:

Packet soup in a mug

Take one sachet of instant soup, flavour as desired e.g. tomato, chicken etc.
Add half quantity of boiling water then add the other liquid as full fat hot milk or fortified milk (see recipe above)
Per recipe on packet 97kcal, 1.3g protein
Using 100mls full fat milk approx. 170kcal, 7g protein
Using 100mls fortified milk approx. 200kcal, 8g protein

Hearty Soup

140gms full fat milk fortified
½ tin condensed soup
1 tablespoon double cream
12g grated cheese
All recipe 315kcal, 9g protein