

Nourishing Drinks

If you have lost weight, have a small appetite, or you need extra nourishment, you may find it easier to boost your nutritional intake by having nourishing drinks rather than eating more at mealtimes. These drinks should not be used to replace meals but can be sipped between meals in addition to or, instead of a snack.

Fortified milk recipe

Use fortified milk in other drinks such as tea or coffee, smoothies, on cereals or in desserts and sauces.

- Add 4 tablespoons of dried milk powder to 1 pint of whole milk and mix well (e.g., Marvel™, or supermarket's own brands).
- If you do not use dairy products, you can use soya milk fortified with soya milk powder.



Ideas for some tasty and nourishing drinks:

Below are some ideas for some tasty and nourishing drinks, all using fortified milk. You can make these drinks using a blender or food processor, but if you don't have these, you can push the finished drink through a sieve to remove any lumps.

Banana Smoothie

- 200mls fortified milk
- 1 small ripe banana
- 1 scoop soft ice-cream

Blend all ingredients together for 15 seconds or mash banana, mix with other ingredients and sieve until smooth. Further ice cream can be added or try a teaspoon of honey for a sweeter taste.

Fruit Blast

- 100mls fresh fruit juice
- 100mls lemonade
- 1 scoop soft ice-cream

Blend all ingredients for 15 seconds in a blender or mix with a fork or shaker and sieve until smooth, sugar can be added for a sweeter taste.

* If you have **swallowing difficulties**, ask your GP to refer you to a Speech and Language Therapist for further advice regarding the types of food textures that are suitable for you.

*If you use thickened fluids do so under direction of a **Speech & Language Therapist**.

Super shake

- 200mls fortified milk
- 2 teaspoons double cream
- 1 scoop soft ice-cream
- 3 teaspoons milk-shake powder

Blend for 15 seconds or mix up with a fork or shaker and then sieve until smooth adding more flavouring if you like.

Coffee



- 200mls fortified milk
- 1-2 teaspoon(s) instant coffee
- 2 teaspoons double cream OR
- 1 scoop soft ice cream (**iced coffee**)
- Sugar to taste.

Hot: warm milk and stir in coffee, cream, and sugar

Cold: blend all ingredients for 15 seconds or mix all ingredients with a fork or shaker and sieve until smooth.

Lassi



- 125 ml natural yoghurt
- 75 ml fortified milk
- 2 teaspoons double cream
- 1 teaspoon caster sugar – or more to taste
- 100 ml canned mango pulp – optional

Blend all ingredients for 15 seconds or mix them with a fork or shaker and sieve until smooth (if using mango pulp).

Hot chocolate or malt drink

- 200 ml fortified milk
- 3 teaspoons drinking chocolate, Ovaltine™, Milo™ or Horlicks™
- 2 teaspoons double cream
- Optional – pinch of dried cinnamon or teaspoon of instant coffee

Warm milk and stir in other ingredients

Ready-made drinks

- These can be purchased from small stores and supermarkets:
- Mars™, Mars Extra™, Mars Active™, Yazoo™, Galaxy™, Aero™, Bounty™, flavoured milk
- Smoothies and milkshakes

Warm spice



- 200 ml fortified milk
- 1 tablespoon golden syrup or honey
- Pinch of mixed spice and dried cinnamon

Warm milk and stir in other ingredients.