

# Nourishing Drinks Recipes



Information for patients - Dietetics Department

## High Energy/High Protein Milkshake

- ❖ 600mls full cream milk
- ❖ 80mls milkshake syrup (to taste)
- ❖ 100g dried milk powder

**Total Calories - 1086kcal**  
**Total Protein - 42.5g**

### **Optional additions:**

- ❖ Pureed fruit
- ❖ Ice cream
- ❖ Fresh cream

This recipe has more protein and calories than three standard nutritional supplement drinks.  
To be taken as three small drinks between meals.

## Fruit Smoothie

- ❖ 200mls of full fat milk
- ❖ 4 teaspoons of dried milk powder
- ❖ 50mls of double cream
- ❖ Fruit of your choice
- ❖ 125g full fat yoghurt (1 pot)
- ❖ 1 scoop of ice cream

**Total Calories - 351kcal**  
**Total Protein - 9g**

Total volume = 280mls

## Fruit Yoghurt Drink

- ❖ 200mls of fresh fruit juice
- ❖ 125g full fat yoghurt (1 Pot)

**Total Calories - 230kcal**  
**Total Protein - 9g**

Whisk all ingredients together and serve chilled.

## Fruit Juice

- ❖ 200mls of fresh fruit juice
- ❖ 3 teaspoons of castor sugar

**Total Calories - 170kcal**  
**Total Protein - 1g**

Dissolve the sugar in a little of the fruit juice first then add the remaining juice and stir together. Serve chilled

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## Milkshake

- ❖ 200mls of full fat milk
- ❖ 2 tablespoons of dried milk powder
- ❖ Optional milkshake flavouring

Add all ingredients together, whisk, serve chilled or warmed.

**Total Calories - 307kcal**  
**Total Protein - 11g**

## Lemonade Float

- ❖ 200mls non diet lemonade
- ❖ 1 scoop vanilla ice-cream

**Total Calories - 164kcal**  
**Total Protein - 3g**

## Fruity Float

- ❖ 200mls of fresh fruit juice
- ❖ 125g full fat yoghurt (1 Pot)

Whisk all ingredients together and serve chilled.

**Total Calories - 193kcal**  
**Total Protein - 9g**

## Fruit Juice

- ❖ 200mls of fresh fruit juice
- ❖ 3 teaspoons of castor sugar

Dissolve the sugar in a small amount of fruit juice first then add the remaining juice and stir together. Serve chilled.

**Total Calories - 170kcal**  
**Total Protein - 1g**

## Ginger Lime

- ❖ 250mls ginger beer
- ❖ 2 tablespoons of lime cordial
- ❖ 1 pot of natural yoghurt

Add all ingredients together and whisk.

**Total Calories - 150kcal**  
**Total Protein - 7g**

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## Berry Delight

- ❖ 2 x 50g pots fromage frais yoghurt
- ❖ 100mls cranberry juice
- ❖ 5 tablespoons double cream
- ❖ 1 tablespoon strawberry milkshake powder

Add all ingredients together, whisk or blend and serve chilled.

**Total Calories - 550kcal**  
**Total Protein - 13g**

## Iced Peanut Butter Coffee

- ❖ 1 teaspoon of coffee granules
- ❖ 25mls boiling water
- ❖ 275mls coconut milk
- ❖ 50g peanut butter
- ❖ 6 ice cubes

Add all ingredients together, whisk or blend and serve chilled.

**Total Calories - 366kcal**  
**Total Protein - 12.5g**

## Virgin Pina Colada

- ❖ 100mls tinned coconut milk
- ❖ 100mls pineapple juice
- ❖ 2 ½ tablespoons of apricot jam
- ❖ 2 ½ tablespoons of icing sugar
- ❖ 1 tablespoon of golden syrup

Add all ingredients together, whisk or blend and serve chilled with ice.

**Total Calories - 520kcal**  
**Total Protein - 1g**

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## Eton Mess

- ❖ 2 x meringue nests (approx 30g)
- ❖ 150mls soya milk
- ❖ 2 ½ tablespoons of strawberry milkshake powder
- ❖ 2 ½ tablespoons of strawberry jam
- ❖ 1 ½ tablespoons of icing sugar

Add all ingredients together, whisk or blend and serve chilled with ice.

**Total Calories - 520kcal**  
**Total Protein - 4g**

## Lemon and Lime Sublime

- ❖ 100mls non diet lemonade
- ❖ 10mls lime cordial
- ❖ 2 ½ tablespoons lemon curd
- ❖ 2 ½ tablespoons icing sugar
- ❖ 1 tablespoon golden syrup

Add all ingredients together, whisk and serve chilled.

**Total Calories - 500kcal**  
**Total Protein - 0g**

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