

## Nourishing Drinks

If you have lost weight, have a small appetite or need extra nourishment, e.g. to help heal a wound, you may find it easier to boost your dietary intake by having nourishing drinks rather than eating more at meal times.

**Nourishing drinks do not replace meals** but sipping on them between meals, or drinking one instead of eating a snack, can be both enjoyable and beneficial to your health.

This resource includes some ideas for nourishing drinks that have been tried and tested. You do not need special equipment to make these drinks – although if you have a liquidiser this can be used to quickly whizz the ingredients together. If you don't have a liquidiser, pushing the finished drink through a sieve before serving will make sure there are no lumps.

These drinks are also low cost and can be made from store cupboard ingredients. They are all high in calories and protein and will provide you with a range of vitamins and minerals.

## Fortified Milk

- Add 2-4 tablespoons of skimmed milk powder, e.g. Marvel, Plus Pints or your supermarket's own brand, to 1 pint of full cream milk and mix well.**
- If you do not have dairy products try using soya milk fortified with soya milk powder instead.**
- Use fortified milk in drinks** such as tea or coffee, on cereals, in sauces, or to make up milkshakes. Once made up you can keep it in the fridge to use during the rest of the day.
- Why not have fortified milk as a drink on its own?** A 200ml glass of fortified milk will provide 175 calories (kcal) and 11g protein – double the goodness of semi-skimmed milk!
- For variety you could add a milkshake powder or syrup.**



## Delicious Cool and Warm Nourishing Drinks

Here are some recipe suggestions for nourishing drinks – most of which use fortified milk. To keep things interesting, why not try your own recipes using fortified milk. If you find one that tickles your taste buds please let us know so we can include it in our next version of this advice sheet. Contact us at [FoodFirst@sept.nhs.uk](mailto:FoodFirst@sept.nhs.uk)

Use fortified milk to make up milky drinks such as Horlicks, Ovaltine or cocoa or add it to hot drinks such as tea or coffee. If you prefer to have instant drinks, e.g. Cuppa Soup or instant hot chocolate, add two tablespoons of skimmed milk powder to the cup and add hot water to make up the drink as usual.

### Simple Milkshake

Mix 200ml fortified milk, 1 scoop of ice cream or 1 pot of yoghurt with fresh fruit or milk powder flavouring e.g. Nesquik, Ovaltine or supermarket brand

*Approx 300kcal and 10g protein*

### Chocolate Dream

Warm up 200ml fortified milk. Add 1 tablespoon drinking chocolate and sweeten with sugar to taste. For extra flavour try adding a teaspoon of coffee or a pinch of cinnamon.

*230kcal and 17g protein*

### Cinnamon Spice

Warm up 200ml fortified milk. Mix in 1 tablespoon golden syrup and a pinch of mixed spice and ground cinnamon.

*250kcal and 16g protein*

### Simple Iced Coffee

Dissolve 2 teaspoons of instant coffee powder in 200ml fortified milk. Sweeten with 2 tablespoons sugar.

*330kcal and 11g protein*

### Fruit Smoothie

Blend 150ml of carton orange juice, 1 mashed banana, 3-4 tbsp of tinned peaches (in syrup) and 2 tsp of honey.

*264kcal and 2.2g protein*

### Greek Cooler

Mix 1 tub (150g/5oz) of Greek yoghurt and 2 tablespoons of honey to 50ml of fortified milk.

*484kcal and 20.5g protein*

### Banoffee Treat

Mash a small banana and mix with 150ml fortified milk, 1 pot of crème caramel and a teaspoon of golden syrup. Liquidise or sieve until smooth.

*350kcal and 12g protein*

### Coffee Banoffee

Same as above, add 1-2 teaspoons of coffee.

*352kcal and 12g protein*

### Strawberry Yoghurt Cup

Mix together 1 pot of strawberry yoghurt, 130ml fortified milk and 2 teaspoons honey.

*270kcal and 12g protein*