

Nourishing drinks

Nourishing drinks are those that are high in energy and protein.

Nourishing drinks can be useful if you have lost weight without trying, have a poor appetite or find it hard to eat enough. They can help build your strength back up and help you recover more quickly if you have been unwell.

Fortified milk

- Fortified milk is milk that is made stronger by adding extra protein and minerals.
- The cheapest way to fortify milk is to mix milk powder (also known as powdered milk). You can buy this in most supermarkets in the UHT milk aisle.
- Use fortified milk in place of regular milk.
- Try adding it to cereal, tea and coffee, milkshakes, soups, mashed potatoes, sauces and desserts.
- It can be used hot or cold.
- For even more energy and protein, you can use commercial energy powders such as Sustagen® or Ensure® in place of milk powder in recipes.



Fortified Milk Recipe	Ingredients	Method
Makes 1 cup	Two tablespoons of milk powder One cup of full cream milk	Whisk ingredients together
Makes 1 litre	One cup of milk powder One litre of full cream milk	Whisk ingredients together

Nourishing recipes

Chocolate milk: serves one

Ingredients

- One cup of fortified milk
- One tablespoon of chocolate powder or chocolate flavouring
- Two scoops of ice cream (vanilla or chocolate).

Method

1. Combine milk, chocolate powder/flavouring and ice cream.
2. Blend or whisk together.
3. Serve chilled.



Fruit smoothie: serves one

Ingredients

- One cup of fortified milk
- One ripe banana or one cup of tinned, frozen or fresh soft fruit
- Half a cup of yoghurt or a scoop of ice cream
- Add honey or sugar to taste.

Method

1. Blend ingredients together well.
2. Serve chilled.

Note: If you do not have a blender, try mashing the ingredients with a potato masher and combining with a whisk or fork.



High protein soup: serves one

Ingredients

- One cup of creamy homemade, canned or packet soup
- Half a cup of fortified milk
- Add extra cream or grated cheese to taste.

Method

1. Blend or whisk all ingredients.
2. Serve hot.

Note: You can heat this in the microwave, or on the stove.



High protein custard: serves two

Ingredients

- One and a half cups of fortified milk
- Half a cup of cream
- Two tablespoons of custard powder
- Two tablespoons of sugar.

Method

1. Bring the fortified milk to the boil.
2. Mix the custard powder with a little water to make a smooth paste.
3. Slowly add paste to boiling milk stirring continuously until thick.
4. Stir in sugar and cream.
5. Remove from heat.
6. Serve warm or cold.



Spider/creaming soda: serves one

Ingredients

- Two scoops vanilla ice cream
- 150ml soft drink.

Method

1. Scoop ice cream into a tall glass.
2. Pour soft drink over ice cream.
3. Serve immediately.

