

## Fortified Recipes

### Fortified diets

#### What is a fortified diet?

A fortified diet is when a food dish, such as custard, milk pudding, porridge or soup is adapted by adding everyday foods which are high in calories and protein. This does not increase the volume but can significantly increase the calories, protein, and other nutrients.

#### What food items are good for fortifying dishes?

- Skimmed milk powder is an excellent way to add extra protein. Double cream is fantastic at providing extra calories.
- Adding ONE heaped tablespoon of skimmed milk powder, mixed with TWO tablespoons of double cream, can provide an extra 185 calories and 5g protein.
- When choosing a skimmed milk powder, try to use on which has at least 30g protein per 100g of skimmed milk powder.



#### How often should I have a fortified dish?

- If you are trying to gain weight because your appetite is small, it is recommended to have THREE fortified dishes every day.
- Examples of this are: fortified milk on breakfast cereal or fortified porridge at breakfast, fortified custard, or milk pudding at lunch, then fortified soup at your evening meal.

#### What other ways can I enhance my diet?

You may add extra calories by adding food items which add calories and other nutrients to your diet, these are called 'food boosters'. Examples of 'food boosters' could be:

- A handful of grated cheese on a soup or in scrambled egg (125 calories)
- A heaped teaspoon of cheese spread melted into soup or mashed potato (75 calories)
- A teaspoon of honey on porridge (25 calories)
- A heaped teaspoon of jam with milk pudding (50 calories)
- A tablespoon of full fat mayonnaise mixed with a sandwich filling (225 calories)
- Spreading butter or margarine thickly on bread or toast (75 calories/heaped teaspoon)
- A heaped teaspoon of clotted cream on top of a scone or cake (90 calories)
- Pouring two tablespoons of double cream over cake or fruit (135 calories)
- A heaped teaspoon of peanut butter on a cracker (100 calories)
- A tablespoon of dried fruit on cereal (100 calories)
- A dessertspoon of nuts (60 calories)





## Fortified milk

### Ingredients

- 1 pint of full cream milk
- 5 heaped tablespoons of skimmed milk powder
- (or 1 heaped tablespoon of skimmed milk powder to each 100mls of milk)

### Method

- Mix the skimmed milk powder with a small amount of milk to form a runny paste.
- Add the remainder of the milk, whisk until smooth
- Use one pint of fortified milk within 24 hours

### Serving suggestions

- Pour on breakfast cereals
- Use in tea and coffee
- Heat to prepare a fortified milky coffee, hot chocolate, cup a soup or malted drink
- Mix with milkshake flavouring for a fortified milkshake

### Tips on fortified milk

- If there are small amounts of milk powder which has not dissolved, pour the fortified milk through sieve prior to using.
- If the fortified milk tastes too creamy, use a lower fat milk such as semi skimmed or skimmed milk.



### Nutritional information

- Per pint: 630 calories, 47g protein

## Fortified custard

### Ingredients

- ½ tin or 1 ladle of custard
- 1 heaped tablespoon of skimmed milk powder
- 2 tablespoons of double cream

### Method

- Heat the custard until simmering.
- Mix the skimmed milk powder with the double cream until a runny paste with a fork or whisk. If too thick add a small amount of milk or extra cream.
- Serve the custard to people NOT requiring extra nutrition. Then add the milk powder/cream mixture to the remaining custard.
- Serve



### Nutritional information

- Per serving an additional: 185 calories, 5g protein



## Fortified milk pudding

### Ingredients

- ½ tin or 1 ladle of milk pudding
- 1 heaped tablespoon of skimmed milk powder
- 2 tablespoons of double cream

### Method

- Heat the milk pudding until simmering.
- Mix the skimmed milk powder with the double cream until a runny paste with a fork or whisk. If too thick add a small amount of milk or extra cream.
- Serve the milk pudding to people NOT requiring extra nutrition. Then add the milk powder/cream mixture to the remaining milk pudding.
- Serve

### Further suggestions

- Mix in a heaped teaspoon of jam (50 extra calories)

### Nutritional information

- Per serving an additional: 185 calories, 5g protein



## Fortified soup

### Ingredients

- ½ tin or 1 ladle of soup
- 1 heaped tablespoon of skimmed milk powder
- 2 tablespoons of double cream

### Method

- Heat the soup until simmering.
- Mix the skimmed milk powder with the double cream until a runny paste with a fork or whisk. If too thick add a small amount of milk or extra cream.
- Serve the soup to people NOT requiring extra nutrition. Then add the milk powder/cream mixture to the remaining soup.
- Serve

### Further suggestions

- Sprinkle over a handful of grated cheese (125 calories)
- Melt in a heaped teaspoon of cheese spread (75 calories)
- Serve with a slice of bread with thickly spread butter or margarine (75 calories)

### Nutritional information

- Per serving an additional: 185 calories, 5g protein





## Fortified porridge

### Ingredients

- 1 serving of porridge
- 1 heaped tablespoon of skimmed milk powder
- 2 tablespoons of double cream

### Method

- Prepare the porridge using full cream milk.
- Mix the skimmed milk powder with the double cream until a runny paste with a fork or whisk. If too thick add a small amount of milk or extra cream.
- Mix the milk powder/cream mixture into the porridge.
- Serve

### Further suggestions

- Mix in a heaped teaspoon of jam (50 extra calories)
- Pour over a teaspoon of honey on porridge (25 calories)
- Add a heaped teaspoon of sugar (25 calories)
- Add a tablespoon of dried fruit (100 calories)
- Add a dessert spoon of chopped nuts (60 calories)



### Nutritional information

- Per serving an additional: 185 calories, 5g protein

## Fortified mousse

### Ingredients (4 portions)

- 1 packet of instant dessert
- ¼ pint (150mls) of double cream
- ¼ pint (150mls) of full cream milk
- 4 heaped tablespoons of milk powder

### Method

- Place the milk powder and instant dessert powder into a bowl, whisk in the double cream and milk.
- Divide mixture between 4 small bowls and chill.
- Serve when set.

### Further suggestions

- This mixture may be placed into the freezer.
- Top with a tablespoon of whipped cream (150 calories)

### Nutritional information

- Per serving: 320 calories, 7.5g protein

