

## Homemade fortified drinks

### 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

### Focus on Undernutrition fortified milkshake

#### Ingredients

- 200mls full cream milk
- 2 heaped tablespoons of skimmed milk powder
- Milkshake powder or syrup to taste

#### Method

- Whisk the milk and milk powder together.
- Add flavourings to taste.
- Serve chilled
- Alternatively, mix 200mls of fortified milk with the milkshake flavouring



#### Nutritional information:

- Per serving: 310 calories, 17g protein



## Fortified hot chocolate

### Ingredients

- 150mls full cream milk
- 1 heaped tablespoon of skimmed milk powder
- 3 teaspoons of hot chocolate powder
- 2 tablespoons of double cream (optional)

### Method

- Gentle heat the milk
- Mix the skimmed milk powder with the hot chocolate powder.
- Whisk the hot milk into the hot chocolate, skimmed milk powders mixture. Add the double cream. Serve hot.
- *Alternatively*, heat 200mls of fortified milk, then whisk with the hot chocolate powder. Add the cream, then serve hot.



### Nutritional information:

- Per serving: 360 calories, 12g protein

## Fortified malted drink

### Ingredients

- 150mls full cream milk
- 1 heaped tablespoon of skimmed milk powder
- 3 teaspoons of malted drink powder
- 2 tablespoons of double cream (optional)

### Method

- Gentle heat the milk
- Mix the skimmed milk powder with the malted drink powder.
- Whisk the hot milk into the malted drink, skimmed milk powders mixture. Add the double cream. Serve hot.
- *Alternatively*, heat 200mls of fortified milk, then whisk with the malted drink powder. Add the cream, then serve hot.



### Nutritional information:

- Per serving: 385 calories, 12g protein



## Fortified coffee

### Ingredients

- 150mls full cream milk
- 1 heaped tablespoon of skimmed milk powder
- 1 teaspoons of instant coffee powder, or 1 sachet of instant cappuccino, latte or mocha powder



### Method

- Gentle heat the milk
- Mix the skimmed milk powder with the coffee/latte/cappuccino or mocha powder.
- Whisk the hot milk into the coffee, skimmed milk powders mixture. Serve hot.
  
- *Alternatively*, heat 200mls of fortified milk, then whisk with the coffee/latte/cappuccino/mocha powder. Serve hot.

### Nutritional information:

- Per serving (instant coffee): 150 calories, 11g protein
- Per serving (sachet latte): 230 calories, 12.5g protein

## Fortified 'cup a soup'

### Ingredients

- 200mls full cream milk
- 1 heaped tablespoon of skimmed milk powder
- 1 sachet of 'cup a soup' (not a low calorie version)



### Method

- Gentle heat the milk
- Mix the skimmed milk powder with the 'cup a soup' powder.
- Whisk the hot milk into the cup a soup. skimmed milk powders mixture. Serve hot.
  
- *Alternatively*, heat 200mls of fortified milk, then whisk with the 'cup a soup'. Serve hot.

### Nutritional information:

- Per serving: 270 calories, 15g protein



## Fortified cream liqueur drink

### Ingredients

- 125mls full cream milk
- 1 heaped tablespoon of skimmed milk powder
- 4 tablespoons of cream liqueur drink
- 2 tablespoons of double cream

### Method

- To serve hot: Gentle heat the milk. Whisk the hot milk with the skimmed milk powder. Add the cream liqueur and double cream. Serve hot.
- To serve cold: Mix the milk with the skimmed milk powder. Add the cream liqueur and double cream. Serve cold.
- *Alternatively*, use fortified milk in the above method, but omit the skimmed milk powder.

### Nutritional information:

- Per serving: 620 calories, 20g protein



## Fortified flavoured milky drink

### Ingredients

- 200mls full cream milk
- 1 heaped tablespoon of skimmed milk powder
- 2 tablespoons of a flavoured coffee syrup



### Method

- To serve hot: Gentle heat the milk. Whisk the hot milk with the skimmed milk powder. Add the flavoured coffee syrup. Serve hot.
- To serve cold: Mix the milk with the skimmed milk powder. Add the flavoured coffee syrup. Serve cold.
- *Alternatively*, use fortified milk in the above method, but omit the skimmed milk powder.

### Nutritional information:

- Per serving: 320 calories, 14g protein

Video recipes and a recipe sheets on preparing fortified drinks and dishes is available for carers and family on [www.focusonundernutrition.co.uk/services/training/](http://www.focusonundernutrition.co.uk/services/training/)

