

## **Nutrition Support: High calorie snacks and drinks**

*This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice, or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.*

### **Fortified Milk**

*580kcal, 38g protein per pint*

Whisk 50g/2pz (4 heaped tablespoons) of skimmed milk powder into 568ml (1 pint) of full fat milk

Use for cereals, hot drinks, custard and other milky puddings.



### **Carrot and Almond Soup (serves 6)**

*Per serving 250kcal, 8g protein*

2 tablespoons olive oil  
1 onion, sliced  
2 cloves garlic, crushed  
500g carrots, roughly chopped  
1litre vegetable stock  
4 tablespoons skimmed milk powder  
100g ground almonds  
3 tablespoons double cream

Heat the oil in a large pan and soften the onion, and garlic. Whisk the milk powder into the hot stock and add to the pan with the carrots.

Simmer for 30 minutes or until softened and blend until smooth. Stir in the ground almonds and cream and season to taste.



### **Quick Fortified Soup (serves 2)**

*Per serving 360kcal, 16g protein*

1 small tin of condensed soup  
300mLs (½ pint) fortified milk  
25g (1oz) grated cheese

Make up the condensed soup with the fortified milk.

Sprinkle on grated cheese to serve.

### **Supercharged Porridge (serves 1)**

*380kcal, 17g protein*

1 sachet porridge oats  
150ml (¼ pint) fortified milk  
½ banana, sliced  
1 tablespoon flaked almonds  
1 teaspoon honey

Mix the oats into the milk and cook in the microwave or in a small pan on the hob. Stir in the honey and serve topped with the sliced banana and almonds.

### **Cheese on Toast (makes 2 slices)**

*Per slice 295kcal, 14g protein*

2 thick slices bread  
50g (2oz or 2 matchbox sized pieces) cheddar cheese - grated  
1 egg

Beat the egg and mix into the cheese. Toast the bread on one side, then butter the untoasted side and spread with the cheese mixture. Return to the grill and serve when golden.

Tip: Eat on its own as a snack or serve with soup or baked beans for a light meal.

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### Bedtime Drinks

Warm some fortified milk for a nourishing night-time drink or use for making hot chocolate, milky coffee, and malted drinks such as Horlicks, Ovaltine, or Bourn Vita.



### Morning Refresher (serves 1)

200 kcal, 13g protein

200ml orange juice  
125g Greek yoghurt  
1 tablespoon honey or sugar

Whisk yoghurt and honey into orange juice or, place in a liquidiser and blend for 10 seconds.

Hint: Top up with lemonade or soda water for a longer drink.

### Super Fruit Smoothie (serves 1)

260kcal, 13g protein

Large handful frozen mixed berries  
200ml orange juice  
2 heaped tablespoons skimmed milk powder  
1 tablespoon sugar or honey

Place all ingredients into a liquidiser and blend for 15 seconds.



### Iced Coffee (serves 1)

430 kcal, 21g protein

600ml (½ pint) fortified milk  
1 scoop vanilla ice cream  
1 teaspoon instant coffee  
1 tablespoon sugar

Dissolve the coffee in a little hot water and add to a liquidiser with the other ingredients. Blend for 15 seconds, sprinkle with drinking chocolate and serve.

### Peanut and Banana Milkshake (serves 1)

400 kcal, 16g protein

150ml (¼ pint) fortified milk  
1 scoop vanilla ice cream  
1 tablespoon smooth peanut butter  
1 small banana

Place all ingredients into a liquidiser and blend for 15 seconds.

Tip: Try swapping the banana for 2 tablespoons strawberry jam.

### Chocolate Cooler

550 kcal, 26g protein

300ml (½ pint) fortified milk  
1 scoop vanilla ice cream  
2 tablespoons instant hot chocolate powder

Place all ingredients into a liquidiser and blend for 15 seconds.

Sprinkle with drinking chocolate and serve.

Tip: Add 1-2 drops of peppermint essence, for a mint-chocolate cooler