

200-735
kcal
per drink

Food First: Nourishing Drink Recipes

- **MUST = 1** - **medium risk** of malnutrition: provide **one** nourishing drink
 - **MUST = 2** or more - **high risk** of malnutrition: provide **two** nourishing drinks
- Blend all the recipes below until smooth.

Super Shake

- 200 ml full fat milk
- 3 tbsp (45 ml) double cream
- 1 scoop ice cream
- 4 tsp milk powder
- Add Flavourings e.g: 1 banana or 1 handful of berries or 2 teaspoons milk shake flavouring (e.g. Nesquick/Crush)

Calories: 630kcal Protein: 19g

Fortified Malted Milk Drinks

- 200 ml fortified full fat milk (see recipe above)
- 25g (2 heaped tsp) Horlicks or Ovaltine powder
- Serve hot

Calories: 285kcal Protein: 12.5g

Yoghurt & Berry Smoothie (1)

- 150 ml full fat milk
- 1 pot (150 ml) full fat fruit yoghurt
- 4 tsp milk powder (semi-skimmed)
- 1 banana
- 1 handful of 2 berries (strawberries, raspberries, blueberries, blackberries)
- 1 tsp honey/sugar

Calories: 410kcal Protein: 22g

Yoghurt & Berry Smoothie (2)

- Small pot of full fat Greek yoghurt (170g)
- Handful of frozen berries
- 1 small banana
- 150ml full cream milk (blue top)

Calories: 340kcal Protein: 23g

Banana & Peanut Butter Smoothie

- 150 ml full fat milk
- 1 scoop ice cream
- 4 tsp milk powder (semi-skimmed)
- 1 banana
- 1 tbsp peanut butter
- 1 tsp honey/sugar

Calories: 490kcal Protein: 19g

Cup-a-Soup Extra

- 1 sachet instant soup
- 1 mug (200ml) fortified full fat milk
- 1 tablespoon (15g) skimmed milk powder
- Serve hot
- Options: add grated cheese, 50ml double cream or croutons

Calories: 360kcal Protein: 17g

Cinnamon Hot Cup

- 200ml fortified full fat milk
- 1 tbsp golden syrup
- 1 pinch ground mixed spice
- 1 pinch ground cinnamon

- Serve hot

Calories: 285kcal Protein: 11g

Fruit Blast

- 100 ml fresh fruit juice
- 100 ml lemonade
- 1 scoop (80g) ice-cream
- 1 tablespoon (15g) sugar

Calories: 285kcal Protein: 2g

Iced Coffee Cooler

- 150 ml fortified full fat milk
- 150 ml black coffee
- 2 tsp sugar
- 1 tbsp (15ml) double cream
- 1 scoop ice cream

- Serve chilled

Calories: 610kcal Protein: 19g

After Eight

- 280 ml fortified full fat milk
- 2 tbsp (30 ml) double cream
- 1 scoop ice cream
- 4 tbsp drinking chocolate powder
- 2-3 drops peppermint essence

- Serve chilled

Calories: 735kcal Protein: 20g

Fruit Boost *

- 150 ml orange juice
- 50 ml pineapple juice
- 1 banana
- 1 handful strawberries
- 1 handful raspberries

Calories: 200kcal Protein: 2g

- * High Fibre

Tropical Surprise

- 300 ml fortified full fat milk
- 2 tbsp (30ml) pineapple juice
- 1 banana

- Serve chilled

Calories: 380kcal Protein: 16g