

### Fortified Milk, Juice and Dairy Free

Fortifying milk, juice or dairy free alternatives are an effective method of increasing energy and protein intake when used in place of normal milk, juice or dairy free alternatives:

#### Fortified Milk

Dissolve **4 rounded tablespoons** of dried skimmed milk powder in **1 pint of whole Milk**



#### Fortified Milk Nutritional Content

Type of Milk (per 200ml/ 1/3 pint)	Energy (kcal)	Protein (g)
Semi-skimmed milk	92	7
Whole milk	132	7
Fortified milk	204	14

#### Fortified Juice

Dissolve **5 rounded teaspoons** of dried skimmed milk powder in **200mls of Fruit Juice**



#### Fortified Juice Nutritional Content

Type of Fruit Juice (per 200mls / 1/3 pint)	Energy (kcal)	Protein (g)
Orange Juice	96	1g
Apple Juice	90	0.4g
Fortified Juice	183	8.7g

#### Fortified Dairy Free Alternatives

Dissolve **60g** of Protein or Oat Powder into **600mls of Dairy Free alternative milk**



#### Fortified Dairy Free Alternatives Nutritional Content

Type of Dairy Free Alternatives (per 200mls / 1/3 pint)	Energy (kcal)	Protein (g)
Oat Milk	96	2.2g
Fortified with Oat Powder	184	3g
Fortified with Protein Powder	170	17g

### Fruity Refresher

Serves 1

- 100mls of Fortified Milk
- 2 Teaspoons honey
- Thick and creamy fruit flavoured yoghurt



**361kcal 11g Protein**

### Fruit Cooler

Serves 1

- 100mls of Fortified Juice
- 100mls lemonade
- 1 Scoop of vanilla Ice Cream

**270kcal 8g Protein**



### Chocolate Milkshake

Serves 1

- 100mls of Fortified milk
- 2 scoops of Chocolate Ice Cream
- 3 teaspoons of chocolate milkshake powder

**351kcal 15g Protein**



### Luxury Hot Chocolate

Serves 1

- 200mls of fortified milk
- 3 teaspoons of hot chocolate powder
- 2 tablespoons of double cream
- Whipped Cream
- Marshmallows

**611kcal 16g protein**

### Creamy Soup

Serves 1

- 100mls of Fortified milk
- 2 tablespoons double cream
- 1 sachet of Cup a Soup

**464 kcal 13g Protein**



### Malted Goodness

Serves 1

- 100mls of Fortified milk
- 3-4 teaspoons of Horlicks or Ovaltine powder
- 2 tablespoons double cream

**458kcal 14g Protein**

