

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

Pina Colada

Serves 1

- 100mls of tinned coconut milk
- 100mls of pineapple juice
- 2 ½ tablespoons of apricot jam
- 2 ½ tablespoons of icing sugar
- 1 tablespoon of golden syrup

520kcal 1g Protein

Lemon and Lime Sublime

Serves 1

- 100mls non diet lemonade
- 10mls of lime cordial
- 2 ½ tablespoons of lemon curd
- 2 ½ tablespoons of icing sugar
- 1 tablespoon of golden syrup

500kcal 0g protein

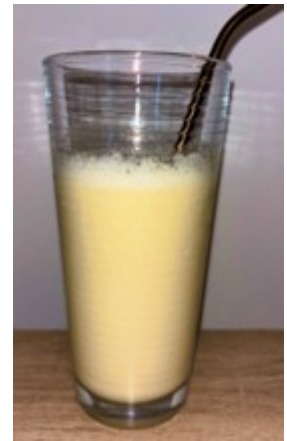


Mango and Peach Dream

Serves 1

- 160g of fresh or tinned Mango
- 1 x small banana
- 3 teaspoons honey
- 1 small peach yoghurt or dairy free yoghurt
- 3 scoops of dairy or dairy free ice cream

381kcal 7g protein



Coconut Smoothie

Serves 1

- 100mls of tinned coconut milk (avoid low fat version)
- 150mls orange juice
- 1 x banana
- 1 tablespoon smooth peanut butter
- 1 tablespoons golden syrup

480kcal 8g Protein

Fruit Fizz

Serves 1

- 100mls of Fruit Juice
- 100mls non diet lemonade
- 30mls high juice squash (not no added sugar)
- 15g sugar
- 50g vanilla ice cream or dairy free ice cream

255kcal 2.6g Protein