

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

Mango Lassi

- 100ml fortified milk or dairy free alternative
- 100g Greek yogurt or soya Greek yogurt
- 200g mango (fresh, frozen or tinned)

Blend all ingredients together and serve with ice

350kcal & 11g protein

Dairy free = 275kcal & 15g protein



Fruit Fizz

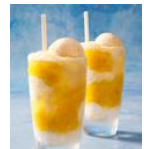
- 100mls fortified fruit juice / fruit juice if dairy free
- 100mls lemonade (not diet or sugar free)
- 60g vanilla ice cream or dairy free ice cream

Mix fruit juice and lemonade.

Add ice cream and serve

300kcal & 9g protein

Dairy Free = 250kcal & 1g protein



Banana Peach Smoothie

(Serves 2)

- 100g Banana
- 100g Tinned Peaches + 100mls syrup or natural juice
- 130g Greek Yogurt
- 30g Honey

Blend all the ingredients together and serve with ice

225kcal & 5g protein per serving



Strawberry Orange Smoothie

(Serves 2)

- 100g Banana
- 50mls Fresh Orange Juice
- 115g Strawberries
- 30g Yogurt
- 30g Condensed Milk
- 200mls Fortified Milk

Blend all the ingredients together and serve with ice

225kcal & 9g protein per serving

