

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

Toffee Apple Milkshake

- 200g Vanilla Ice – Cream (or dairy free alternative)
- 50mls Apple Juice
- 1 tablespoon Toffee/Caramel Syrup
- ½ teaspoon Cinnamon

Blend all ingredients together
Add more apple juice if required

325kcal and 10g protein

Dairy Free = 375kcal and 11g protein



Hot Chocolate Orange

- 1 tablespoon hot chocolate powder
- 6 Chocolate orange segments
- 150ml fortified milk
- Whipped Cream & Chocolate Sauce

Warm milk and add chocolate powder and chocolate orange segments.

Stir until melted.

Serve with whipped cream and chocolate sauce



550kcal & 15g protein

Mulled Fruit Punch

- 100mls Apple Juice
- 100mls Cranberry Juice
- Orange/clementine slices
- ½ teaspoon mixed spice
- 1 teaspoon vanilla extract
- 1 scoop of vanilla ice-cream (or dairy free alternative)

Add juices, orange slices and spice and warm.

Mix in ice-cream to create a frothy head.

200kcal & 3g protein per serving

