

Nourishing Drinks and Smoothies

Simple recipes to support nutritional intake

NHS Lothian Prescribing Support Dietitians

November 2026

Introduction

We know that it can be difficult for care home residents to eat enough. Nourishing drinks can provide a valuable source of extra calories and protein.

Offering a range of different nourishing drinks adds variety and encourages compliance.

We have developed these recipes over many years of providing nutritional support to care home residents.

We hope your residents enjoy them, as always we welcome your feedback

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DF = Dairy Free

VE = Vegan

Standard Fortified Drinks

Fortified Milk, Juice and Dairy Free Option

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. **These are often the basis for recipes in the following pages.**

Fortified Milk



How to prepare:
Dissolve **4 rounded tablespoons** of dried skimmed milk powder in **1 pint of whole milk**

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



How to prepare:
Dissolve **5 rounded tablespoons** of dried skimmed milk powder in **200mls of Fruit Juice**

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

Fortified Dairy Free Alternatives



How to prepare:
Dissolve **60g** of Protein or Oat powder into **600mls of Dairy Free Alternative Milk**
DF/VE

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

Milk-Based Drinks

Butterscotch Milkshake



Ingredients

1 Scoop Vanilla Ice Cream
100mls Fortified Milk
100mls Whole Milk
50mls Butterscotch Sauce
20mls Whipped Cream (Optional)

Method

Blend all ingredients together
Top with whipped cream and serve immediately

430	10g
kcal per serving	Protein per serving

Banana Peach Smoothie



Ingredients

100g Banana
100g Tinned Peaches + 100mls Syrup or Natural Juice
130g Greek Yoghurt
30g Honey

Method

Blend all ingredients together
Serve with ice

225	5g
kcal per serving	Protein per serving

Milk-Based Drinks cont.

Caramelised Biscuit Milkshake DF/VE



Ingredients

150mls fortified milk/dairy free alternative
1 tablespoon of biscuit spread
1 scoop of vanilla ice cream/dairy free alternative
Squirty cream and caramelized biscuit to serve

Method

Blend fortified milk, ice cream and spread together
Top with cream and a biscuit
DF/VE **(with-hold cream)**

475	15g
kcal per serving	Protein per serving

Chocolate Cherry Milkshake



Ingredients

50g Frozen Pitted Cherries
½ tbspn of Cocoa Powder
2 tspns Sugar
150mls Fortified Milk
20mls Whipped Cream (optional)

Method

Blend all ingredients together.
Top with whipped cream and serve immediately.

300	14g
kcal per serving	Protein per serving

Milk-Based Drinks cont.

Snowball Shake



Ingredients

150mls of fortified milk
1 scoop vanilla ice cream
1 chocolate marshmallow snowball
Whipped cream and sprinkles to serve

Method

Blend all ingredients together
Add more apple juice if required

460	15g
kcal per serving	Protein per serving

Snowball Shake

DF/VE



Ingredients

150mls of fortified dairy free alternative milk
2tbsp Coconut Cream
1 Scoop dairy free vanilla ice cream

Method

Blend all ingredients together

400	15g
kcal per serving	Protein per serving

Milk-Based Drinks cont.

Strawberry Orange Smoothie



Ingredients

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

Method

Blend all ingredients together
Serve with ice

225	9g
kcal per serving	Protein per serving

Toffee Apple Milkshake



Ingredients

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

Method

Blend all ingredients together
Top with whipped cream and serve immediately

325	10g
kcal per serving	Protein per serving

Milk-Based Drinks cont.

Toffee Apple Milkshake

DF/VE



Ingredients

200g Dairy Free Vanilla Ice-Cream
50mls Apple Juice
1 tablespoon Toffee/Caramel Syrup
½ teaspoon Cinnamon

Method

Blend all ingredients together
Top with whipped cream and serve immediately

375	11g
kcal per serving	Protein per serving

Hot Drinks

Mint Hot Chocolate



Ingredients

50mls double cream
1tsp icing sugar
Few drops of peppermint extract
150mls of fortified milk
50g dark chocolate chopped
Chocolate curls or sprinkles to serve

Method

Add milk to a saucepan – warm slowly and add chocolate, stir until melted
Add cream and peppermint extract
Top with whipped cream and serve immediately

600	14g
kcal per serving	Protein per serving

Mint Hot Chocolate DF/VE



Ingredients

1tsp icing sugar
Few drops of peppermint extract
150mls of fortified dairy free alternative milk
50g dark chocolate chopped
Chocolate curls or sprinkles to serve

Method

Add milk to a saucepan – warm slowly and add chocolate, stir until melted
Add peppermint extract and serve immediately

561	15g
kcal per serving	Protein per serving

Hot Drinks cont.

Mulled Fruit Punch

DF/VE



Ingredients

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)

Method

Add juices, orange slices and spice and warm.
Mix in ice-cream to create a frothy head.

200	3g
kcal per serving	Protein per serving

Hot Chocolate Orange



Ingredients

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

Method

Warm milk and add chocolate powder and chocolate orange segments.
Stir until melted.
Serve with whipped cream and chocolate sauce

550	15g
kcal per serving	Protein per serving

Hot Drinks cont.

Gingerbread Latte



Ingredients

¾ tsp ground ginger
½ tsp cinnamon
¼ tsp nutmeg
2 tbsp brown sugar
½ tsp vanilla extract
300mls for fortified milk
Whipped cream

Method

Warm milk and add spices and sugar
Top with whipped cream and serve immediately

510	22g
kcal per serving	Protein per serving

Gingerbread Latte DF/VE



Ingredients

¾ tsp ground ginger
½ tsp cinnamon
¼ tsp nutmeg
2 tbsp brown sugar
½ tsp vanilla extract
300mls fortified dairy free alternative milk
Vegan Whipped Cream

Method

Warm milk and add spices and sugar
Top with whipped cream and serve immediately

425	25g
kcal per serving	Protein per serving

Hot Drinks cont.

S'mores Hot Chocolate



Ingredients

200mls Fortified Milk
1 tablespoon hot chocolate powder
15 mini marshmallows
Chocolate sauce
Crushed digestive biscuit (optional)

Method

Warm milk and mix in hot chocolate powder
Add mini marshmallows and top with chocolate sauce
Optional – coat rim of mug with chocolate sauce and roll in crushed digestive biscuit

450	16g
kcal per serving	Protein per serving

S'mores Hot Chocolate DF/VE



Ingredients

200mls Dairy Free Fortified Milk
1 tablespoon hot chocolate powder
15 mini marshmallows
Chocolate sauce
Crushed digestive biscuit (optional)

Method

Warm milk and mix in hot chocolate powder
Add mini marshmallows and top with chocolate sauce
Optional – coat rim of mug with chocolate sauce and roll in crushed digestive biscuit

420	19g
kcal per serving	Protein per serving

Juice-Based Drinks

Spiced Carrot and Ginger Punch DF/VE



Ingredients

75mls carrot juice (3-4 carrots)
75ml apple juice
100ml ginger beer
Pinch of cinnamon

Method

Add all ingredients to a glass and stir gently
Can serve warm if preferred

90	0g
kcal per serving	Protein per serving

Ginger Beer Mocktail DF/VE



Ingredients

100mls Pineapple Juice
150mls Ginger Beer
½ oz lime juice
1 scoop of lemon sorbet
Pineapple wedge on side
Mint leaves for garnish

Method

Add juices and sorbet – mix until sorbet melted
Add Pineapple wedge on side.

200	0g
kcal per serving	Protein per serving

Juice-Based Drinks cont.

Fruit Fizz



Ingredients

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

Method

Mix fruit juice and lemonade.
Add ice cream and serve

300	9g
kcal per serving	Protein per serving

Fruit Fizz

DF/VE



Ingredients

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

Method

Mix fruit juice and lemonade.
Add ice cream and serve

250	1g
kcal per serving	Protein per serving

Juice-Based Drinks cont.

Mango Lassi



Ingredients

100ml fortified milk
100g Greek yogurt
200g mango (fresh, frozen or tinned)

Method

Blend all ingredients together and serve with ice

350	11g
kcal per serving	Protein per serving

Mango Lassi

DF/VE



Ingredients

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

Method

Blend all ingredients together and serve with ice

275	15g
kcal per serving	Protein per serving