



Nourishing Drinks

Your contact:

Telephone No.:

Date:

Note: The information in this leaflet may not be suitable for certain medical conditions e.g. swallow problems, food intolerances, food allergies, diabetes. It should not replace the advice of your doctor or healthcare team.

If you are finding it difficult to eat as much as usual and need to make your drinks as nourishing as possible, the following recipes may be useful.

This information sheet should be used in conjunction with Nourishing Ideas.

Cold Drinks

Iced Coffee

- 1 mug full-fat milk
- 2 teaspoons coffee powder
- 2 teaspoons sugar
- 1 scoop vanilla or chocolate ice cream

Dissolve coffee and sugar in a little hot water. Whisk in all other ingredients. Serve chilled.

Milk Shake

- 1 mug full-fat milk
- 1 tablespoon dried milk powder
- Milk shake powder or syrup
- 1 scoop ice cream

Mix all ingredients together. Serve chilled.

Banana Milk

- 1 mug full-fat milk
- 1 small soft banana
- 2 teaspoons sugar
- 1 scoop ice cream

Peel and mash the banana. Add sugar and ice cream. Whisk and serve chilled.

Fruit Float

- ½ glass fresh fruit juice
- ½ glass lemonade
- 1 scoop vanilla ice cream

Mix all ingredients together. Serve chilled.

Yoghurt Drinks

Yoghurt Shake

- 1 mug full-fat milk
- 1 carton fruit yoghurt
- 1 tablespoon honey

Mix all ingredients together. Serve chilled.

Caribbean Crush

- 1 carton natural yoghurt
- 1 mug full-fat milk
- ½ cup mango or other tropical fruit juice or ½ fresh mango or other tropical fruit.

Blend together. Serve chilled.

Yoghurt Smoothie

- 1 carton fruit yoghurt
- ½ glass fruit juice e.g. pineapple, tropical fruit or orange
- 2 teaspoons honey

Blend together. Serve chilled.

Hot Drinks

Cinnamon Spice

- 1 mug full-fat milk
- 1 tablespoon syrup
- Pinch of mixed spice and cinnamon

Heat milk. Stir in other ingredients. Serve hot.

Malted Milk

- 1 mug full-fat milk
- 1 tablespoon honey
- 2 heaped teaspoons malted milk powder e.g. Ovaltine or Horlicks

Heat milk and add honey. Whisk in malted milk powder. Serve hot.

Enriched Milk

Enriched milk can be used to replace milk in all recipes. Enriched milk is made by adding 4 tablespoons of skimmed milk powder to 1 pint of milk.