

Fortified Milk

It is vital to drink enough fluid during the day. Whilst fluids such as water and squash are hydrating, they are not very high in calories.

Use the recipes and hints on this page and overleaf to boost the nutritional value of drinks and liquid-containing foods.

Fortified Milk Recipe

Five tablespoons (~60-70g) dried skimmed milk powder
1 pint of full fat milk

1. Mix the powder with a small amount of milk to make a paste
2. Whisk in the rest of the milk



Aim to have an intake of at least **1 pint of fortified milk per day**

This can be used in many foods you may eat or drink, including:

- Tea/coffee and hot milky drinks e.g. hot chocolate, Horlicks, Ovaltine
- Porridge and cereal
- Custard
- Milky puddings e.g. Angel Delight
- White sauce
- Mashed potato
- Milkshakes

See overleaf for recipes using fortified milk.

Custard (makes 1 pint)

2 tablespoons (35g) custard powder
2 tablespoons (35g) sugar
1 pint of fortified milk

Mix the custard powder and sugar together with a splash of milk to make a paste. Warm the rest of the milk through, then pour onto the paste mixture whilst stirring. Add back to the pan, bring to the boil and stir until thickened

*550kcal
10g protein

Chocolate Mousse (serves 2)

1 sachet instant chocolate dessert e.g. Angel Delight
150ml fortified milk and 150ml double cream*
OR 300ml fortified milk (without any cream)**

Whisk all the ingredients together until thickened
Why not try other instant dessert flavourings?

**300kcal
20g protein

White Sauce (makes 1 pint)

25g butter
25g plain flour
1 pint fortified milk

Melt butter in pan, add flour and cook for 1-2 minutes. Take the pan off the heat and gradually stir in the milk. Return to the heat and simmer for 8-10 minutes, stirring all the time until thickened

Porridge (serves 4)

120g porridge oats
1 pint fortified milk

Mix together in a saucepan and simmer for 2-4 minutes until reaches appropriate consistency

Why not add food boosters (see page 28) to add even more calories?

472kcal
14g protein

Milkshake/Hot Chocolate/Malt Drink

200ml fortified milk (warm if desired)
3 tablespoons double cream
3 teaspoons hot chocolate, malted drink or milkshake powder

Why not try flavoured syrups or fruit?

Yoghurt & Berry Smoothie

150ml fortified milk
150ml full fat fruit yoghurt
1 banana and 100g berries (fresh or frozen)
1 teaspoon honey

300kcal
10g protein

Banana & Peanut Butter Smoothie

150ml fortified milk
1 scoop of ice cream
1 banana
1 tablespoon peanut butter
1 teaspoon honey

350kcal
15g protein

Ice Coffee Delight

150ml fortified milk
2 teaspoons instant coffee powder
1 pot crème caramel
1 scoop ice cream