



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Fortified milkshake recipe

Patient information

Residents at medium or high risk of malnutrition should be offered 2-3 fortified milkshakes or nourishing snacks throughout the day..

## Fortified milkshake recipe

### Ingredients for 4 servings (~200ml each)

*1 pint full fat milk (hot or cold)*

*4 heaped tablespoons dried skimmed milk powder*

*7 tablespoons (100ml) double cream*

*7 tablespoons (100ml) milkshake syrup e.g. Crusha*

*OR 8 heaped teaspoons milkshake powder e.g. Nesquik*

*OR 8 heaped teaspoons hot chocolate/malted drink powder*

### Method

1. Put skimmed milk powder into a jug
2. Add small amount of milk then mix into a paste
3. Add rest of the milk then mix well
4. Add syrup/powder and double cream then mix well
5. Serve!

**Each glass provides approximately  
290 calories and 11g protein**

# Fortified milkshake recipe

## Ingredients for 1 serving (~200ml)

*1/4 pint (140ml) full fat milk*

*1 heaped tablespoon dried skimmed milk powder*

*2 tablespoons double cream*

*2 tablespoons milkshake syrup e.g. Crusha*

*OR 2 heaped teaspoons milkshake powder e.g. Nesquik*

*OR 2 heaped teaspoons hot chocolate/malted drink powder*

## Method

1. Put skimmed milk powder into a jug
2. Add small amount of milk then mix into a paste
3. Add rest of the milk then mix well
4. Add syrup/powder and double cream then mix well
5. Serve!

**Alternatively put all the ingredients  
together in a shaker,  
shake to mix thoroughly and serve!**

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