



**University
Hospitals Sussex**
NHS Foundation Trust

Fortified milk

Patient information

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

Fortified milk: 595kcal, 41g protein

Full fat milk: 386kcal, 19g protein

Semi-skimmed milk: 269kcal, 19g protein

Skimmed milk: 193kcal, 19g protein

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)

Two tablespoons (35g) custard powder

Two tablespoons (35g) sugar *1 pint fortified milk*

Mix the custard powder and sugar together with 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.

White sauce (makes 1 pint)

25g butter

25g plain flour *1 pint fortified milk*

Melt butter in the 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 8-10 minutes, stirring all the time until thickened.

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.

***550kcal,
10g protein**

****300kcal,
20g protein**

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 to add even more calories.

Yoghurt and berry smoothie

150ml fortified milk

150ml full fat fruit yoghurt

1 banana and 100g berries (fresh or frozen)

1 teaspoon honey

**300kcal,
10g protein**

Milk shake/hot chocolate/malt drink

472kcal,
14g protein

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 fruits?.

Banana and 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

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