



Homemade High Calorie Drinks (Over 250 calories per serving)



Iced Coffee (Serves 1)

- 200ml/ $\frac{1}{3}$ pint of fortified milk
- 2 teaspoons/ 4g of coffee powder
- 2 level teaspoons /8g sugar
- 1 scoop/ 60g dairy ice cream

Method

Dissolve coffee in a little hot milk
Add the remaining milk, sugar and ice cream.

Whisk and serve chilled

Strawberry Milkshake (Serves 1)

- 200ml/ $\frac{1}{3}$ -pint fortified milk
- 3 rounded teaspoons/15g of strawberry milkshake powder
- 1 tablespoon/ double cream

Blueberries and strawberries for decoration
(optional)

Method

Mix all ingredients in a blender and serve chilled

Chocolate Cream (serves 1)

- 200ml/ $\frac{1}{3}$ -pint fortified milk
- 1 tablespoon/20g of drinking chocolate
- 1 Tablespoon/60g of double cream

Method—Mix all ingredients in a blender and serve chilled

Cinnamon Spice (Serves 1)

A pinch of mixed spice
200ml/1/3 pint of full fat milk

3 heaped teaspoons/ 50g golden syrup

A pinch of cinnamon

Method

Mix all ingredients in a blender and serve chilled

Fruit Juice Delight (Serves 1)

125g pot full fat yoghurt
200 ml fresh fruit juice

1 tablespoon of double cream

Method

Mix in all ingredients until well blended and serve chilled



Chilled Banana Drink (Serves 1)

1 Banana (Chopped)

150 ml Full Fat milk

1 heaped tablespoon of skimmed milk powder

1 teaspoon of honey

1 scoop of ice cream

Method

To help mix milk powder well, mix to a runny paste with milk or cream before adding remaining liquid.

Liquidise and serve chilled

Banana Froth (serves 1)

200ml/ $\frac{1}{3}$ -pint fortified milk

1 small banana (80g)

1 scoop dairy ice cream (60g)

1 teaspoon sugar (4g)

Method—Mix in all ingredients until well blended and serve chilled

Mango and Peach Dream (Serves 2)

- 1 Fresh mango without skin or stone or tinned mango (160g)
- 1 small banana (80g)
- 3 teaspoons honey
- 1 small pot peach yoghurt
- 3 scoops dairy ice cream

Method

Mix all ingredients together in a blender and serve chilled

Coconut and Mango Smoothie (Serves 1)

- ½ Mango (fresh or tinned)
- 1 Lime (juice)
- 5 Tablespoons of coconut cream
- 1 Tablespoon of brown sugar

Method

Mix in all ingredients until well blended and serve chilled

