

RECIPES FOR NOURISHING DRINKS

During treatment it is common to have a reduced appetite, which may lead to some weight loss. Taking nourishing drinks as between meal snacks can help to provide extra calories and prevent weight loss. Suggestions are given below, but ingredients can be varied to include your favourite fruits or flavourings.

ENRICHED MILK

Add 4 tablespoons of dried milk powder to 1 pint of full fat milk.
Stir well. Use this milk in drinks, on cereals or in puddings or use to prepare the drinks below.

MILK SHAKE (280 calories, 14g protein)

1 cup enriched full fat milk
1 scoop ice cream
1 tablespoon dried milk powder
Flavourings, e.g. milk shake syrup, drinking chocolate

Mix all ingredients and whisk well. Chill and serve

CHILLED BANANA DRINK (365 calories, 15g protein)

1 banana (mashed)
1 cup enriched full fat milk
1 teaspoon honey
1 scoop ice cream

Whisk or liquidise all ingredients together. Serve cold

FRUIT YOGHURT DRINK (270 calories, 9g protein)

1 small carton full fat yoghurt (natural or fruit)
1 small glass fruit juice or pureed fruit

Whisk or liquidise together. Chill and serve with spoon of double cream

SPICY NIGHT CAP

(220 calories, 12g protein)

- 1 cup enriched full fat milk
- 1 teaspoon syrup
- A pinch of ground cinnamon
- A pinch of mixed spice
- 3-4 teaspoons whisky or brandy (if allowed)

Warm the milk in a saucepan. Add the syrup, ground cinnamon and mixed spices. Add whisky or brandy and serve hot.

ENRICHED SOUP

(300 calories, 19g protein)

- 1 packet of soup sachet of cup-a-soup
- 1 cup enriched full fat milk

Empty contents of packet into mug. Add warm milk and mix well. Serve with grated cheese on top

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