

# Nourishing Drinks

Nourishing drinks can provide extra calories (energy) as well as fluid to help keep you hydrated. These drinks should be included in addition to meals, not as a replacement. Try to drink 6-8 cups of non-alcoholic fluid daily, including at least 2 nourishing ones. Try to have drinks that contain lots of calories rather than filling up on low calorie choices such as tea, coffee, water and sugar free/diet drinks.

Milk and Milk alternatives (200ml serving)	Calories (kcal)	Protein (g)
Semi skimmed milk	92	7
Full fat milk	132	7
Fortified milk	204	14
Soya	63	7
Oat	92	2
Almond	44	1
Coconut	206	0

## Fortified milk

- Take 1 pint of full fat milk
- Add 4 heaped tablespoons of skimmed milk powder to a small amount of milk, mix to a paste
- Mix well into the remaining milk
- Store in the fridge and use throughout the day
- Add to drinks such as coffee or tea

## High calorie coffee or hot chocolate

### Serves 1

- 150ml full fat milk
- 1 heaped tablespoon skimmed milk powder\*
- 2 tablespoons double cream
- 1 teaspoon coffee or 3 teaspoons of hot chocolate powder

Mix well

## Peanut butter delight

### Serves 1 (suitable for vegans)

- 35g smooth peanut butter
- 70g vegan ice cream
- 200ml soya milk
- 1 medium banana

Place all ingredients into a blender and blend until smooth

## Fruit juice delight

### Serves 1

- 125g full fat yoghurt
- 200ml fresh fruit juice
- 1 tablespoon double cream

Mix all ingredients until well blended and serve chilled

## Banana and blueberry smoothie

### Serves 1 (suitable for vegans)

- 1 medium banana
- 150ml fortified oat milk
- 30g blueberries
- 15g oats
- 35g smooth peanut butter

Liquidise all ingredients until well blended and serve chilled

## Milkshake

### Serves 1

- 200ml full fat milk
- 1 heaped tablespoon skimmed milk powder\*
- 1 scoop ice-cream
- Milkshake syrup or powder to taste

Blend together until smooth and serve chilled

## Coffee shake

### Serves 1 (suitable for vegans)

- 30g pitted dates
- 150ml fortified soya milk
- 35g smooth peanut butter
- 1/2 tablespoon golden syrup
- 1-2 level teaspoons coffee granules

Dissolve coffee in 2 tablespoons of hot water then add remaining ingredients and blend until smooth

## Chilled banana drink

### Serves 1

- 1 medium banana
- 150ml full fat milk
- 1 heaped tablespoon skimmed milk powder\*
- 1 teaspoon honey
- 1 scoop ice-cream

Liquidise all ingredients and serve chilled

## Non dairy high calorie drinks tips

- Make homemade milkshakes or smoothies with fortified sweetened soya milk
- Add vegan ice-cream/soya yoghurt
- Add vegan protein powders e.g. pea protein
- Add fruit, maple syrup, ground almonds, cacao powder and nut butters to flavour

\*to help mix skimmed milk powder well, mix to a runny paste with a small amount of milk or cream before adding the remaining liquid

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