

Nourishing Drink Ideas

Advice for people with a poor appetite or a low BMI

FORTIFIED MILK

(590 kcal per serving)

- 1 pint of full cream milk
- 4 tablespoons dried milk powder



Stir ingredients together. Use throughout the day. Can be used as a drink, in tea/coffee, on cereals, etc.

MILKSHAKE

(230 kcal per serving)

- 200ml or 1/3 pint of full cream milk
- 2 tablespoons of milk shake syrup or powder
- 1 scoop of ice cream

Mix together and serve chilled



MERITENE® or COMPLAN®

(~260- 380 kcal per serving)

Buy from over-the-counter and make with with full cream milk. They are packed with vitamins and minerals



ICED COFFEE**

(360 kcal per serving)

- 200ml or 1/3 pint of full cream milk
- 1 tablespoons coffee powder
- 1 tablespoon sugar
- 1 scoop ice cream



Dissolve the coffee in a little hot milk, add rest of milk, sugar and ice cream. Whisk and chill thoroughly

NOURISHING CUP-A-SOUP®

(270 kcal per serving)

- 200ml or 1/3 pint of full cream milk heated
- 1 heaped tablespoons of milk powder
- 1 packet of Cup-a-soup®

Stir ingredients together and serve



HOT CHOCOLATE

(300 kcal per serving)

- 200ml full cream milk
- 1 tablespoon of drinking chocolate
- 1 teaspoon of sugar
- Whipped cream



Heat the milk, mix in ingredients. Top with cream

CINNAMON SPICE**

(180 kcal per serving)

- 200ml or 1/3 pint of full cream milk heated
- 1 tablespoon golden syrup
- Pinch mixed spice
- Pinch of cinnamon



Heat milk, add syrup, cinnamon and mixed spice and serve warm.

GINGER LIME

(215 kcal per serving)

- 1 glass ginger beer
- 1 small carton natural yoghurt
- 2 tablespoons lime syrup/cordial



Mix lime syrup and yoghurt together. Top up with ginger beer and serve chilled.

FRUITY FLOAT**

(200 kcal per serving)

- ½ a glass fresh fruit juice
- ½ a glass lemonade
- 1 tablespoon of sugar
- 1 scoop of ice cream

Mix ingredients together and serve chilled.



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BISCUIT SHAKE

(~500 kcals per serving)

- 4 of your favorite biscuits
- 200ml of full cream milk
- 2 tablespoons of condensed milk
- 1 tablespoon of skimmed milk powder

Blend together and serve chilled



ETON MESS MILKSHAKE**

(360 kcal per serving)

- 2 meringue nests
- 150ml whole milk
- 2 tablespoons of strawberry milkshake powder
- 1 tablespoon strawberry jam



Blended together and serve chilled

NUTTY SHAKE*

(270 kcal per serving)

- 200ml whole milk
- 1 tablespoon skimmed milk powder
- 1 tablespoon peanut butter



Blend together and serve chilled

*not suitable for those with nut allergies

PINA COLADA**

(310 kcal per serving)

- 100ml tinned coconut milk
- 100ml pineapple juice
- 1 x tablespoon lemon curd
- 1 tablespoon golden syrup



Mix together and serve with ice

MANGO LASSI**

(310 kcal per serving)

- ½ a tin mango in syrup
- 1 heaped tablespoon milk powder
- 1 tablespoon of honey
- 125g full cream natural or vanilla yoghurt
- Hand full of ice



Blend and serve

MALTED DRINK/HORLICKS®

(310 kcal per serving)

- 200ml hot milk
- 4 teaspoons malted drink powder
- 1 tablespoon double cream
- 1 teaspoon sugar



Heat the milk, mix in the rest of ingredients.

Top tips:

- Use full cream milk or full sugar drinks** to provide extra energy
- Consider adding skimmed milk powder, condensed milk, cream, sugar, golden syrup, peanut butter, jam or fruit to any drinks for extra energy

Change full fat milk to soya milk for vegans/ those with lactose intolerance

*not suitable for those with nut allergies

**consider low-sugar alternatives for those with diabetes