

Fortified Milkshake Recipe

Residents at medium or high risk of malnutrition should be offered 2-3 fortified milkshakes or nourishing snacks throughout the day.

Ingredients for 4 servings (~200ml each)

1 pint full fat milk (hot or cold)

4 heaped tablespoons dried skimmed milk powder

7 tablespoons (100ml) double cream

7 tablespoons (100ml) milkshake syrup e.g. Crusha

OR 8 heaped teaspoons milkshake powder e.g. Nesquik

OR 8 heaped teaspoons hot chocolate/malted drink powder

Method

1. Put skimmed milk powder into a jug
2. Add small amount of milk then mix into a paste
3. Add rest of the milk then mix well
4. Add syrup/powder and double cream then mix well
5. Serve!

Each glass provides approximately
290 calories and 11g protein



www.uhsussex.nhs.uk

NHS

University Hospitals Sussex
NHS Foundation Trust

Ingredients for 1 serving (~200ml)

1/4 pint (140ml) full fat milk

1 heaped tablespoon dried skimmed milk powder

2 tablespoons double cream

2 tablespoons milkshake syrup e.g. Crusha

OR 2 heaped teaspoons milkshake powder e.g. Nesquik

OR 2 heaped teaspoons hot chocolate/malted drink powder

Method

1. Put skimmed milk powder into a jug
2. Add small amount of milk and mix into a paste
3. Add rest of the milk and mix
4. Add syrup/powder and double cream and mix
5. Serve!

Alternatively put all the ingredients together in a shaker, shake to mix thoroughly and serve!



www.uhsussex.nhs.uk