

Fortified Drink Recipes

Hydration is key to keep your residents well. Dehydration can cause constipation, headaches, tiredness, irritability, and reduce skin integrity. Encouraging nourishing drinks helps improve hydration and nutrition.

Aim for 1 pint of milk a day - This is the equivalent of 2 milky drinks and milk that can be used in cereal and puddings.



Fortified Milk Recipe - 1 pint of whole milk with 4 tbsp. of dried skimmed milk powder.

Nourishing Drink Recipes

Milkshake 370 calories

200mls of fortified milk
Milkshake Powder (Nesquick/Crusha)
1 tablespoon of double cream

Mix all the ingredients together, add milkshake powder to taste and serve cold.



Milky Coffee 430 calories (made with water 16 calories)

150mls of fortified milk
4 tablespoons of double cream
1 teaspoon of coffee powder

Mix together the milk, cream and milk powder. Heat in a saucepan or microwave, add the coffee powder.



Hot Chocolate 470 calories (made with water 43 calories)

150mls of fortified milk
4 tablespoons of double cream
4 teaspoons of hot chocolate

Mix together and stir well, heat in a sauce pan or microwave.



Malted Milk 480 calories (made with water 56 calories)

150mls of fortified milk
4 tablespoons of double cream
4 teaspoons of Horlicks/Ovaltine powder
Mix together and stir well, heat in a sauce pan or microwave.



Iced Coffee 260 calories

150mls of fortified milk
1 scoop of vanilla ice cream
1 teaspoon of coffee
Sugar to taste



Blend the coffee with a little water, and then add milk, sugar and ice cream. Whisk well and serve.

Fruit Float 250 calories

100mls of fruit juice
100mls of Lemonade (full sugar)
1 scoop of ice cream
1 tablespoon of double cream



Whisk the ingredients together and serve

Yoghurt Surprise 400 calories

100mls of full fat yoghurt - any flavouring
100mls of fortified milk
2 tables of double cream



Mix together the ingredients and serve cold

Fruit Smoothie 380 calories

100mls of fortified milk
Handful of fruit - of your choice (bananas/strawberries)
2 tablespoons of double cream
1 scoop of ice cream



In a blender mix all the ingredients and serve cold

Cup a Soup 430 calories(Perfect for those who prefer savoury!)

200mls of fortified milk
Dried soup mix (sachet or 80g)
2 tablespoons of double cream

Mix the milk and soup together, heat in the microwave, stir in double cream at the end.

