

Nourishing Drinks

Aim for **two** nourishing drinks per day to help prevent weight loss and encourage weight gain.

- **Have nourishing drinks in between your meals**, not in place of one!
- **Choose full fat and full sugar products** rather than 'diet', 'sugar free' or 'skimmed' varieties as these provide more calories.
- **Use milk, dairy-free milk alternatives (e.g. soya rather than nut milk as this has more calories and protein) or fruit juice as base ingredients** in your drinks rather than water.
- **Make fortified milk** to boost protein and calorie content. Add 5 tablespoons of dried milk powder to a pint of milk, stir until dissolved and use like regular milk. Marvel or supermarket-own brands are available.
- **Relax with a warm milky drink** such as Horlicks®, Ovaltine® or drinking chocolate before bed.

Blend all the recipes below until smooth. Each recipe below makes 1 serving.

Basic Homemade Milkshake recipe

170ml full fat milk
2 tablespoon double cream
1 tablespoon dried milk powder
1 tablespoon Nesquik/milkshake powder

Per serving approx. 360kcal, 13g protein

Malted Honey Drink

200ml full fat milk
4 teaspoons Ovaltine or Horlicks powder
1 scoop ice cream
1 tablespoon honey or sugar

Per serving approx. 310kcal, 10g protein

Banuttty Smoothie

150ml full fat milk
1 scoop ice-cream
1 tablespoon dried milk powder
½ banana
1 tablespoon smooth peanut butter
1 tablespoon sugar or honey

Per serving approx. 420kcal, 17g protein

Fruit Blast

100ml fresh fruit juice
100ml lemonade (not sugar free)
1 scoop ice-cream (can be dairy free)
1 tablespoon sunflower or vegetable oil
2 heaped teaspoons sugar

Per serving approx. 300kcal (minimal protein)