

## Nourishing Recipes

### Who is this leaflet for?

This leaflet provides nourishing recipes to support people who may be at risk of malnutrition, e.g. those with a poor appetite, low body weight and/or unintentional weight loss.

- These recipes are designed to supplement the diet and are not intended to be used as a sole source of nutrition. Please consider a multivitamin and mineral if your diet is limited.

### How do I include nourishing drinks in my diet?

We recommend you try to include **two** nourishing drinks each day. All the ingredients in these recipes are designed to be blended until smooth unless they specify a different method. If you do not tolerate milkshakes, try having two cream shots and/or a fortified pudding daily (see recipes overleaf).

- If you require a texture modified diet or fluids then you may be able to thicken these recipes with your prescribed thickener if necessary to suit your individual requirements. Please always check before serving to ensure they are the correct texture and consistency and are safe to meet your individual needs. For more information on guidance and testing of texture modified food and fluids visit the IDDSI website [www.iddsi.org](http://www.iddsi.org).

### How do I access further information?

Further information and additional recipes can be found on our website [www.patientwebinars.co.uk](http://www.patientwebinars.co.uk) in the Malnutrition section.

**Please note this information is for general advice only. If you need more detailed advice, if you find it difficult to make these changes, or if you continue to lose weight despite making changes to your diet, please see your GP who may refer you to a community dietitian for further assessment.**

#### Basic Smoothie

Serves 2 drink

- 400ml full fat milk
- 2 Tbsp (30ml) double cream
- 30g dried milk powder
- 1 level Tbsp sunflower or vegetable oil
- 2 Tbsp milkshake powder e.g. Nesquik, Crusha or supermarket own brand

**Per serving: 360 calories and 12.5g protein**

#### Banatty Smoothie

Serves 2 drinks

- 300ml full fat milk
- 2 scoops ice cream
- 30g dried milk powder
- 1 small size banana
- 2 heaped Tbsp smooth peanut butter
- 1 Tbsp sugar or honey

**Per serving: 470 calories and 21g protein**

Higher  
Protein

### Malted Honey Drink

Serves 2 drinks

- 400ml whole milk
- 8 tsp/40g malted milk e.g. Ovaltine or Horlicks or own brand powder
- 2 scoops ice cream
- 2 Tbsp honey or sugar

**Per serving: 350 calories and 10g protein**

### Dairy Free Smoothie

Serves 2 drinks

- 400ml sweetened soya Milk
- 2 heaped Tbsp smooth peanut butter
- 2 heaped tsp cocoa powder
- 2 Tbsp sunflower or vegetable oil
- 2 Tbsp of sugar or honey

Milk  
Free

Higher  
Protein

**Per serving: 470 calories and 15.5g protein**

### Fruit Blast

Serves 2 drinks

- 200ml fresh fruit juice
- 200ml lemonade (not diet or sugar free)
- 2 scoops ice-cream (dairy free if preferred)
- 2 x 5g dried egg white powder
- 2 level Tbsp sunflower or vegetable oil
- 4 heaped tsp of sugar

**Per serving: 320 calories and 7.2g protein**

### Savoury Bloody Mary

Serves 2 drinks

- 200ml tomato passata sauce
- 200ml lemonade (not diet)
- 2 tsp beef or yeast extract
- 30g/2 heaped Tbsp dried milk powder
- 4 Tbsp of sunflower or vegetable oil
- Worcestershire sauce and black Pepper to season

Savoury

**Per serving: 320 calories and 8.5g protein**

### Fortified Pudding

Makes 3 servings

- 150ml double cream
- 30g skimmed milk powder
- 30ml full fat milk
- 2 x standard size (approx. 50g) Mars Bars or similar nougat-caramel chocolate bars

Low  
Volume

Heat cream, milk and milk powder in saucepan until milk powder dissolved. Add finely chopped Mars Bars and heat gently until completely melted. Pour into 3 small dessert bowls and chill.

**Per serving: 440 calories and 6g protein**

### Cream Shot

Makes 5-6 x 40ml servings

- 150ml double cream
- 50ml whole milk
- 1 heaped Tbsp sugar
- 30g dried milk powder

Low  
Volume

Make a paste by adding a little cream to sugar and milk powder until smooth. Slowly add remaining cream and milk.

**Per 40ml serving: 185 calories and 2g protein**