



Plant Based 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. It is suitable for those following a plant based diet or those who are intolerant to dairy.

- 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 require a texture modified diet or fluids then you may be able to thicken the nourishing drink 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.

How do I access further information?

Further information and additional recipes can be found on our website 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.

Choco-mocha Smoothie

Serves 1 drink

- 30ml espresso coffee or strong coffee
- 200ml hazelnut milk
- 1 Tbsp cocoa powder
- 1 medium banana
- 50g soft pitted dates
- 1 tsp vanilla essence

Per serving: 380 calories and 6.6g protein

Coconut Passion

Serves 1 drink

Higher Protein

- 200ml oat milk
- 150g coconut yoghurt
- 100g tinned or fresh mango
- 30ml mango and passionfruit coulis
- 1 tsp vanilla essence
- 15g pea or soya protein powder*

Per serving: 460 calories and 16.4g protein

Bakewell Tart Smoothie

Serves 1 drink

- 200ml oat milk
- 1 Tbsp smooth almond butter
- 80g fresh or frozen raspberries
- 25g milk free custard powder
e.g. Bird's custard powder
- 1 Tbsp sunflower or vegetable oil
- *consider adding soya or pea protein powder for extra protein**

Per serving: 350 calories and 6.1g protein

Choco-nut Smoothie

Serves 1 drink

Higher Protein

- 200ml sweetened soya milk
- 1 heaped Tbsp smooth peanut butter
- 1 heaped tsp cocoa powder
- 1 Tbsp sunflower or vegetable oil
- 1 Tbsp of sugar or honey

Per serving: 470 calories and 15.5g protein

Maple & Banana Smoothie

Serves 1 drink

- 200ml soya milk
- 1.5 Tbsp maple or golden syrup
- ½ medium banana
- 1 Tbsp smooth almond butter
- ½ tsp ground cinnamon

Per serving: 290 calories and 11.3g protein

Pina Colada Shake

Serves 1 drink

- 100ml oat milk
- 100ml pineapple juice
- 50ml (1/8th can) coconut milk
- 1 Tbsp golden syrup
- 15g pea or soya protein powder*

Per serving: 280 calories and 12.5g protein

Banana Choco-nut Bites

Makes 10 bite sized snack servings

- 2 heaped Tbsp crunchy almond nut butter (or peanut)
- 25g whole oats
- 2 Tbsp linseeds or flaxseeds
- 1 small mashed banana
- 25g dark chocolate buttons
- 25g flaked almonds

Blend all ingredients except the flaked almonds in a food processor. Using a tablespoon, spoon the mixture out and roll into 10 bite sized ball. Coat each ball with the flaked almonds. Store in an airtight container and refrigerate until firm.

Per serving (2 balls): 185 calories and 5.5g protein

Very Berry Smoothie

Serves 1 drink

- 200ml almond milk
- ½ avocado
- 30g oats
- 80g frozen berries
- 1 medium banana
- 1 tsp yeast flakes, e.g. Engevita

Per serving: 470 calories and 12g protein

 *Alternative plant based proteins e.g. soya or pea protein are available from some supermarkets and on-line retailers. If you choose to include egg proteins in your diet then dried egg powder is a suitable alternative which can be purchased in most supermarkets.