

# Plant Based Nourishing Recipes



## NUTRITION AND DIETETICS

Recipes for nourishing food and drinks to make at home.



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## 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 who are intolerant to dairy or following a plant-based diet. Many of the recipes are also suitable for vegan diets.

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 supplement if your diet is limited.

Recipes for drinks may be split into 2 or 3 smaller servings over the course of a day, to support with a little and often approach, for those with smaller appetites.

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](http://www.iddsi.org)

## Fortified Shake

### Ingredients (serves 1)

- 180ml fortified soya, oat, rice, or hemp milk (High protein versions are also available e.g., Alpro® plant protein drink)
- 25g plant-based vitamin and mineral powder e.g., Horlicks® Vegan or a plant-based milkshake mix
- 1 scoop (50ml) of dairy free ice cream



### Method

Add vitamin and mineral powder to a glass. Gradually mix in plant-based milk and ice cream and stir well.

### Nutrition

Per serving: 230kcal and 11.3g protein (made with high protein plant milk)



**Tip:** Add 2 teaspoons (10g) nutritional yeast flakes for extra protein and vitamins and minerals.

## Maple & Banana Smoothie

### Ingredients (serves 1)

- 200ml soya milk
- 1 ½ tablespoons of maple or golden syrup
- ½ medium banana
- 1 tablespoon of smooth almond butter
- ½ teaspoon of ground cinnamon



### Method

Add syrup, banana, almond butter, and cinnamon to blender. Gradually add soya milk whilst blending to a smooth consistency.

### Nutrition

Per serving: 290 calories and 11.3g protein



**Tip:** Try adding different nut butters for variety e.g., cashew and peanut butter.

## Bakewell Tart Smoothie

### Ingredients (serves 1)

- 200ml oat milk
- 1 tablespoon smooth almond butter
- 80g fresh or frozen raspberries
- 25g milk free custard powder e.g., Bird's custard powder
- 1 tablespoon of sunflower or nut oil



### Method

Add almond butter, custard powder and oil to a blender and blend to form a smooth paste. Gradually add oat milk and frozen berries and pulse until smooth.

### Nutrition

Per serving: 350kcal and 6.1g protein



**Tip:** fruit jam could be added as an alternative to fresh fruit.

## Vanilla Shake

### Ingredients (serves 1)

- 100ml coconut milk
- 100g (approx. 4 heaped tablespoons) dairy free ice cream
- 2 teaspoons (10g) vanilla extract (add more depending on individual preference)



### Method

Mix all ingredients together in a blender and serve.

### Nutrition

Per serving: 394kcal, 3.6g protein



**Tip:** Experiment with other tasty combinations by replacing the vanilla extract with fresh or frozen fruit (e.g., strawberries & mango) or dairy free milkshake syrups. Add coffee for a delicious, iced vanilla coffee drink.

## Chocolate Shake

### Ingredients (serves 1)

- 100ml sweetened soya milk
- 100ml coconut milk
- 3-4 (15-20g) teaspoons cocoa powder
- 4-5 (33.6-42g) teaspoons golden syrup



### Method

Whisk all ingredients together and serve.

### Nutrition

Per Serving: 407kcal, 8.7g protein



**Tip:** Try adding a shot of coffee for tasty chocolate coffee milkshakes.



## Banana & Peanut Butter Shake

### Ingredients (serves 1)

- 100ml sweetened soya milk
- 100ml coconut milk
- 1 small banana (approx. 80g)
- 4 heaped teaspoons (56g) peanut butter
- 1 teaspoon (8.4g) golden syrup



### Method

Mix all ingredients together in a blender and serve.

### Nutrition

Per serving: 679kcal, 20g protein



**Tip:** Try adding cocoa powder to this shake as the chocolate flavour works well with the banana and peanut butter. Best served chilled.

## Fruit Smoothie

### Ingredients (serves 1)

- 1 small banana (approx. 80g)
- 150ml tinned coconut milk
- 75ml orange juice
- 5 strawberries (fresh or frozen)
- 10 raspberries (fresh or frozen)



### Method

Blend all ingredients together in a blender and serve.

### Nutrition

Dairy free fortified fruit smoothie: 403kcal, 3.4g protein



**Tip:** Add 10g plant protein powder e.g. pea or soya to boost the protein content of this smoothie.

## Choco-nut Smoothie

### Ingredients (serves 1)

- 200ml sweetened soya milk
- 1 heaped tablespoon of smooth peanut butter
- 1 heaped teaspoon of cocoa powder
- 1 tablespoon of sunflower or nut oil
- 1 tablespoon of sugar, agave nectar or maple syrup



### Method

Blend all ingredients together in a blender and serve.

### Nutrition

Per serving: 470kcal and 15.5g protein



**Tip:** Try adding a different nut butter for variety e.g., cashew, peanut, and hazelnut.

## Lemon & Lime Sublime

### Ingredients (serves 1)

- 100ml lemonade
- 100ml lime cordial
- 2 ½ tablespoons (37.5g) lemon curd
- 2 ½ tablespoons (22.5g) icing sugar
- 1 tablespoon (26g) golden syrup



### Method

Mix the lemon curd, icing sugar and golden syrup into a paste. Slowly whisk the lemonade and lime cordial into the paste. May require straining through a sieve before serving.

### Nutrition

Lemon & lime sublime: 421kcal, 0.5g protein



**Tip:** Why not try a different flavour combination, such as using elderflower cordial instead of lime cordial.

## Very Berry Smoothie

### Ingredients (serves 1)

- 200ml almond milk
- ½ avocado
- 30g oats
- 80g frozen berries
- 1 small banana (approx. 80g)
- 1 teaspoon of yeast flakes, e.g., Engevita, Holland & Barrett or Bosh! Nooch! Nutritional yeast flakes



### Method

Blend all ingredients together in a blender and pulse until smooth.

### Nutrition

Per serving: 420kcal and 12g protein



**Tip:** Add high protein plant-based milks for extra protein.

## Choco-mocha Smoothie

### Ingredients (serves 1)

- 200ml hazelnut milk
- 30ml espresso coffee or strong coffee
- 1 tablespoon of cocoa powder
- 1 small banana (approx. 80g)
- 50g soft pitted dates
- 1 teaspoon of vanilla essence



### Method

Blend all ingredients together in a blender and pulse until smooth.

### Nutrition

Per serving: 320kcal and 6.2g protein



**Tip:** Add high protein plant-based milks for extra protein.

## Virgin Pina Colada

### Ingredients (serves 1)

- 100ml tinned coconut milk
- 100ml pineapple juice
- 2 ½ tablespoons (30g) apricot jam
- 2 ½ tablespoons (22.5g) icing sugar
- 1 tablespoon (26g) golden syrup



### Method

Mix all ingredients together with a fork and serve.

### Nutrition

Virgin Pina Colada: 483kcal, 1.6g protein



**Tip:** Add 10g plant protein e.g., pea or soya to boost the protein content of this cocktail.

## Fortified Porridge

### Ingredients (serves 1)

- 40g porridge oats or fine milled fortified porridge oats e.g., Ready brek®
- 200ml plant-based milk
- 1 tablespoon (15g) ground almonds
- 1 tablespoon (15ml) maple or golden syrup



### Method

Add plant milk to porridge oats and heat (microwave or hob), stir often. Stir in ground almonds and then drizzle with maple or golden syrup.

### Nutrition

Fortified porridge: 400kcal, 19g protein (made with high protein plant-based milk)

Standard porridge (made with water): 150kcal, 4.8g protein



**Tip:** To further fortify porridge you could add raisins, peanut butter, or linseeds.



## Fortified Mashed Potato

### Ingredients (serves 1)

- 200g mashed potato or sweet potato
- 1 tablespoon of olive oil
- 2 teaspoons (10g) of nutritional yeast flakes e.g., Engevita, Holland & Barrett or Bosh! Nooch! Nutritional yeast flakes



### Method

Cook the potatoes and leave to strain for a few minutes. Add the olive oil and nutritional yeast flakes. Mash all the ingredients together.

### Nutrition

Fortified mashed potato (approx.): 325kcal, 7.7g protein

Standard mashed potato (approx.): 150kcal, 3g protein



**Tip:** Add grated dairy free cheese for extra calories

## Chocolate Mousse

### Ingredients (serves 4)

- 150g dark chocolate, broken into pieces
- 300g, drained silken tofu
- 1 tablespoon of caster sugar, agave nectar or golden syrup
- 150g raspberries



### Method

Put the chocolate pieces into a heatproof bowl and melt over a pan of simmering water or in 20-second pulses in the microwave. Put the tofu into a blender with the sugar, pour in the melted chocolate and whizz until completely smooth. Spoon the mousse into four small glasses, alternating with a few raspberries, until both are used up. Chill for at least 2 hours, until set. Remove from the fridge 10-15 minutes before serving to soften slightly.

### Nutrition

Per serving: 350kcal, 8g protein

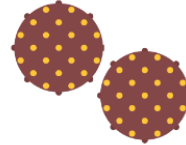


**Tip:** Mousse is a great snack in between meals and is suitable for those requiring a textured modified diet.

## Choco-nut Bites

### Ingredients (makes 10 bite sized snacks)

- 2 heaped tablespoons of crunchy almond or peanut butter
- 25g whole oats
- 2 tablespoons of linseeds or flaxseeds
- 1 small, mashed banana (approx. 80g)
- 25g dark chocolate buttons
- 25g flaked almonds



### Method

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

### Nutrition

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



**Tip:** Double the mixture and freeze half for defrosting when needed. Use within 1 month.

## 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.**

Many of the recipes and nutritional information in this leaflet have been reproduced with kind permission from Bedfordshire Community Food First Dietitians.



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