

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.

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 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 .

Fortified Milk

Ingredients

- 1 pint (568ml) whole milk
- 4 tablespoons (48g) skimmed milk powder



Method

Whisk ingredients together with a fork and chill or serve.

Nutrition

Fortified pint of whole milk: 572kcal, 36g protein

Standard pint of whole milk: 356kcal, 19g protein



Tip: For those at risk of malnutrition, aim for 1 pint of fortified milk each day. Use like standard milk throughout the day. For example, use in tea, coffee, milkshake, porridge, mash potato and soups.

Fortified Milk Shake

Ingredients (serves 1)

- 180ml whole milk
- 2 heaped tablespoons (30g) skimmed milk powder
- 4 heaped teaspoons (25g) vitamin fortified milkshake powder (e.g. Nesquik, Horlicks, Ovaltine **or** Supermarket own brand milkshake mix e.g. Asda Milkshake Mix, Morrisons Milkshake Mix or Lidl 'Goody Cao')



Method

Mix the milkshake powder and skimmed milk powder together with a little of the milk to create a smooth paste. Stir in the remaining milk slowly until all powder fully dissolved.

Nutrition

Fortified milkshake: 297kcal, 17g protein

Standard milkshake (made with semi-skimmed milk): 164kcal, 6g protein



Tip: For those at risk of malnutrition, aim for 2 homemade milkshakes each day

Fortified Coffee

Ingredients (serves 1)

- 200ml whole milk
- 1-2 teaspoons (5-10g) instant coffee
- 2 tablespoons (24g) skimmed milk powder



Method

Heat the milk until hot (over a hob or in the microwave). Stir in the instant coffee and skimmed milk powder.

Nutrition

Fortified coffee: 210kcal, 15g protein

Standard coffee: 2kcal, 0g protein



Tip: All fluids except alcohol count towards meeting daily fluid requirements. You should aim to have at least 1 ½ - 2 litres of fluid per day.

Fortified Hot Chocolate

Ingredients (serves 1)

- 200ml whole milk
- 3 heaped teaspoons (20g) instant hot chocolate
- 2 tablespoons (24g) skimmed milk powder
- 2 tablespoons (30ml) double cream



Method

Heat the milk until hot (over a hob or in the microwave). Stir in the instant hot chocolate, skimmed milk powder and double cream.

Nutrition

Fortified hot chocolate: 446kcal, 17g protein

Standard hot chocolate (made with semi skimmed milk): 168kcal, 7.9g protein



Tip: Top with squirty cream and marshmallows to add extra calories.

Fortified Malted Drink

Ingredients (serves 1)

- 200ml whole milk
- 4 heaped teaspoons (50g) malted drink powder (e.g. Horlicks/Ovaltine)
- 2 tablespoons (24g) skimmed milk powder
- 2 tablespoons (30ml) double cream



Method

Heat the milk until hot (over a hob or in the microwave). Stir in the malted drink powder, skimmed milk powder and double cream.

Nutrition

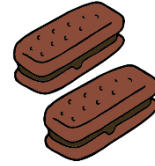
Fortified malted drink: 572kcal, 20g protein

Standard malted drink (made with semi-skimmed milk): 188kcal, 9.5g protein



Tip: Warm malted drinks make for a perfect bedtime drink.

Bourbon Cream Dream



Ingredients (serves 1)

- 4 bourbon cream biscuits
- 200ml whole milk
- 2 tablespoons (30g) condensed milk
- 1 tablespoon (12g) skimmed milk powder

Method

Crush the biscuits into fine crumbs. Mix with all other ingredients. This can be done easily by hand or in a blender.

Nutrition

Bourbon cream dream: 539kcal, 16g protein



Tip: Top with cream to provide extra calories. Try replacing the bourbon cream biscuits with custard creams or ginger nuts.

Fortified Fruit Juice

Ingredients (serves 1)

- 180ml fruit juice
- 40ml undiluted fruit squash or cordial (not sugar free, diet or no added sugar)
- 10g (2 x 5g sachets) egg white powder - found in the home baking sections of most supermarkets



Method

Mix undiluted fruit squash/cordial into egg white powder with a fork. Gradually mix in fruit juice until smooth.

Nutrition

Fortified fruit juice: 180kcal, 9.5g protein

Standard fruit juice: 83kcal, 1g protein



Tip: Try some of these alternative combinations:

- Cranberry juice with blackcurrant squash
- Apple juice with elderflower cordial
- Orange juice with pineapple squash

Fortified Super Soup

Ingredients (serves 1)

- 1 sachet of cup soup (use a 'cream of' variety for best results)
- 100ml whole milk
- 100ml double cream



Method

Heat the milk and double cream together in a saucepan or in a microwave. Whisk in the cup soup powder.

Nutrition

Fortified Cup Soup: 577kcal, 5.3g protein

Standard Cup Soup (average): 100kcal, 1g protein



Tip: Fortified soup can be served as a great savoury snack in between meals, especially in winter.

Fortified Tinned Soup

Ingredients (serves 1)

- 300ml tinned soup
- 2 tablespoons (24g) skimmed milk powder
- 1 tablespoon (15ml) double cream



Method

Heat up the soup and stir in the dried milk powder and double cream

Nutrition

Fortified tinned soup: 288kcal, 13g protein

Standard tinned soup (average): 150kcal, 5g protein



Tip: To provide further calories add croutons or grated cheese and serve with bread and butter.

Fortified Homemade Soup

Ingredients (serves 1)

- Bowl of homemade soup
- 2 tablespoons (30ml) double cream
- 2 tablespoons (30g) skimmed milk powder



Method

Stir in the double cream and milk powder to a bowl of homemade soup

Nutrition

Double cream and milk powder adds an extra: 252kcal, 11g protein



Tip: To further fortify a bowl of soup you could add: 15g grated cheese: 62kcal, 4g protein.

Fortified Mashed Potato

Ingredients (serves 1)

- 200g mashed potato
- 2 teaspoons (18g) butter
- 2 tablespoons (30ml) whole milk
- 1 tablespoon (12g) skimmed milk powder
- 1 tablespoon (15ml) double cream



Method

Cook the potatoes. Add the butter, milk, milk powder and double cream. Mash all the ingredients together.

Nutrition

Fortified mashed potato (approx.): 437kcal, 9.1g protein

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



Tip: Add grated cheese for extra calories and protein.

Fortified Cereal

Ingredients (serves 1)

- Bowl of breakfast cereal
- 150ml whole milk
- 1 tablespoon (12g) dried milk powder
- 1 tablespoon (15ml) double cream



Method

Stir in the milk powder and double cream to the milk. Pour the fortified milk over the cereal.

Nutrition

Fortified cereal: 355kcal, 14g protein

Standard cereal: 188-211kcal, 7.1-9.9g protein



Tip: To further fortify a bowl of cereal you could add raisins, honey, sugar, almonds, prunes, or desiccated coconut.

Fortified Porridge

Ingredients (serves 1)

- 40g porridge oats or fine milled fortified porridge oats e.g., Ready brek®
- 200ml whole milk
- 1 tablespoon (12g) skimmed milk powder
- 1 tablespoon (15ml) double cream



Method

Add milk to porridge oats and heat (microwave or hob), stir often. Stir in milk powder and double cream.

Nutrition

Fortified porridge: 405kcal, 16g protein

Standard porridge (made with semi-skimmed milk):
251kcal, 12g protein



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

Fortified Yoghurt

Ingredients (serves 1)

- 1 pot of full fat yoghurt
- 1 tablespoon (12g) skimmed milk powder
- 1 tablespoon (15ml) double cream



Method

Stir in the milk powder and double cream into yoghurt.

Nutrition

Fortified yoghurt: 263kcal, 9.4g protein

Standard yoghurt: 114kcal, 4g protein



Tip: Fortified yoghurt is a great snack in between meals or as a dessert and is suitable for those requiring a textured modified diet (yoghurts containing fruit bits may not be suitable for those requiring a texture modified diet).

Fortified Custard

Ingredients (serves 1)

- 125g ready to eat custard (avoid low fat / sugar varieties)
- 1 tablespoon (12g) skimmed milk powder
- 1 tablespoon (15ml) double cream



Method

Stir the double cream and milk powder into the custard until dissolved

Nutrition

Fortified custard: 244kcal, 7.9g protein

Standard custard: 122kcal, 3g protein



Tip: Fortified custard is a great snack for in between meals and is suitable for those requiring a texture modified diet. Fortified custard can be served with sliced or pureed fruit and puddings.

Fortified Mousse

Ingredients (serves 1)

- Instant mousse mix (1 pack) such as Angel Delight or supermarket own brand
- Follow quantities advised on packet using whole milk, replacing half of the quantity of milk with double cream (e.g. if packet requires 300ml of milk, use 150ml whole milk, 150ml double cream)
- 4 tablespoons (48g) skimmed milk powder



Method

Mix mousse powder with milk powder. Whisk in milk and cream. Divide into appropriate portions according to packet instructions and chill until set.

Nutrition

Fortified mousse (approx.): 310kcal, 6.5g protein

Standard mousse per portion: 110kcal, 3g protein



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

Fortified Milk Jelly

Ingredients (serves 1)

- 1 block of full sugar jelly
- 284ml (½ pint) boiling water
- 1 tin (410g) evaporated milk



Method

Add 284ml (½ pint) of boiling water to cubes of jelly. Allow jelly mixture to cool (approx. 10minutes). Stir in 1 tin of evaporated milk. Pour in 4 bowls and chill until set.

Nutrition

Fortified milk jelly: 262kcal, 10g protein

Standard jelly: 100kcal, 2g protein



Tip: Add sliced fruit to the milk jelly mixture before it sets to add extra flavour and make the dish more attractive.

Fortified Lemon Cream

Ingredients (Makes 3 servings)

- 300ml double cream
- 70g caster sugar
- Juice of 1 – 1 ½ lemons
- 2 tablespoons (24g) skimmed milk powder



Method

Heat cream and milk powder together over the hob, until milk powder has dissolved. Add sugar, bring to the boil and continue to boil for 3 minutes. Mix in lemon juice. Pour into 3 bowls and allow to set.

Nutrition

Fortified lemon cream (approx.100ml): 621kcal,
4.5g protein



Tip: Serve with crushed meringue for a zesty alternative to the classic Eton Mess.

Fortified Chocolate Caramel Cream

Ingredients (makes 3 x 80ml servings)

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



Method

Put cream, milk and milk powder in a saucepan. Gently heat until milk powder has dissolved. Add finely chopped chocolate bars. Heat gently, stirring all the time, until chocolate bars have completely melted. Pour into 3 small dessert bowls and chill. Mixture will keep (covered) in fridge for 3 days.

Nutrition

Fortified chocolate caramel cream (approx. 80ml serving): 440kcal, 6g protein



Tip: Try adding a handful of ground peanuts or almonds nuts (or nut butter) to each serving to add an extra 7g protein.

Fortified Cream Shot

Ingredients (makes 6 x 40ml servings)

- 150ml double cream
- 50ml whole milk
- 1 heaped tablespoon of sugar
- 30g skimmed milk powder



Method

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

Nutrition

Fortified cream shot (approx. 40ml serving):
185kcal, 2g protein

Aim for three servings each day



Tip: Fortified shots may be helpful for those with very poor appetites who are unable to consume larger quantities of other fortified drinks.

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.

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

Nutrition & Dietetics
Advice for patients

Nutrition & Dietetics/Dec
21/review Dec24

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