

## Patient Information

### Homemade Nutritional Booster Recipes

**The aim of this diet sheet is to give you recipe ideas for booster drinks and desserts that may help to increase your nutritional intake.**

Often Oral Nutritional Supplements are prescribed by a doctor, often on the advice of a Dietitian, but sometimes there is no need for this, and homemade products can be just as successful at boosting your nutrition. The Dietitian will assess your requirements and will discuss options with you to find the plan that best suits your needs. These recipes are designed to be taken in addition to your normal meals, not as a meal replacement.

It is possible that the Dietitian will advise that you take a daily multi-vitamin and mineral tablet alongside the homemade nutritional booster. This may be available to you on prescription, or you can buy it from your local pharmacy or supermarket; the Dietitian will be able to advise you.

If you have been recommended Thickened Fluids (Stage 1, 2 or 3) by a Speech and Language Therapist, you will need to thicken the drinks recipes to your recommended stage with your prescribed thickening powder.

#### Drinks

##### Fortified Milkshake or Fortified Soup (1 portion)

1 portion (milkshake) contains 305kcal, 17g protein

1 portion (soup) contains 312kcal, 18g protein



#### Ingredients

- 30g skimmed milk powder
- 20g vitamin fortified flavoured milkshake powder (supermarket's own or Nesquik) **or** 1 sachet instant soup
- 180ml full fat milk (hot or cold)

#### Method

1. Mix milk powder and milkshake/soup powder together in a glass or mug
2. Gradually stir in the milk and mix well

**Fortified Dairy-free Milkshake (1 portion)**

1 portion contains 368kcal, 9.3g protein

**Ingredients**

- 20g vitamin fortified flavoured milkshake powder (supermarket's own or Nesquik – please check the ingredients for milk products and avoid if milk products are listed)
- 30g hot oat breakfast cereal (e.g. Ready Brek - dry)
- 150ml vitamin and mineral fortified soya milk alternative (e.g. Alpro 1+, hot or cold)
- 50ml long-life soya cream alternative

**Method**

1. Mix oat powder and milkshake powder together in a glass or mug
2. Gradually stir in soya milk and soya cream and mix well

**Fortified Fruit Juice (1 portion)**

1 portion contains around 200kcal, 8.4g protein

**Ingredients**

- 10g (2 x 5g sachets) egg white powder (available from most supermarkets)
- 40ml undiluted high juice style squash or cordial (**not** sugar free / no added sugar)
- 180ml fruit juice (fresh or long-life from concentrate, preferably with added vitamins)

**Method**

1. Mix the undiluted high juice or cordial into the egg white powder, do not whisk. You may find that the mixture becomes lumpy, continue to mix until it becomes smooth.
2. Gradually stir in the fruit juice.

**Why not try**

- Blackcurrant or orange high juice with cranberry juice
- Orange or berry high juice with tropical juice
- Elderflower cordial or apple high juice with apple juice



*N.B. People with diabetes should take care with these recipes due to their high carbohydrate content. We would recommend that they are sipped slowly and/or taken at mealtimes.*

## Desserts

### Fortified Lemon Cream (3 portions)

1 portion contains 618kcal, 5g protein



#### Ingredients

- 300ml double cream
- 30g skimmed milk powder
- 70g caster sugar
- Juice of 2 lemons (or 4 tablespoons lemon juice)

#### Method

1. Gently heat cream and milk powder together in a small saucepan, stirring constantly until the milk powder has dissolved.
2. Add the sugar and simmer for 3 minutes, stirring constantly to avoid burning.
3. Take off the heat and stir in the lemon juice.
4. Pour into three small bowls and chill.
5. Serve one portion each day, the others will last three days in the fridge.

### Fortified Chocolate Caramel Cream (3 portions)

1 portion contains 440kcal, 6g protein

#### Ingredients

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



#### Method

1. Gently heat cream, milk and milk powder together in a small saucepan, stirring constantly until milk powder has dissolved.
2. Finely chop the chocolate bars, and then add to the cream mixture stirring constantly to avoid burning.
3. Once the chocolate has completely melted, take off the heat.
4. Pour into three small bowls and chill.
5. Serve one portion each day, the others will last three days in the fridge.

**Fortified Instant Whip (2 portions)**

1 portion contains 300kcal, 9.2g protein

**Ingredients**

- 170ml tin evaporated milk
- 130ml full fat milk
- 1 sachet instant whip (supermarket own brand or Angel Delight, **not** no added sugar)

**Method**

1. Measure the evaporated milk and full fat milk into a bowl.
2. Add the instant whip mix and whisk thoroughly until light and creamy (1½ to 2 minutes).
3. Spoon into individual dishes and refrigerate for 20-30 minutes until set.
4. The instant whip will last for 24 hours in the fridge.

**Fortified Dream Dessert (2 portions)**

1 portion contains 320kcal, 6.8g protein

**Ingredients**

- 170ml tin evaporated milk
- 30g vitamin fortified flavoured milkshake powder (supermarket's own or Nesquik)
- 1 sachet Dream Topping

**Method**

1. Pour the evaporated milk into a bowl.
2. Add the Dream Topping mix and milkshake powder then whisk thoroughly until light and creamy (2-4 minutes, preferably with an electric hand whisk).
3. Spoon into individual dishes or serve alongside other dishes.
4. The dessert will last for 24 hours in the fridge.

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