Cambridgeshire & Peterborough Integrated Care System

NHS Cambridgeshire & Peterborough

Food as Treatment: Nourishing drinks recipes

Nourishing drinks are a key part of the food as treatment pathway, and they are a great way to increase energy, protein and micronutrient as well as fluid intake. You should use nourishing drinks in combination with nourishing snacks and food toppers to reduce your risk of malnutrition.

Nourishing drinks are also known as homemade supplements and provide similar nutritional content to prescribable nutrition products but are more adaptable to personal and cultural preferences.

Enriched Milk: This is an important part of several recipes and significantly increases protein content:

Add five tablespoons of skimmed milk powder to one pint of full fat (whole) milk.

Yoghurt and Berry Smoothie (1)

- 150ml full fat milk
- 1 pot (150ml) full fat fruit yoghurt
- 4 tsp semi-skimmed milk powder
- 1 banana
- 1 handful of two berries (strawberries, raspberries, blueberries, blackberries)
- 1 tsp honey or sugar

Calories: 410 kilocalories Protein: 22grams

Yoghurt and Berry Smoothie (2)

- Small pot (170gram) of full fat Greek yoghurt
- Handful of frozen berries
- 1 small banana
- 150ml full fat milk (blue top)

Calories: 395 kilocalories Protein: 16gram

Banana and Peanut Butter Smoothie

- 150ml full fat milk
- 1 scoop ice cream
- 4 tsp semi-skimmed milk powder
- 1 banana
- 1 tbsp peanut butter
- 1 tsp honey or sugar

Calories: 460 kilocalories Protein 19grams

Super Shake

- 200ml full fat milk
- 3 tbsp (45ml) double cream
- 1 scoop ice cream
- 4 tsp milk powder

- Add flavouring: e.g., 1 banana, 1 handful of berries, 2 tsp milkshake flavouring (e.g., Nesquick, Crusha)

Calories: 630 kilocalories Protein 19grams

Milkshake Plus

- 140ml (5 oz) Enriched milk
- 4 teaspoons milkshake powder (e.g., Nesquik or supermarket vitamin enriched powder)

Calories: 302 kilocalories Protein: 18.6grams

Fortified Malted Milk Drinks

- 200ml fortified full fat milk (see recipe above)
- 2 heaped tsp (25gram) Horlicks or Ovaltine powder
- Serve hot.

Calories: 310 kilocalories Protein: 19grams

Iced Coffee Cooler

- 180ml full fat milk
- 2 tbsp (30 grams) skimmed milk powder.
- 100ml black coffee
- 2 tsp (10gram) sugar
- 1 tbsp (15ml) double cream
- 1 scoop ice cream
- Serve chilled.

Calories: 465kilocalories Protein: 20grams

After Eight

- 180ml full fat milk
- 2 tbsp (30grams) skimmed milk powder.
- 1 tbsp (15ml) double cream
- 1 scoop ice cream
- 4 tbsp drinking chocolate
- 2-3 drops peppermint essence
- Serve chilled.

Calories: 495kilocalories Protein: 21grams

Fruit Boost

- 150ml orange juice
- 50ml pineapple juice
- 10grams (2 5grams sachet) egg white powder
- 1 banana
- 1 handful strawberries
- 1 handful raspberries

Calories: 200kilocalories Protein: 12grams

If the resident is unable to consume two nourishing drinks per day, consider a portion of the following puddings instead:

Mousse plus

Makes one portion.

- 75ml full fat milk
- 10ml double cream
- 2 ½ rounded tsp instant dessert powder
- 2 tbsp skimmed milk powder

Method:

1. Mix the full fat milk and double cream in a bowl.
2. Slowly add the skimmed milk powder and instant dessert powder. Blend well with a fork, whisk or hand-held blender.
3. The mousse can either be eaten straight away or left to stand in the fridge for 1 hour.

Calories: 243 kilocalories Protein: 13 grams

Lemon Posset

Makes three portions.

- 300ml double cream
- 70grams caster sugar
- 30grams skimmed milk powder.
- Juice of 2 lemons

Method:

1. Gently heat the cream with the milk powder until dissolved.
2. Add the sugar and bring to a simmer.
3. Simmer for 3 minutes and turn off the heat.
4. Mix in the lemon juice.
5. Pour into 3 small dessert bowls and chill. Can be enjoyed frozen.

Try serving with some shortbread or ginger biscuits.

Calories (per serving): 565 kilocalories Protein 5grams

Chocolate caramel cream

Makes three portions.

- 150ml double cream
- 30ml full fat milk
- 30grams skimmed milk powder.
- 2 nougat caramel bars

Method:

1. Heat cream, milk and milk powder in saucepan until powder has dissolved.
2. Add finely chopped chocolate bars.
3. Heat gently, continually stirring, until the chocolate bars have completely melted.

4. Pour into 3 small bowls and chill.

Calories (per serving): 488 kilocalories Protein 6.4grams

Document ratification details

Ratification Process	**Details**
Authored by:	CPCCG Dietitian for Primary Care & CPFT Dept. Nutrition and Dietetics
Ratified by:	Cambridgeshire and Peterborough Joint Prescribing Group
Date ratified:	July 2020
Review date:	July 2022
Version number:	1