High Protein, High Energy Shakes

Fortified Milk

250 ml (1 cup)  skim milk powder
1000 ml (4 cups)  whole milk

Add skim milk powder to whole milk, mix until dissolved. Refrigerate. Note: You can use this milk to prepare cream soups, cereals, desserts, custards, puddings, mashed potatoes, milk based casseroles and sauces.

Gives 4 servings of 250 ml (1 cup):
  220 kcal and 14 g protein /serving

Canadian Milkshake

250 ml (1 cup)  fortified milk
15 ml (1 tbsp.)  maple syrup
125 ml (½ cup)  ice cream (vanilla or maple)

Combine all ingredients in a blender. Blend until smooth. Gives 1 serving of 375 ml (1 ½ cup):
  430 kcal and 16 g protein /serving

Peanut Butter Shake

125 ml (½ cup)  fortified milk
15 ml (1 tbsp.)  peanut butter (smooth)
1  medium banana sliced
(½ cup ice cream)

Combine all ingredients in a blender. Blend until smooth. Gives 1 servings of 250 ml (1 cup):
  315 kcal and 12 g protein /serving
Strawberry Yogurt Shake

60 ml (¼ cup) fortified milk
60 ml (¼ cup) strawberry yogurt
125 ml (½ cup) strawberry ice cream

Combine all ingredients in a blender. Blend until smooth. Gives 1 serving of 250 ml (1 cup):
225 kcal and 7.5 g protein /serving

Mocha Float

125 ml (½ cup) fortified milk
125 ml (½ cup) vanilla ice cream
5 ml (1 tsp.) instant coffee
15 ml (1 tbsp.) chocolate syrup
15 ml (1 tbsp.) skim milk powder

Combine all ingredients in a blender. Blend until smooth. Gives 1 serving of 250 ml (1 cup):
300 kcal and 11.5 g protein /serving
Nutritional Supplements Shakes

Orange Pineapple Frosty

125 ml (1/2 cup) nutritional supplement
80 ml (1/3 cup) crushed pineapple
80 ml (1/3 cup) orange sherbet
15 ml (1 tbsp.) sugar
30 ml (2 tbsp.) skim milk powder

Combine all ingredients in a blender. Blend until smooth.

Banana Blush

1 can nutritional supplement
1 small banana
2 ml (1/2 tsp.) vanilla extract
30 ml (2 tbsp.) skim milk powder
30 ml (2 tbsp.) cranberry juice

Blend banana and nutritional supplement in blender until smooth. Add other ingredients and blend briefly. Serve immediately.

Moonbeam

1 can nutritional supplement
60 ml (¼ cup) orange concentrate or other juice concentrate

Optional: add 125ml (1/2 cup) fresh or canned fruit and/or 1 scoop of ice cream. Combine all ingredients in a blender. Blend until smooth.
**Peach Yogurt Shake**

125ml (1/2 cup) nutritional supplement  
125ml (1/2 cup) peach yogurt  
125ml (1/2 cup) vanilla ice cream

Optional: add 125ml (1/2 cup) fresh or canned peaches  
Combine all ingredients in a blender. Blend until smooth.

**Mocha Shake**

1 can nutritional supplement (vanilla or chocolate)  
5 ml (1 tsp.) instant coffee  
15 ml (1 tbsp.) boiling water  
1 ml (1/4 tsp.) almond extract  
To taste sugar or chocolate syrup

Dissolve coffee in boiling water. Mix all ingredients in large glass. Stir well and serve.

**Honey Bee Shake**

125ml (1/2 cup) nutritional supplement (vanilla)  
125ml (1/2 cup) vanilla ice cream  
15 ml (1 tbsp.) honey  
15 ml (1 tbsp) peanut butter

Combine all ingredients in a blender. Blend until smooth.

**Lemon Cooler**

1 can nutritional supplement  
60 ml (1/4 cup) lemon or orange sherbet  
1 ml (1/4 tsp.) lemon extract

Combine all ingredients in a blender. Blend until smooth.
High Protein, High Energy Recipes

Hot Cereal #1

80 ml (1/3 cup) cream of wheat
500 ml (2 cups) fortified milk
60 ml (1/4 cup) cream
15 ml (1 tbsp.) margarine
To taste brown sugar

Bring milk to a boil in a saucepan on medium heat. Slowly add dry cereal, stirring constantly. Bring to a boil again, stirring constantly and continue on medium heat until thick. Stir in margarine, cream and sugar. Serve.

Hot Cereal #2

80 ml (1/3 cup) cream of wheat
1 can nutritional supplement (vanilla)
250 ml (1 cup) fortified milk
15 ml (1 tbsp.) brown sugar
To taste cream

Bring milk and nutritional supplement to a boil in a saucepan on medium heat. Slowly add dry cereal, stirring constantly. Bring to boil again, stirring constantly and continue on medium heat until thick. Stir in sugar and cream. Serve.

Hot Cereal #3

125 ml (125 ml) oatmeal
250 ml (250 ml) fortified milk
15 ml (1 tbsp) cream
15 ml (1 tbsp) sugar

Follow the instructions on the package but replace the water with fortified milk. Add cream and sugar to taste.
Cold Cereal

250 ml (1 cup)   favorite dry cereal
125 ml (1/2 cup) fortified milk
75 ml (1/4 cup)  cream
To taste        sugar

Pour milk and cream over dry cereal and soak until moist. Add sugar to taste.

Cream Soup #1

1 can           condensed cream soup
1 can           fortified milk
75 ml (1/4 cup)  cream
15 ml (1 tbsp.)  butter or margarine
to taste        salt, pepper, herbs

Combine the cream soup with the fortified milk. Heat on medium heat until hot. Add cream, butter/margarine and spices. Serve.

Cream Soup #2

1 can           condensed cream soup
180 ml (3/4 cup) nutritional supplement (vanilla)
120 ml (1/2 cup) fortified milk
to taste        salt, pepper and herbs

Combine cream soup with nutritional supplement and fortified milk. Heat on medium heat until hot. Add spices and serve.

Egg and Noodle Soup

250 ml (1 cup)   broth type soup (vegetable or noodle soups)
2                eggs

Heat soup as per directions. Beat eggs and stir into soup when boiling. Simmer 1-2 minutes and serve.
Macaroni and Cheese

125 ml (1/2 cup) uncooked macaroni
125 ml (1/2 cup) fortified milk
15 ml (1 tbsp.) margarine or butter
125 ml (1/2 cup) grated cheddar cheese
15 ml (1 tbsp.) flour
to taste salt, pepper, herbs

1. Cook macaroni in boiling water as per directions on bag. Drain and set aside.
2. Melt margarine and blend with flour. Add milk and cook until thickened, stirring constantly.
3. Remove from heat and add cheese, salt and pepper. Return to heat, stirring until cheese is melted.
4. Mix cheese sauce with the cooked macaroni and place in casserole dish. Sprinkle with additional grated cheese if desired. Bake in oven at 350° F for 30 minutes. Serve.

Fortified Mashed Potatoes

4 potatoes peeled
125 ml (1/2 cup) fortified milk
30 ml (2 tbsp) grated cheese or cheese spread
30 ml (2 tbsp) margarine or butter
to taste salt, pepper, herbs

Boil potatoes until tender, drain water. Mash potatoes partially. Add milk, cheese, margarine/butter and seasoning. Mash or mix with a hand blender until smooth. Serve.
Cherry Gelatin

1 package (85g)    cherry flavored gelatin
180 ml (3/4 cup)   boiling water
250 ml (1 cup)     nutritional supplement (vanilla)

Dissolve gelatin in boiling water. Chill until slightly thickened. Add chilled supplement. Mix thoroughly at low speed. Pour into bowl or individual molds. Chill until firm. Variation: Use any flavored gelatin crystals for variety.

High Energy Pudding #1

500 ml (2 cups)      fortified milk
1 package (103g)     favorite flavor pudding mix - not instant

1. Combine mix and milk in saucepan. Bring to a boil over low heat, stirring constantly.
2. Remove from heat. Pour into bowl or individual molds.
3. Cover pudding with plastic wrap and refrigerate until firm.

High Energy Pudding #2

500 ml (2 cups)      nutritional supplement (vanilla)
1 package (103g)     favorite flavor pudding mix - not instant

1. Combine puddings mix and supplement in saucepan. Bring to boiling over low heat, stirring constantly.
2. Remove from heat. Pour into bowl or individual molds.
3. Cover pudding with plastic wrap and refrigerate until firm.
Custard Gelatin

15 ml (1tbsp) unflavored gelatin
30 ml (2tbsp) cold water
2 can nutritional supplement (vanilla)

Sprinkle gelatin into water to soften. Combine softened gelatin and 1 can of supplement in a saucepan. Cook at medium heat until gelatin dissolves, stirring constantly. Add second can of supplement. Pour mixture into serving dish. Chill until set.

Blackberry sherbet

1 can nutritional supplement (vanilla)
250 ml (1 cup) frozen whole blackberry, unsweetened
25 ml (5 tsp) cinnamon
20 ml (4 tsp) sugar

Whip all ingredients in blender until thick. Serve immediately, or freeze for 10 to 15 minutes only.

Strawberry Bavarian

1 can nutritional supplement
250 ml (1 cup) fresh or frozen strawberries
1 package (103g) instant vanilla pudding mix
500 ml (2 cups) whipped topping

Place strawberries and supplement in a blender or food processor. Blend until strawberries are pureed. Pour into medium-sized bowl. Add pudding mix and blend until smooth. Fold in whipped topping. Pour into dessert dish and refrigerate for 1 hour or more before serving.