

Nourishing drinks

Nourishing drinks to provide you with extra protein and energy.

Why do I need nourishing drinks?

- You may have lost weight.
- You may need extra nourishment to be taken in addition to your meals, which has been advised by your Doctor.
- You may have had a poor appetite and will find these drinks easy to take and delicious

Many people fill up on drinks such as tea, coffee, squash, fizzy drinks, water, and savoury stock type drinks such as Oxo, Bovril, Marmite and Vegemite. These drinks will simply fill you but offer little nutritional value. The following suggestions will provide protein, energy and other essential nutrients. Try to have at least one of these nourishing drinks each day and consider taking these between meals. You may want to add ice to these drinks. Try to drink these drinks within 4 hours of being made unless you keep the made up drink in the refrigerator but discard after 24 hours. These drinks are easy to make and you will find that if you have a liquidiser it will save you time.

Malt honey milkshake. (Provides 10 g protein and 300 kcals)

- 200 mL or 1/3 pint full fat milk
- 1 tablespoon honey
- 1 scoop ice cream
- 2 teaspoon malted milk powder (Horlicks or Ovaltine) or 1 tablespoon Milo

Blend together until smooth.

Banana smoothie. (Provides 10 g protein and 315 kcals)

- 200 mL or 1/3 pint of full fat milk
- 1 small ripe banana
- 1 scoop ice cream
- 1 teaspoon sugar or honey

Mash banana, add all other ingredients and blend. Serve chilled.

For something different add a further scoop of ice cream or a crumbled chocolate flake.

Extra super shake. (Provides 12 g protein and 330 kcals)

- 200 mL or 1/3 pint full fat milk
- 4 teaspoons milk powder
- 3 tablespoons double cream
- 1 scoop ice cream
- 1 tablespoon milk shake flavouring such as Nesquik or Crusha or 1 tablespoon drinking chocolate

Blend together until smooth, adding more flavouring if you like.

Yogurt and berry smoothie. (Provides 15.5 g protein and 380 kcals)

- 150 mL or 1/4 pint full fat milk
- Handful of frozen berries such as raspberries/strawberries/blueberries/blackberries
- 1 small ripe banana
- Small pot of Greek yogurt

Mash the banana, add all other ingredients and blend until smooth.

Fruit juice blast. (Provides 2 g protein and 205 kcals)

- 100 mL fresh fruit juice
- 100 mL lemonade
- 1 scoop ice cream
- 1 teaspoon sugar or honey

Mix together and serve chilled.

Ready- made breakfast drinks.

Supermarkets and your local shop may have a selection of these drinks such as Weetabix on the go, Weetabix on the go protein, FUEL 10K protein and FUEL 10K high protein quark with fruit. All best chilled before drinking.