

# Nourishing Drinks

If your appetite is poor and you are having difficulty managing solid foods, the following will provide you with ideas for nourishing drinks. Wherever possible try to replace water, tea and coffee (these have minimal nutrition) with a drink as shown, in order to boost your calorie and protein intake. This may help to give you the extra nutrition you need and may help with weight gain or stability. Calorie and protein content will be shown.

## Fortified milk

Mix 4 tbs (50g) of milk powder (e.g. Marvel, Five Pints) with a little milk to form a paste. Whisk this into 1 pint of full cream milk. Store in the refrigerator and use as ordinary milk. *(560 kcals + 37g protein)*

This can then be used:

- To drink on its own
- In milk shakes
- As a base for puddings (rice puddings, custard), soups and sauces, jellies and blancmange.

## To make a basic milkshake

1/3 pint (200mls) of fortified milk

Milkshake syrup or powder (e.g. Crusha)

Whisk and serve *(250 kcals + 13g protein)*

## Soup

1/3 pint fortified milk

1 tin of condensed soup

Blend together

and swirl in some cream

*(413 kcals + 19g protein)*

## Carrot & Celery

1lb (454g) carrots

1 bunch celery

1/2 pint tomato juice

Worcester sauce to taste

Blend together

*(371 kcals + 14g protein)*

## Carrot & Orange

2 oranges juiced

2 lbs (900g) carrots

150g plain yoghurt

Blend together

*(513 kcals + 8g protein)*

## Sweet Recipes

### Strawberry Milkshake

1 pint fortified milk  
4 scoops strawberry ice-cream  
8 strawberries  
Blend (801 kcals + 42g protein)

### Banana & Yoghurt

2 bananas  
200g bio yoghurt, 2-tsp honey  
Blend (436 kcals + 13g protein)

### Coffee Calypso

1/3 pint fortified milk  
2 tsp instant coffee powder  
1 tbs double cream  
1 scoop ice cream  
Sugar to taste  
Blend (463kcals + 16g)

### Papaya & Passionfruit

1/2 ripe papaya de-seeded  
Pulp of 2 passionfruit  
100mls grapefruit juice  
1 tbs sugar  
150g bio yoghurt  
Blend (342 kcals + 10g protein)

### Chocolate Smoothie

1/3 pint fortified milk  
2 scoops of chocolate ice cream  
1 tbs chocolate powder  
Blend (477 kcals + 18g protein)

### Pineapple & Coconut

1/4 ripe coconut (scooped out flesh)  
250mls unsweetened coconut milk  
150g bio yoghurt  
1/2 vanilla pod scraped  
Blend (295 kcals + 9g protein)

### Ice Cream Soda

1 large glass lemonade or cream soda  
1 scoop ice cream  
Float ice cream on the top  
(170 kcals + 2g protein)

### Fruit Flip

1/3 pint fortified milk  
1 x 150g fruit yoghurt  
1 scoop ice cream  
Blend (462 kcals + 23g protein)

### Banana Milkshake

1/3 pint fortified milk  
1/2 chopped banana  
2 tsp sugar  
2 tbs cream  
Blend (556 kcals + 15g protein)

### Raspberry Delight

150gm pot raspberry yoghurt  
150gm pot double cream  
200mls cranberry juice  
15 raspberries  
Blend (885 kcals + 14g protein)

### Kiwi Fruit & Yoghurt

3 ripe kiwi fruit  
150g bio yoghurt (thick + creamy)  
100mls fortified milk  
1 tbs honey  
Blend (384 kcals + 14g protein)

### Pear & Apple Smoothie

400mls apple juice  
2 pears  
150g bio yoghurt  
Blend (390 kcals + 9g protein)

### Apricot & Apple

150g dried apricots soaked in 200mls apple juice  
150mls fortified milk  
150g bio yoghurt  
1tbs honey  
Blend (711 kcals + 24g protein)

### Melon & Banana Smoothie

1/2 melon  
2 pineapple rings  
2 bananas  
1/2 pint fortified milk  
Blend (591 kcals + 24g protein)

This information was provided by the Dietetics team of the HIV/GU Medicine Directorate of the Chelsea and Westminster Hospital. For more information please call 020 8746 8178

Updated November 2006