

Eating Well: Easy homemade nourishing drinks & desserts

Has your healthcare professional asked you to change your diet to try to gain weight or to stop you from losing weight? Nourishing drinks and desserts are an enjoyable and easy way to help you reach your weight goals. They can also help you to get more goodness into your diet. Try having 2 x portions per day between meals, in addition to your usual meals and snacks.

All the recipes in this leaflet can be adapted to make them plant-based using plant-based milk or cream alternatives. These are widely available in supermarkets, and you can choose your favourite flavours. See our [Eating Well - Plant Based](#) information for more ideas.

IMPORTANT: If you have swallowing problems (dysphagia) and a Speech & Language Therapist has recommended IDDSI Levels for foods and drinks, please see the information on Page 5.

Fortified milk

Fortified milk is whole milk with added energy and protein from skimmed milk powder.

Fortified milk can be used on its own, to make up hot and cold drinks e.g. tea, coffee, hot chocolate, malt drinks and milkshakes. It can also be added to foods e.g. cereal, porridge, mashed potato, scrambled eggs and creamy sauces such as cheese sauce, or desserts like custard.

Ingredients:

- 4 tablespoons/60g skimmed milk powder
- 1 pint (568ml) whole milk

Whisk small amount of milk with powder to make a smooth paste. Add remaining milk and whisk until well mixed. Cover, label and put in the fridge for up to 24hrs.

Nutrition: 595kcal & 41g protein

One 200ml glass contains 210kcal & 14.4g protein. This is twice as much protein as in unfortified semi-skimmed milk.

Fortified milkshake

Ingredients:

- 180ml/1/3 pint whole milk
- 2 heaped tablespoons/30g milk powder
- 4 heaped teaspoons/20g vitamin-fortified milkshake powder (any flavour)

Mix milk powder and milkshake powder together in a glass. Gradually add in milk. Whisk well until smooth.

Nutrition: 305kcal & 17g protein

Fortified malt drink

Ingredients:

- 180ml/1/3 pint whole milk
- 2 heaped tablespoons/30g milk powder
- 5 heaped teaspoons/25g malt drink powder (Ovaltine, or Horlicks)

Mix milk powder and malt powders together in a mug. Gradually add in hot milk. Whisk well until smooth.

Nutrition: 319kcal & 18.5 -19.4g protein

Fortified hot chocolate

Ingredients:

- 180ml/1/3 pint whole milk
- 2 heaped tablespoons/30g milk powder
- 4 heaped teaspoons/20g vitamin fortified chocolate flavour milkshake powder

Mix milk powder and chocolate powder together in a mug. Gradually add in hot milk. Whisk well until smooth.

Nutrition: 305kcal & 17g protein

Fortified fruit juice (yoghurt-based)

Ingredients:

- 120g Full Fat Greek yogurt
- 200ml vitamin-fortified fruit juice (any flavour)
- Up to 1 tablespoon honey if you want to make it a bit sweeter

Add Greek yogurt and orange juice to a glass and whisk well.

Nutrition: 250kcal & 8.5g protein

Fortified fruit juice (egg-based)

Ingredients:

- 180ml vitamin-fortified fruit juice (see examples on page 5)
- 40ml undiluted good quality cordial (not sugar free e.g. Belvoir, Bottlegreen, Ribena, Rocks Organic)
- 10g egg white powder

Add egg white powder to a glass with 2 tablespoons of fruit juice. Whisk until smooth and mixed well. Gradually whisk in remaining fruit juice until smooth and blended.

Nutrition: 180 - 240kcal & approx. 9g protein

High protein yogurt

Mix 1 tablespoon of skimmed milk powder into a runny paste with a little milk. Stir into a Thick & Creamy Yogurt. You can choose which flavour of yoghurt you want to eat.

Nutrition: 220kcal & 11g protein

Fortified chocolate dessert (makes 3 portions)

You can choose another flavour of dessert if you want.

Ingredients:

- 200ml whole milk
- 100ml double cream
- 3 tablespoons/45g skimmed milk powder
- 1 sachet chocolate Angel Delight or similar packet dessert

Whisk milk powder into milk. Add double cream and stir. Add Angel Delight or similar packet dessert and mix well until thick but not stiff. Cover and chill for 30 minutes.

Nutrition: 354kcal & 8.1g protein per 150ml portion

Fortified fruit dessert

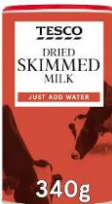
Ingredients:

- 30ml fruit puree
- 150ml custard
- 2 tablespoons/30g skimmed milk powder

Mix skimmed milk powder into custard. Layer with fruit puree of your choice. Cover and chill until served.

Nutrition: 286kcal & 15g protein

Products available

Skimmed milk powder (prices checked 13/5/26)	
	Marvel Skimmed Milk Powder 250g tub Contains 16 x 15g servings From £4.50 (Available at most supermarkets) From 27p per 15g serving Added Vitamin A, D & Calcium
	Tesco Skimmed Milk Powder 340g tub Contains 22 x 15g servings £3.50 16p per 15g serving Added Vitamin A, D & Calcium
	Morrisons Skimmed Milk Powder 340g tub Contains 22 x 15g servings £3.50 16p per 15g serving Added Vitamin A, D & Calcium
	Sainsbury's Skimmed Milk Powder 340g tub Contains 22 x 15g servings £3.20 14p per 15g serving Added Vitamin A, D & Calcium

Egg white powder	Dr.Oetker Egg White Powder 4 x 5g sachets (found in the bakery section of most supermarkets). This can also be bought in larger quantities online.
Fortified fruit juices	Kubus 100% Multivitamin Juice (Tesco), Naturis Multivitamin juice (Lidl), The Juice Company Multivitamin Boost (Aldi) or Tropicana Multivitamin Boost
Malted drink powders	'Ovaltine® Original Add milk' powder, Horlicks® Original Malted Milk' powder
Fortified milkshake powders	Nesquik®, Aldi Cowbelle Milkshake Mix, Asda Milkshake Mix, Lidl Goody Cao

Swallowing problems (dysphagia)

If you have swallowing problems (dysphagia) and a Speech & Language Therapist has recommended IDDSI Levels for foods and drinks, these recipes should be checked to make sure they are suitable with your recommended levels. See link below for testing methods or discuss with your Speech & Language Therapist.

[IDDSI Levels food & drink preparation and testing methods](#)

Or visit

<https://www.iddsi.org/resources/framework-documents>

If you are losing weight without meaning to, or you have concerns about your diet, please speak to your GP who may consider referring you to a Registered Dietitian.

Please see our other [Eating Well](#) information sheets for more ideas:
<https://nwknowledge.nhs.uk/content-category/clinical-information/other-specialties/dietetics-nutrition-and-blood/eating-well/>