

# Homemade fortified **fruity** drinks

These drinks are high in energy and are great to have when you have a poor appetite or are at risk of malnutrition. Try to have **at least two** of these drinks each day between meals.

Fruity drinks that do not contain dairy will be lower in protein; therefore, it is important to obtain protein from other food sources in your diet. You can also add protein powders e.g. whey (dairy), soy or pea (vegan) to some of these recipes). 'Clear' whey proteins are also available online which are fruit flavoured and can be mixed with water. Speak to your dietitian if you need more support with this.

## Virgin Pina Colada *(dairy-free)*

Ingredients: Serves 1

- 100ml tinned full fat coconut milk
- 2 tablespoons (~40g) of apricot jam
- 1 tablespoon (~15g) of golden syrup
- Optional: add 1 x 5g sachet of egg white powder for protein boost, e.g. Dr Oetker®
- 100ml pineapple juice
- 2 tablespoons (~24g) of icing sugar

Add the ingredients to a blender and mix until smooth. You can add ice if preferred.

**Recipe with egg white powder provides approximately 430kcal and 6g of protein.**

Egg white powder can be whisked into fruity drinks to increase the protein! See [video here](#) for instructions.



## Lemon and lime sublime *(dairy-free)*

Ingredients: Serves 1

- 100ml lemonade *(full sugar e.g. Cawston Press® Lemonade and Sainsburys® 'Classic' lemonade are higher in energy)*
- 100ml lime cordial/squash *(undiluted full sugar or 'hi-juice' variety e.g. Britvic®, Rose's®)*
- 2 tablespoons (~40g) of lemon curd
- 2 tablespoons (~24g) of icing sugar
- 1 tablespoon (~15g) of golden syrup

Mix the lemon curd, icing sugar and golden syrup into a paste. Slowly whisk in the lemonade and lime cordial. If lumpy, strain with a sieve before serving, or mix in a blender. Split into two [servings](#) if too sweet.

**Recipe provides approximately 400kcal and 0g of protein.**



## Apple cooler *(this and the following recipes contain dairy)*

Ingredients: Serves 1

- 150ml apple juice
- 2 tablespoons (18g) of dried skimmed or whole milk *(e.g. Nido®) powder*
- 50g full fat Greek yoghurt *(Yeo Valley® Greek Style, Fage® Total 5% Fat, Lancashire Farm® Greek Style, Sainsburys® Authentic Greek Yogurt, Asda's® Extra Special Greek Yogurt & Greek Inspired Yogurt are higher in protein and energy. Lindahl's®, Graham's®, Biotiful® Kefir, Arla® and 'Skyr' varieties are also great high protein options but may not be as high energy as the aforementioned).*

Add the milk powder to a glass, add the apple juice slowly and whisk until smooth, then add the yoghurt and mix thoroughly, or combine in a blender. Serve chilled.

**Recipe provides approximately 170kcal and 8g of protein.**



The above recipes are all suitable for vegetarians. These recipes may **not** be suitable for patients with diabetes, renal disease or swallowing difficulties. Speak to a Dietitian if you need more advice.

## Fruit milkshake

Ingredients: Serves 1

Higher in protein!

- 200ml whole/full fat milk
- 1 scoop (~50g) of Cornish/clotted vanilla, or higher calorie ice cream
- 2 tablespoons (16g) of dried skimmed or whole milk (e.g. Nido®) powder
- 1 cup (~200g) fresh, tinned or frozen fruit



Add all the ingredients to a blender and liquidise until smooth.

**Recipe provides approximately 365kcal and 16g of protein.** You can use any type of fruit or dairy alternative with this shake. Soya drinks will be higher in protein than other milk alternatives.

## Yoghurt and berry smoothie

Ingredients: Serves 1

Higher in protein!

- 150ml whole/full fat milk
- 150g of full fat Greek yoghurt (Yeo Valley® Greek Style, Fage® Total 5% Fat, Lancashire Farm® Greek Style, Sainsburys® Authentic Greek Yogurt, Asda® Extra Special Greek Yogurt & Greek Inspired Yogurt are higher in protein).
- 2 tablespoons (16g) of dried skimmed or whole milk (e.g. Nido®) powder
- 1 cup (~200g) fresh or frozen strawberries, raspberries or blueberries (or forest fruits mix)



Add all the ingredients to a blender and liquidise until smooth.

**Recipe provides approximately 365kcal and 16g of protein.** You can use any type of fruit or dairy alternative with this shake. Soya drinks will be higher in protein than other milk alternatives.

## Fruit blast

Ingredients: Serves 1

Choose fruit juices  
fortified with vitamins  
where possible

- 100ml fresh fruit juice e.g. pineapple or apple
- 100ml lemonade (full sugar e.g. Cawston Press® Lemonade and Sainsburys® 'Classic' lemonade are higher in energy)
- 1 scoop (~50g) of Cornish/clotted vanilla or higher calorie ice cream
- 1 tablespoon (15ml) of double cream
- 1 tablespoon (~12g) of icing sugar



Mix the ingredients together thoroughly with a whisk or blender until combined and serve chilled.

**Provides approximately 300kcal and 2g of protein.**

The above recipes are all suitable for vegetarians. These recipes may **not** be suitable for patients with diabetes, renal disease or swallowing difficulties. Speak to a Dietitian if you need more advice.