

If you require any further help or advice about your diet, please telephone the dietitian.

Your Dietitian's Details:



This information has been produced by the Nutrition and Clinical Dietetic Department. It must **not** be reproduced without permission©.

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact: fife-UHB.EqualityandHumanRights@nhs.net or phone 01592 729130.

PRODUCED	REFORMATTED	REVIEW
March 2013	August 2018	May 2020

NOURISHING DRINKS



Nourishing drinks are useful between meals when your appetite is poor or when trying to build yourself up. If you are unable to eat a meal, take a nourishing drink instead.

This leaflet will give you some ideas for making homemade nourishing drinks.

Recipes using every day ingredients -

The following recipes can be made from items found in your cupboard.

NOTE Where milk is used in the recipes, use fortified milk:
Add 2oz/60g/4 tablespoons dried milk powder to 1 pint full cream milk and whisk

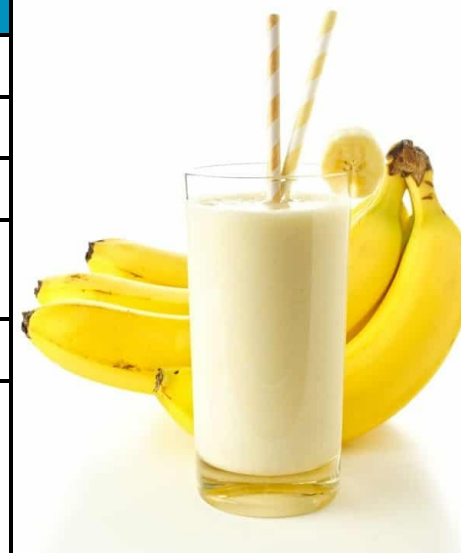


HONEY MALT

INGREDIENTS	INSTRUCTIONS
1/3 pint/200mls fortified milk	1. Mix all ingredients together 2. Chill thoroughly
1 tablespoon clear honey	
1 scoop ice cream	
1 heaped teaspoon malted milk powder e.g. Horlicks/Ovaltine	

CREAM BANANA FLIP

INGREDIENTS
1/2 pint/300mls cold fortified milk
1 small banana
2 tablespoons double cream and/or 1 scoop ice cream
Sugar to taste
INSTRUCTIONS
1. Liquidise all ingredients together until smooth
2. Serve chilled



ORANGE SHAKE

INGREDIENTS	INSTRUCTIONS
1/3 pint/200mls fortified milk	<ol style="list-style-type: none"> 1. Add the orange squash to the milk 2. Stir in the ice cream 3. Serve chilled
1 scoop ice cream	
1 dessertspoon orange squash	

BLACKCURRANT SHAKE

INGREDIENTS	INSTRUCTIONS
1/3 pint/200mls fortified milk	<ol style="list-style-type: none"> 1. Mix milk powder with milk then beat in Ribena and ice cream
2 rounded dessertspoons milk powder	
1 scoop ice cream	
1 tablespoon Ribena/Blackcurrant Cordial	



HOT DRINKS (Sweet)

MOCHA WARMER

INGREDIENTS

1/3 pint/200mls fortified hot milk
 1 tablespoon chocolate or cocoa powder
 1 teaspoon instant coffee
 Sugar to taste

INSTRUCTIONS

1. Add chocolate and coffee powders to hot milk and stir well
2. Add sugar to taste

CHOCOLATE MALLOWS

INGREDIENTS

1/3 pint/200mls fortified milk
 1 tablespoon drinking chocolate
 2 teaspoons sugar
 4 marshmallows

INSTRUCTIONS

1. Blend the drinking chocolate and sugar with a little milk
2. Heat the remaining milk with the marshmallows
3. Add to the chocolate mixture and stir



LUXURY CHOCOLATE CUP

INGREDIENTS

1/3 pint/200mls fortified hot milk
4 squares chocolate, milk or plain
Sugar to taste

INSTRUCTIONS

1. Break chocolate into pieces
2. Heat milk in a pan and add chocolate squares
3. Heat gently until chocolate has melted
4. Sweeten to taste

SPICY SLEEP TIGHT NIGHTCAP

INGREDIENTS

1/3 pint/200mls fortified hot milk
1 teaspoon golden syrup
A pinch of ground cinnamon
A pinch of mixed spice

INSTRUCTIONS

1. Add the syrup to the hot milk and stir until dissolved
2. Add cinnamon and mixed spice and stir well

HOT MILK AND HONEY

INGREDIENTS	INSTRUCTIONS
1/3 pint/200mls fortified hot milk	1. Pour hot milk into a mug add honey and stir well until dissolved 2. Flavour with cinnamon or nutmeg
1 dessertspoon honey	
Cinnamon or nutmeg	

CHOCOLATE PEPPERMINT CREAM (HOT/COLD)

INGREDIENTS

1/3 pint/200mls fortified milk, hot or cold
1 teaspoon chocolate or cocoa powder
1 tablespoon cream
1-2 drops peppermint essence
A little boiling water
Sugar to taste

INSTRUCTIONS

1. Dissolve the chocolate or cocoa powder in a little boiling water
2. Add the milk and stir well
3. Add peppermint essence and sugar to taste
4. Stir in cream (*serve hot or cold*)

YOGHURT DRINK

INGREDIENTS	INSTRUCTIONS
1/3 pint/200mls fortified milk	1. Mix all ingredients together 2. Chill thoroughly
1 carton sweetened fruit yoghurt	
1 teaspoon honey	

ADDITIONAL SUGGESTIONS

MILK MARMITE	
INGREDIENTS	INSTRUCTIONS
1/3 pint/200mls fortified milk	1. Mix all ingredients together
1 teaspoon Marmite or Bovril	2. Serve chilled

ICED COFFEE

INGREDIENTS

1 teaspoon instant coffee
 1/3 pint/200mls fortified cold milk
 1 tablespoon double cream or
 1 scoop vanilla/coffee ice cream
 A little boiling water
 Sugar to taste

INSTRUCTIONS

1. Dissolve coffee in a small amount of boiling water, or use coffee essence
2. Add sugar to taste
3. Add the cold milk and stir well
4. Add the cream or ice cream and whisk well
5. Chill well

HOT DRINKS (Savoury)

BREAKFAST WARMER	
INGREDIENTS	INSTRUCTIONS
1/3 pint strained porridge	1. Add milk powder to cream and stir into porridge with the sugar 2. Add milk to dilute to a drinking consistency
1 tablespoon milk powder	
3 tablespoon single cream	
Sugar to taste	

SOUP
INGREDIENTS
1/2 tin condensed soup
1/3 pint/200mls fortified milk
INSTRUCTIONS
1. Dilute soup with milk and heat in the usual way



CREAMY CHICKEN BROTH	
INGREDIENTS	INSTRUCTIONS
1/3 pint/200mls fortified milk	1. Break stock cube into a cup 2. Heat the milk and pour over the cube 3. Stir until dissolved
1/2 chicken stock cube	

COLD DRINKS (Sweet)

MILKSHAKES	
INGREDIENTS	FLAVOURING SUGGESTIONS
1/2 pint/300mls fortified cold milk	1 dessertspoon chocolate or cocoa powder
2 tablespoons double cream and/or 1 scoop ice cream	1 tablespoon concentrated fruit cordial, jam or fruit puree
Sugar to taste	1/2 teaspoon vanilla or other essence
Flavouring	Crusha syrup
	1 teaspoon instant coffee
INSTRUCTIONS	
1. Liquidise all ingredients together until smooth	



6

FRUIT FLOAT	
INGREDIENTS	INSTRUCTIONS
1/2 glass fresh fruit juice	1. Mix all ingredients together 2. Serve chilled
1/2 glass lemonade	
1 teaspoon sugar	
1 scoop ice cream	



7