

Nourishing Drinks

Nourishing drinks provide you with extra 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.

The following suggestions will provide protein, energy and other essential nutrients. These drinks are easy to make and you will find that if you have a liquidiser it will save you time.

- Try to have at least one of these nourishing drinks each day and take between meals. You may want to add ice to these drinks.
- Try to drink within 4 hours of being made unless you keep the made up drink in the refrigerator.

Malt honey milkshake

- 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 supermarket own brand)

Blend together until smooth.

Banana smoothie

- 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

- 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

- 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

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

Mix together and serve chilled.

Ready made drinks

Supermarkets and your local shop may have a selection of these drinks such as Mars, Mars Extra, Bounty, Yazoo, Galaxy, Aero or other brands of smoothies and milkshakes. All best chilled before drinking.