

## High protein high energy drinks

This resource is for people who are wanting to increase their protein and energy intake. This information can be used if:

- You are wanting to gain weight or prevent muscle and weight loss
- You are unable to eat enough due to poor appetite or nausea
- You have increased energy and protein requirements
- You are relying on a fluid diet

### Making nourishing milk/ milk alternative drinks

Milk is a common base for nourishing drinks as it is high in protein and energy (kilojoules). Full cream milk contains more energy than reduced fat. Fortified soy milk (E.g. *So Good*, *Vitasoy*) and lactose free milks (e.g. *Liddells*, *Zymil*) are also suitable. Plant based milks such as almond, coconut and rice milk are lower in protein. Opt for protein fortified options (e.g. *So Good High Protein Almond Milk*).

You can use supplemental powders such as *Sustagen*, *Ensure* or pea protein (E.g. *Amazonia Raw*, *Vital Protein*) in place of milk powder in any of these recipes. See product label for serve size.

ENRICHED MILK		250mL provides 900 kJ, 13g protein
<ul style="list-style-type: none"> <li>• 4 tablespoons milk powder*</li> <li>• 1 litre full cream milk or milk alternative</li> </ul> <p><i>*You can increase this amount depending on taste and texture preference.</i></p>	<ul style="list-style-type: none"> <li>• Pour milk into a jug. Stir milk powder in with a whisk until blended.</li> <li>• Use in place of milk for hot/cold drinks, cereal, desserts, baking, soups.</li> </ul>	
HOT CHOCOLATE		1 serve provides 1400kJ, 14g protein
<ul style="list-style-type: none"> <li>• 1 cup milk or milk alternative</li> <li>• 1 tablespoon milk powder or one serve supplement powder</li> <li>• 1½ tablespoons hot chocolate powder</li> <li>• Marshmallows</li> </ul>	<ul style="list-style-type: none"> <li>• Heat the milk in the microwave or on the stove and stir in chocolate powder until dissolved.</li> <li>• Stir in milk powder/supplement powder of choice and serve topped with marshmallows.</li> </ul>	

<b>CLASSIC MILKSHAKE</b>		1 serve provides 1300 kJ, 12g protein
<ul style="list-style-type: none"> <li>• 1 cup milk or milk alternative</li> <li>• 1 tablespoon milk powder or one serve supplement powder</li> <li>• 2 scoops ice cream</li> <li>• 1 tablespoon flavouring (chocolate/strawberry syrup, malt powder, instant coffee or honey)</li> </ul>	<ul style="list-style-type: none"> <li>• Blend or whisk all ingredients until smooth, serve immediately.</li> <li>• Add 100ml of cream and an extra scoop of ice cream to make a thick shake.</li> </ul>	
<b>CHOC-BERRY SMOOTHIE</b>		1 serve provides 2700 kJ, 20g protein
<ul style="list-style-type: none"> <li>• 1 cup milk or milk alternative</li> <li>• 1 tablespoon milk powder or one serve of supplement powder</li> <li>• ½ banana cut into large chunks</li> <li>• ½ cup frozen mixed berries</li> <li>• ½ tablespoon of cocoa powder</li> <li>• 2 tablespoons Greek yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>• Blend or whisk all ingredients until smooth, serve immediately.</li> <li>• For alternative flavours, replace cocoa powder and mixed berries with: <ul style="list-style-type: none"> <li>○ ½ cup canned peaches/apricot and 1 tablespoon of passionfruit pulp</li> <li>○ 2 tablespoons of peanut butter and 1 teaspoon of honey</li> </ul> </li> </ul>	
<b>VEGGIE SMOOTHIE</b>		1 serve provides 3000 kJ, 25g protein
<ul style="list-style-type: none"> <li>• 1 cup milk or milk alternative</li> <li>• 1 banana</li> <li>• 2 cups fresh spinach leaves</li> <li>• 1 tablespoon milk powder or one serve of supplement powder</li> <li>• ¼ cup Linseed, Sunflower and Almond mix (LSA)</li> </ul>	<ul style="list-style-type: none"> <li>• Blend all ingredients together until smooth. Serve chilled.</li> <li>• Add topping of strawberries, banana and LSA mix.</li> <li>• For alternative flavours, replace banana with mixed berries or mangoes</li> </ul>	

## Other nourishing drinks

Fruit juice on its own is lower in protein and energy. Adding some high protein high energy extras will make it more nourishing.

<b>FRUIT PROTEIN SHAKE</b>		1 serve provides 1300 kJ, 7g protein
<ul style="list-style-type: none"><li>• 1 cup apricot nectar</li><li>• 1 tablespoon milk powder (or protein powder of choice)</li><li>• 1 scoop ice cream or 1 tablespoon cream</li></ul>	<ul style="list-style-type: none"><li>• Blend or whisk all ingredients until smooth. Serve immediately.</li><li>• Add fruit puree such as strawberry or apple for a thicker, tastier drink.</li></ul>	
<b>ENERGISED FRUIT JUICE</b>		1 serve provides 1300 kJ, 10g protein
<ul style="list-style-type: none"><li>• 1 cup coconut water</li><li>• 1 cup frozen berries (or fruit of choice)</li><li>• 2 tablespoons peanut butter</li><li>• 2 tablespoons chia seeds</li></ul>	<ul style="list-style-type: none"><li>• Blend all ingredients until smooth. Serve chilled.</li></ul>	

Soft drink on its own contains only water and sugar. It can be nourishing by adding high energy extras.

<b>SPIDER</b>		1 serve provides 900 kJ, 3 g protein
<ul style="list-style-type: none"><li>• 2 scoops vanilla ice cream</li><li>• 150ml regular soft drink (e.g. cola, creaming soda or lemonade)</li></ul>	<ul style="list-style-type: none"><li>• Scoop ice cream into a tall glass. Pour soft drink over ice cream and stir.</li><li>• Serve immediately.</li></ul>	

For further information, contact your dietitian or nutritionist \_\_\_\_\_