

High protein high energy drinks

Nourishing drinks are useful if:

- you are underweight or losing weight
- you have increased energy and protein needs, such as when recovering from injury or illness
- your overall food intake is decreased due to poor appetite or nausea
- you are relying mainly on a fluid diet
- you need to gain or regain weight or if you have been malnourished.

Making nourishing milk/ milk alternative drinks

Milk is a common base for nourishing drinks as it is high in protein and energy (kilojoules/calories). 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. Coconut, almond and rice milk can be used, although these are lower in protein than soy or dairy 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.

ENRICHED MILK	250mL provides 900 kJ, 13g protein (0.9 Cal/mL)
4 tablespoons milk powder 1 litre full cream milk Up to 1 cup of milk powder can be added depending on your nutrition needs and taste preference.	<ul style="list-style-type: none"> • Pour milk into a jug. Stir milk powder in with a whisk until blended. • Keep this enriched milk in your fridge. • Use in place of milk in drinks, soups, porridge, desserts, baking, tea/coffee/milo.
CLASSIC MILKSHAKE	1 serve provides 1300 kJ, 12g protein (1.0 Cal/mL)
1 cup milk or milk alternative* 1 tablespoon milk powder (or protein supplemental powder of choice)	<ul style="list-style-type: none"> • Blend or whisk all ingredients until smooth, serve immediately. • For a creamier alternative, try substituting the ice

<p>2 scoops ice cream/alternative*</p> <p>1 tablespoon flavouring (e.g. chocolate or strawberry syrup, malt, instant coffee, cacao, vanilla essence or honey).</p>	<p>cream for 1 tablespoon of cream.</p> <ul style="list-style-type: none"> • For alternative flavours, try using different flavoured ice cream or frozen yoghurt.
<p>THICKSHAKE 1 serve provides 3000 kJ, 13g protein (1.8 Cal/mL)</p>	
<p>200ml milk or milk alternative*</p> <p>100ml cream/alternative*</p> <p>1 scoop ice cream/alternative*</p> <p>1 tablespoon milk powder (or protein supplemental powder of choice)</p> <p>1 tablespoon flavouring</p>	<ul style="list-style-type: none"> • Blend or whisk all ingredients until smooth, serve immediately. • Flavouring ideas include chocolate or strawberry syrup, malt, instant coffee, cacao, vanilla essence or honey.
<p>FRUIT SMOOTHIE 1 serve provides 2000 kJ, 16 - 19g protein (0.8 Cal/mL)</p>	
<p>2 cups milk or milk alternative*</p> <p>1 tablespoon milk powder (or protein supplemental powder of choice)</p> <p>1 ripe banana or cup tinned fruit (drained)</p> <p>1 cup frozen berries</p> <p>2 scoops ice cream or ½ cup yoghurt*</p>	<ul style="list-style-type: none"> • Blend all ingredients together until smooth. Serve chilled. • For flavour alternatives, and an extra boost of protein and energy, try adding 2 tablespoons of chia seeds or peanut butter.
<p>VEGGIE SMOOTHIE 1 serve provides 3000 kJ, 25g protein (1.8 Cal/mL)</p>	
<p>1 cup milk/alternative*</p> <p>1 banana</p> <p>2 cups fresh spinach leaves</p> <p>¼ cup milk powder (or protein supplemental powder of choice)</p> <p>¼ cup Linseed, Sunflower and Almond mix (LSA)</p>	<ul style="list-style-type: none"> • Blend all ingredients together until smooth. Serve chilled. • Add topping of strawberries, banana and LSA mix. • For flavour alternatives, swap banana with mixed berries or mangoes, or try different nuts and seeds.

*Alternative ideas to dairy products include: coconut, soy, almond and rice varieties

Other nourishing drinks

Fruit juice on its own is a poor source of protein and not very high in energy. Adding some high protein high energy extras will make it more nourishing.

FRUIT PROTEIN SHAKE	1 serve provides 900 kJ, 4g protein (0.7 Cal/mL)
1 cup apple juice or mango nectar 1 tablespoon milk powder (or protein powder of choice) 1 scoop ice cream or 1 tablespoon cream	<ul style="list-style-type: none">• Blend or whisk all ingredients until smooth. Serve immediately.• Add fruit puree such as strawberry or apple for a thicker, tastier drink.
ENERGISED FRUIT JUICE	1 serve provides 1300 kJ, 10g protein (1 Cal/mL)
1 cup coconut water 1 cup frozen berries (or fruit of choice) 2 tablespoons peanut butter 2 tablespoons chia seeds	<ul style="list-style-type: none">• Blend all ingredients until smooth. Serve chilled.

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

SPIDER	1 serve provides 900 kJ, 3 g protein (0.9 Cal/mL)
2 scoops vanilla ice cream 150ml soft drink (e.g. cola, creaming soda or lemonade)	<ul style="list-style-type: none">• Scoop ice cream into a tall glass. Pour soft drink over ice cream and stir.• Serve immediately.