

Super Shakes!

Super shakes all have approximately 500 calories in one 250ml serving. In addition to balanced meals these may be useful for those who require extra calories to gain weight. These recipes can be adapted with different ingredients.

Berry Delight

Simply combine

- 2 x 50g pots of fromage frais yoghurt
- 100ml cranberry juice
- 5 tablespoons double cream
- 1 tablespoon strawberry milkshake powder

Approx 550 kcal and 13g protein.



Nice 'n' Nutty

Whisk together:

- 200ml whole milk
- 2 tablespoons of double cream
- 2 tablespoons condensed milk
- 2 tablespoons hazelnut chocolate spread
- 1 tablespoon dried milk powder

Approx 580 kcal and 15g protein (not suitable for those with a nut allergy).



Bourbon Cream Dream

Crush and mix:

- 4 Bourbon cream biscuits into fine crumbs
- 200ml whole milk
- 2 tablespoons condensed milk
- 1 tablespoon dried milk powder
- Try replacing the Bourbon biscuits with custard creams, ginger nuts or Jaffa Cakes

Approx 560 kcal and 17g protein.

