

## 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.

### Berry Delight

Simply combine:

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

No blender required.

***Approx. 550kcal and 13g protein***



### Nice 'n' Nutty

Whisk together:

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

Not suitable for those with a nut allergy.

***Approx. 580kcal and 15g protein***



### 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 cream biscuits with custard creams or gingernuts.

***Approx. 560kcal and 17g protein***

With special thanks to the staff and residents at Chiltern View Care Home who kindly helped with the development of these Super Shakes recipes.

## Dairy Free Super Shakes

Dairy Free Super Shakes all have approximately 500 calories in one 250ml serving, with no dairy ingredients. In addition to balanced meals these may be useful for those who dislike milk, have dairy intolerance or require extra calories to gain weight.

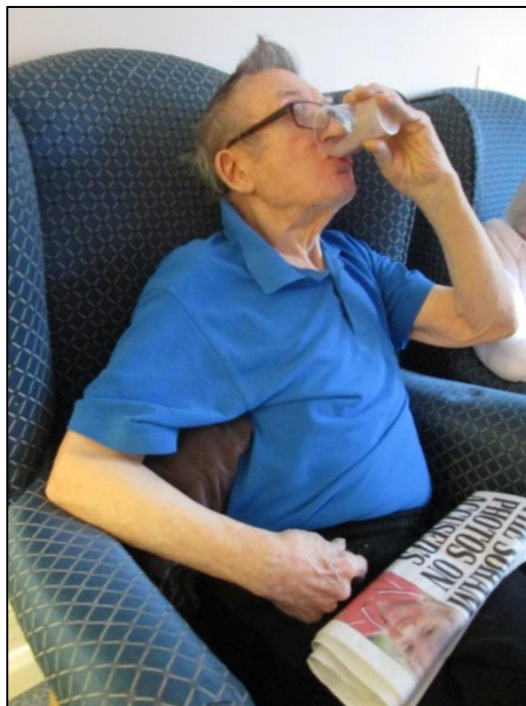
### Virgin Piña Colada

Simply combine:

- 100ml tinned coconut milk
- 100ml pineapple juice
- 2½ tablespoons apricot jam
- 2½ tablespoons icing sugar
- 1 tablespoon golden syrup

Serve with ice for authentic Caribbean flavours.

**Approx. 520kcal**



### Lemon & Lime Sublime

Whisk together:

- 100ml lemonade
- 100ml lime cordial
- 2½ tablespoons of lemon curd
- 2½ tablespoons of icing sugar
- 1 tablespoon of golden syrup

Pour through a strainer to serve.

**Approx. 500kcal**



### Eton Mess

Blend together:

- 2 meringue nests (approx. 30g)
- 150ml soya milk
- 2½ tablespoons strawberry milkshake powder
- 2½ tablespoons strawberry jam
- 1½ tablespoons icing sugar

A taste of British summertime.

**Approx. 520kcal**



**Tip:** These recipes can be adapted or diluted to suit your flavour preferences. Please email [food.first@nhs.net](mailto:food.first@nhs.net) with any of your recipe suggestions.