



Food First

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RECIPE BOOK

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Virgin Piña Colada (Dairy Free)

Ingredients (serves 1)

- 100ml tinned coconut milk
- 100ml pineapple juice
- 2 ½ tablespoons (30g) apricot jam
- 2 ½ tablespoons (22.5g) icing sugar
- 1 tablespoon (26g) golden syrup

Method

Mix all ingredients together

Nutrition

★ *Virgin Pina Colada: 483kcal, 1.6g protein*



Tip: Add 10g egg white powder (2 x 5g sachets) to boost the protein content of this cocktail.

Serve with ice for authentic Caribbean flavours.

Lemon & Lime Sublime (Dairy Free)

Ingredients (serves 1)

100ml lemonade

100ml lime cordial

2 ½ tablespoons (37.5g) lemon curd

2 ½ tablespoons (22.5g) icing sugar

1 tablespoon (26g) golden syrup



Method

Mix the lemon curd, icing sugar and golden syrup into a paste

Slowly whisk the lemonade and lime cordial into the paste

May require straining through a sieve before serving

Nutrition

★ *Lemon & lime sublime:* 421kcal, 0.5g protein



Tip: Why not try a different flavour combination, such as using elderflower cordial instead of lime cordial.

Fortified Milk

Ingredients

1 pint (568ml) whole milk

4 tablespoons (48g) skimmed milk powder

Method

Whisk ingredients together with a fork

Nutrition

★ *Fortified pint of whole milk:*
572kcal, 36g protein

Standard pint of whole milk:
356kcal, 19g protein



Tip: For those at risk of malnutrition, aim for 1 pint of fortified milk each day.

Use like standard milk throughout the day. For example use in tea, coffee, milkshake, porridge, mash potato and soups.

Fortified

Ingredients (serves 1)

180ml whole milk

2 tablespoons (30g) skimmed milk powder

4 heaped teaspoons (25g) vitamin fortified milkshake powder (e.g. Nesquik or Tesco milkshake powder)

Method

Mix the milkshake powder and skimmed milk powder together with a little of the milk to create a smooth paste

Stir in the remaining milk slowly until all powder fully dissolved

Nutrition

★ *Fortified milkshake*: 297kcal, 17g protein

Standard milkshake (made with semi-skimmed milk): 164kcal, 6g protein



Tip: For those at risk of malnutrition, aim for 2 home-made milkshakes each day.



Dairy Free Chocolate Mousse

Ingredients (serves 6)

225g dairy free chocolate

170g dairy free spread (e.g. Vitalite Dairy Free Spread, Pure Dairy Free Spread, Flora Freedom Dairy Free Spread)

5 medium eggs

100g caster sugar

Method

Melt the chocolate using a hob or microwave

Separate the egg yolks from the egg whites

Whisk the egg yolks with most of the sugar until creamy and pale (keep 2 teaspoons of sugar to one side for the egg whites)

Whisk the melted chocolate into the egg yolk and sugar mix

Melt the butter and add to the chocolate and egg yolk mix

Whisk the egg whites and remaining sugar until soft peaks form

Fold the egg whites into the chocolate mix using a metal spoon

Nutrition

★ *Dairy free chocolate mousse*: 492kcal, 7.3g protein



Tip: Mousse is a great snack in between meals and is suitable for those requiring a textured modified diet.

Dairy Free Fruit Smoothie

Ingredients (serves 1)

- 1 small banana (approx. 80g)
- 150ml tinned coconut milk
- 75ml orange juice
- 5 strawberries (fresh or frozen)
- 10 raspberries (fresh or frozen)

Method

Blend all ingredients together in a blender and serve



Nutrition

★ *Dairy free fortified fruit smoothie:* 403kcal, 3.4g protein



Tip: Add 10g egg white powder (2 x 5g sachets) to boost the protein content of this smoothie.

Fortified Coffee

Ingredients (serves 1)

- 200ml whole milk
- 1-2 teaspoons (5-10g) instant coffee
- 2 tablespoons (24g) skimmed milk powder

Method

Heat the milk until hot (over a hob or in the microwave)

Stir in the instant coffee and skimmed milk powder



Nutrition

★ *Fortified coffee:* 210kcal, 15g protein

Standard coffee: 2kcal, 0g protein



Tip: All fluids except alcohol count towards meeting daily fluid requirements. You should aim to have at least 1.6-2 litres of fluid per day.

Fortified Hot

Ingredients (serves 1)

- 200ml whole milk
- 3 heaped teaspoons (20g) instant hot chocolate
- 2 tablespoons (24g) skimmed milk powder
- 2 tablespoons (30ml) double cream

Method

Heat the milk until hot (over a hob or in the microwave)

Stir in the instant hot chocolate, skimmed milk powder and double cream



Nutrition

Fortified hot chocolate: 446kcal, 17g protein

★ *Standard hot chocolate (made with semi skimmed milk):* 168kcal, 7.9g protein



Tip: Top with squirty cream and marshmallows to add extra calories and make an appealing drink.

Dairy Free Banana & Peanut Shake

Ingredients (serves 1)

- 100ml sweetened soya milk
- 100ml coconut milk
- 1 small banana (approx. 80g)
- 4 heaped teaspoons (56g) peanut butter
- 1 teaspoon (8.4g) golden syrup

Method

Mix all ingredients together in a blender



Nutrition

★ *Dairy free banana & peanut shake:* 679kcal, 20g protein



Tip: Try adding cocoa powder to this shake as the chocolate flavour works well with the banana and peanut butter. Best served chilled.

Dairy Free Chocolate Shake

Ingredients (serves 1)

100ml sweetened soya milk
100ml coconut milk
3-4 (15-20g) teaspoons cocoa powder
4-5 (33.6-42g) teaspoons golden syrup

Method

Whisk all ingredients together

Nutrition

★ *Dairy free chocolate shake
(approx.): 407kcal, 8.7g protein*



Tip: Try adding a shot of coffee for tasty chocolate coffee milkshakes.

Fortified Malted

Ingredients (serves 1)

200ml whole milk
4 heaped teaspoons (50g) malted drink powder (e.g. Horlicks/Ovaltine)
2 tablespoons (24g) skimmed milk powder
2 tablespoons (30ml) double cream



Method

Heat the milk until hot (over a hob or in the microwave)
Stir in the malted drink powder, skimmed milk powder and double cream

Nutrition

Fortified malted drink: 572kcal, 20g protein
★ *Standard malted drink (made with semi-skimmed milk):
188kcal, 9.5g protein*



Tip: Warm malted drinks make for a perfect bedtime drink.

Bourbon Cream Dream

Ingredients (serves 1)

4 bourbon cream biscuits
200ml whole milk
2 tablespoons (30g) condensed milk
1 tablespoon (12g) skimmed milk powder

Method

Crush the biscuits into fine crumbs

Mix together with all other ingredients

This can be done easily by hand or in a blender

Nutrition

★ *Bourbon cream dream: 539kcal, 16g protein*



Tip: Top with cream to provide extra calories.

Try replacing the bourbon cream biscuits with custard creams or ginger nuts.

Dairy Free Vanilla Shake

Ingredients (serves 1)

100ml coconut milk
100g (approx. 4 heaped tablespoons) dairy free ice cream
2 teaspoons (10g) vanilla extract (add more depending on individual preference)

Method

Mix all ingredients together in a blender and serve

Nutrition

★ *Dairy free vanilla shake: 394kcal, 3.6g protein*



Tip: Experiment with other tasty combinations by replacing the vanilla extract with fresh or frozen fruit (e.g. strawberries & mango) or dairy free milkshake syrups.

Add coffee for a delicious iced vanilla coffee drink.

Fortified Lemon Cream

Ingredients (serves 3)

300ml double cream

70g caster sugar

Juice of 1 – 1 ½ lemons

2 tablespoons (24g) skimmed milk powder

Method

Heat cream and milk powder together over the hob, until milk powder has dissolved

Add sugar

Bring to the boil and continue to boil for 3 minutes

Mix in lemon juice

Pour into 3 bowls and allow to set



Nutrition

Fortified lemon cream: 621kcal, 4.5g protein



Tip: Serve with crushed meringue for a zesty alternative to the classic Eton Mess.

Fortified Fruit Juice

Ingredients (serves 1)

180ml fruit juice

40ml undiluted fruit squash or cordial (not sugar free, diet or no added sugar)

10g (2 x 5g sachets) egg white powder*

** found in the home baking sections of most supermarkets*

Method

Mix undiluted fruit squash/cordial into egg white powder with a fork

Gradually mix in fruit juice until smooth

Nutrition

Fortified fruit juice: 180kcal, 9.5g protein



Standard fruit juice: 83kcal, 1g protein



Tip: Try some of these tasty combinations:

- Cranberry juice with blackcurrant squash
- Apple juice with elderflower cordial
- Orange juice with pineapple squash

Super Soups

Cup Soup (serves 1)

Ingredients

1 sachet of cup soup (use a 'cream of' variety for best results)

100ml whole milk

100ml double cream

Method

Heat the milk and double cream together in a saucepan or in a microwave

Whisk in the cup soup powder



Nutrition

★ *Fortified Cup Soup*: 577kcal, 5.3g protein

★ *Standard Cup Soup (average)*: 100kcal, 1g protein



Tip: Fortified soup can be served as a great savoury snack in between meals, especially in winter!

Fortified Milk Jelly

Ingredients (serves 4)

1 block of full sugar jelly

284ml (½ pint) boiling water

1 tin (410g) evaporated milk

Method

Add 284ml (½ pint) of boiling water to cubes of jelly

Allow jelly mixture to cool (approx. 10minutes)

Stir in 1 tin of evaporated milk

Pour in 4 bowls and chill until set



Nutrition (per serving)

★ *Fortified milk jelly*: 262kcal, 10g protein

★ *Standard jelly*: 100kcal, 2g protein



Tip: Add sliced fruit to the milk jelly mixture before it sets to add extra flavour and make the dish more attractive.

Fortified Mousse

Ingredients

Instant mousse mix (1 pack) such as Angel Delight or supermarket own brand

Follow quantities advised on packet using whole milk, replacing half of the quantity of milk with double cream (e.g. if packet requires 300ml of milk, use 150ml whole milk, 150ml double cream)

4 tablespoons (48g) skimmed milk powder

Method

Mix mousse powder with milk powder

Whisk in milk and cream

Divide into appropriate portions according to packet instructions and chill until set



Nutrition (per serving)

Fortified mousse (approx.): 310kcal, 6.5g protein

★ *Standard mousse per portion: 110kcal, 3g protein*



Tip: Mousse is a great snack in between meals and is suitable for those requiring a textured modified diet.

Super Soups

Tinned Soup (serves 1)

Ingredients

300ml tinned soup

2 tablespoons (24g) skimmed milk powder

1 tablespoon (15ml) double cream

Method

Heat up the soup and stir in the dried milk powder and double cream



Nutrition

★ *Fortified tinned soup: 288kcal, 13g protein*

Standard tinned soup (average): 150kcal, 5g protein



Tip: To provide further calories add croutons or grated cheese and serve with bread and butter.

Super Soups

Homemade Soup (serves 1)

Ingredients

Bowl of homemade soup

2 tablespoons (30ml) double cream

2 tablespoons (30g) skimmed milk powder

Method

Stir in the double cream and milk powder to a bowl of homemade soup



Nutrition

★ *Double cream and milk powder adds an extra:
252kcal, 11g protein*



Tip: To further fortify a bowl of soup you could add:
15g grated cheese: 62kcal, 4g protein

Fortified Custard

Ingredients (serves 1)

125g ready to eat custard (avoid low fat / sugar varieties)

1 tablespoon (12g) skimmed milk powder

1 tablespoon (15ml) double cream

Method

Stir the double cream and milk powder into the custard until dissolved



Nutrition

★ *Fortified custard: 244kcal, 7.9g protein
Standard custard: 122kcal, 3g protein*



Tip: Fortified custard is a great snack for in between meals and is suitable for those requiring a texture modified diet.

Fortified custard can be served with sliced fruit and puddings.

Fortified Yoghurt

Ingredients (serves 1)

- 1 pot of full fat yoghurt
- 1 tablespoon (12g) skimmed milk powder
- 1 tablespoon (15ml) double cream

Method

Stir in the milk powder and double cream into yoghurt

Nutrition

★ *Fortified yoghurt:* 263kcal, 9.4g protein

Standard yoghurt: 114kcal, 4g protein



Tip: Fortified yoghurt is a great snack in between meals or as a dessert and is suitable for those requiring a textured modified diet (yoghurts containing fruit bits may not be suitable for those requiring a texture modified diet).



Fortified Mashed Potato

Ingredients (serves 1)

- 200g mashed potato
- 2 teaspoons (18g) butter
- 2 tablespoons (30ml) whole milk
- 1 tablespoon (12g) skimmed milk powder
- 1 tablespoon (15ml) double cream

Method

Cook the potatoes

Add the butter, milk, milk powder and double cream

Mash all the ingredients together



Nutrition

★ *Fortified mashed potato (approx.):* 437kcal, 9.1g protein

Standard mashed potato (approx.): 150kcal, 3g protein



Tip: Add grated cheese for extra calories and protein.

Fortified Cereal

Ingredients (serves 1)

Bowl of breakfast cereal
150ml whole milk
1 tablespoon (12g) dried milk powder
1 tablespoon (15ml) double cream

Method

Stir in the milk powder and double cream to the milk
Pour the fortified milk over the cereal



Nutrition

- ★ *Fortified cereal:* 355kcal, 14g protein
- ★ *Standard cereal:* 188-211kcal, 7.1-9.9g protein



Tip: To further fortify a bowl of cereal you could add: raisins, honey, sugar, almonds, prunes or desiccated coconut.

Fortified Porridge

Ingredients (serves 1)

40g porridge oats
200ml whole milk
1 tablespoon (12g) skimmed milk powder
1 tablespoon (15ml) double cream

Method

Add milk to porridge oats and heat (microwave or hob), stir often
Stir in milk powder and double cream



Nutrition

- ★ *Fortified porridge:* 405kcal, 16g protein
- ★ *Standard porridge (made with semi-skimmed milk):* 251kcal, 12g protein



Tip: To further fortify porridge you could add: raisins, honey, sugar, peanut butter, almonds or linseeds.