Fortified Milk

It is vital to drink enough fluid during the day. Whilst fluids such as water and squash are hydrating, they are not very high in calories.

Use the recipes and hints on this page and overleaf to boost the nutritional value of drinks and liquid-containing foods.

Fortified Milk Recipe

Four tablespoons (~60-70g) dried skimmed milk powder
1 pint of full fat milk

1. Mix the powder with a small amount of milk to make a paste
2. Whisk in the rest of the milk

Aim to have an intake of at least 1 pint of fortified milk per day

This can be used in many foods you may eat or drink, including:
- Tea/coffee and hot milky drinks e.g. hot chocolate, Horlicks, Ovaltine
- Porridge and cereal
- Custard
- Milky puddings e.g. Angel Delight
- White sauce
- Mashed potato
- Milkshakes

See overleaf for recipes using fortified milk.
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**Custard (makes 1 pint)**

2 tablespoons (35g) custard powder  
2 tablespoons (35g) sugar  
1 pint of fortified milk

Mix the custard powder and sugar together with a splash of milk to make a paste. Warm the rest of the milk through, then pour onto the paste mixture whilst stirring. Add back to the pan, bring to the boil and stir until thickened.

*550kcal 10g protein

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**White Sauce (makes 1 pint)**

25g butter  
25g plain flour  
1 pint fortified milk

Melt butter in pan, add flour and cook for 1-2 minutes. Take the pan off the heat and gradually stir in the milk. Return to the heat and simmer for 8-10 minutes, stirring all the time until thickened.

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**Chocolate Mousse (serves 2)**

1 sachet instant chocolate dessert e.g. Angel Delight  
150ml fortified milk and 150ml double cream*  
OR 300ml fortified milk (without any cream)**

Whisk all the ingredients together until thickened.

*Why not try other instant dessert flavourings?

**300kcal 20g protein

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**Porridge (serves 4)**

120g porridge oats  
1 pint fortified milk

Mix together in a saucepan and simmer for 2-4 minutes until reaches appropriate consistency.

*Why not add food boosters (see page 28) to add even more calories?

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**Milkshake/Hot Chocolate/Malt Drink**

200ml fortified milk (warm if desired)  
3 tablespoons double cream  
3 teaspoons hot chocolate, malted drink or milkshake powder

*Why not try flavoured syrups or fruit?

**472kcal 14g protein

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**Yoghurt & Berry Smoothie**

150ml fortified milk  
150ml full fat fruit yoghurt  
1 banana and 100g berries (fresh or frozen)  
1 teaspoon honey

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**Banana & Peanut Butter Smoothie**

150ml fortified milk  
1 scoop of ice cream  
1 banana  
1 tablespoon peanut butter  
1 teaspoon honey

**350kcal 15g protein

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**Ice Coffee Delight**

150ml fortified milk  
2 teaspoons instant coffee powder  
1 pot crème caramel  
1 scoop ice cream

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