



FORTIFIED MILKSHAKE RECIPE BOOK

NHS Greater Glasgow and Clyde Care Home Dietitians



Chair: Sarah Compton-Bishop
Chief Executive: Pamela Dudek
Headquarters: Assynt House, Beechwood Park, INVERNESS IV2 3BW

TABLE OF CONTENTS

- 01 Malted Milkshake
- 02 Fortified Strawberry Milkshake
- 03 Fortified Chocolate Milkshake
- 04 Fortified Vanilla Milkshake
- 05 Fortified Banana Milkshake
- 06 Chocolate Peanut Butter Shake
- 07 Fruit Smoothie
- 08 Greek Cooler
- 09 Coffee Shake
- 10 Fortified Fruit Juice
- 11 Fortified Fruit Juice (skimmed milk powder)
- 12 Lemonade Float
- 13 Low Volume Milkshake
- 14 Low Fat/ Low Calorie Milkshake





INTRODUCTION



Welcome to our milkshake recipe book! We hope you find these recipes helpful and easy to prepare. The recipe book was developed by the Care Home Dietetic Team along with the chefs from two care homes within NHS Greater Glasgow and Clyde (NHSGGC).

Malnutrition in care homes is estimated to affect 35% of residents and managing this can be challenging (BAPEN, 2015). Care homes are advised to “fortify” meals with cream, butter, cheese and other high energy foods in order to maximise the energy and protein content offered to residents. In addition to this, we know that nourishing drinks can be helpful in improving nutrition and hydration status. Drinks can also be offered at different times, throughout the day or night, and can be given in a variety of volumes which meets resident needs and preferences.

During 2022 and 2023 we created nutritious recipes (with known nutritional content) which were trialled and tested in two NHSGGC care homes. We looked specifically at palatability, cost and ease of preparation. The feedback we gathered from residents, staff and family members was invaluable in making changes to ingredients, volume and presentation. We have included high calorie and high protein recipes, as well as low calorie and low volume. We have also used milk and milk substitutes in order to encompass as many dietary likes, needs and preferences as possible.

Prior to starting residents on fortified milkshakes, we reviewed residents nutritional status and continued this on a monthly basis thereafter. We found that both nutritional status and weight improved in the majority of residents over a 3-6 month period. Each recipe has the nutritional breakdown provided in a variety of volumes i.e. 50ml, 100ml and 200ml servings.

Alongside this recipe book we have developed a training pack and presentation to offer to care homes which will eventually be added on to the Care Home Collaborative website to support the roll out:

Care Home Dietetic Team:

Gillian Mackay (Team Lead)

Rachel Green

Carol Marshall

Vik Hilton

<https://www.nhsggc.scot/your-health/care-homes/care-home-collaborative/>

We hope to continue making a positive impact on the lives of the care home residents within NHSGGC through this project.



1) Malted Milkshake



5x 200ml servings

🕒 10 minutes



Ingredients

- 550ml full cream milk
- 150ml double cream
- 180g skimmed milk powder
- 150g instant malted drink powder

Method

1. Sieve skimmed milk powder and instant malted drink powder
2. In a bowl mix together sieved skimmed milk powder and instant malted drink powder.
3. Gradually whisk in full cream milk with skimmed milk powder and instant malted drink powder
4. Add double cream into mixture and stir well.
5. Serve chilled as 200ml, 100ml or 50ml portion.



Nutritional Information:

Per 200ml: 426kcal, 18.5g protein, 20g fat

Per 100ml: 213kcal, 9g protein, 10g fat

Per 50ml shot: 107kcal, 4.5g protein, 5g fat

2) Fortified Strawberry Milkshake



5x 200ml servings

🕒 10 minutes



Ingredients

- 600ml full cream milk
- 150ml double cream
- 180g skimmed milk powder
- 120g vitamin fortified strawberry milkshake powder

Method

1. Sieve skimmed milk powder and milkshake powder.
2. In a bowl mix together sieved skimmed milk powder and milkshake powder.
3. Gradually whisk in full cream milk with milkshake powder and skimmed milk powder mix.
4. Add double cream into mixture and stir well.
5. Serve chilled as 200ml, 100ml or 50ml portion.



Nutritional Information:

Per 200ml: 436kcal, 17g protein, 20g fat

Per 100ml: 218kcal, 9g protein, 10g fat

Per 50ml shot: 109kcal, 4g protein, 5g fat

3) Fortified Chocolate Milkshake



5x 200ml servings

🕒 10 minutes



Nutritional Information:

Per 200ml: 436kcal, 17g protein, 20g fat

Per 100ml: 218kcal, 9g protein, 10g fat

Per 50ml shot: 109kcal, 4g protein, 5g fat

Ingredients

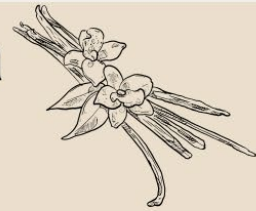
- 600ml full cream milk
- 150ml double cream
- 180g skimmed milk powder
- 120g vitamin fortified chocolate milkshake powder

Method

1. Sieve skimmed milk powder and milkshake powder.
2. In a bowl mix together sieved skimmed milk powder and milkshake powder.
3. Gradually whisk in full cream milk with milkshake powder and skimmed milk powder mix.
4. Add double cream into mixture and stir well.
5. Serve chilled as 200ml, 100ml or 50ml portion.



4) Fortified Vanilla Milkshake



5x 200ml servings

🕒 10 minutes



Nutritional Information:

Per 200ml: 436kcal, 17g protein, 20g fat

Per 100ml: 218kcal, 9g protein, 10g fat

Per 50ml shot: 109kcal, 4g protein, 5g fat

Ingredients

- 600ml full cream milk
- 150ml double cream
- 180g skimmed milk powder
- 120g vitamin fortified vanilla milkshake powder

Method

1. Sieve skimmed milk powder and milkshake powder.
2. In a bowl mix together sieved skimmed milk powder and milkshake powder.
3. Gradually whisk in full cream milk with milkshake powder and skimmed milk powder mix.
4. Add double cream into mixture and stir well.
5. Serve chilled as 200ml, 100ml or 50ml portion.



5) Fortified Banana Milkshake



5x 200ml servings

🕒 10 minutes



Nutritional Information:

Per 200ml: 436kcal, 17g protein, 20g fat

Per 100ml: 218kcal, 9g protein, 10g fat

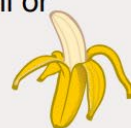
Per 50ml shot: 109kcal, 4g protein, 5g fat

Ingredients

- 600ml full cream milk
- 150ml double cream
- 180g skimmed milk powder
- 120g vitamin fortified banana milkshake powder

Method

1. Sieve skimmed milk powder and milkshake powder.
2. In a bowl mix together sieved skimmed milk powder and milkshake powder.
3. Gradually whisk in full cream milk with milkshake powder and skimmed milk powder mix.
4. Add double cream into mixture and stir well.
5. Serve chilled as 200ml, 100ml or 50ml portion.



6) Chocolate Peanut Butter Shake



5x 200ml servings

🕒 40 minutes



Ingredients

- 15 medjool dates
- 700ml fortified soya milk
- 300g smooth peanut butter
- 50g golden syrup
- 25g cocoa powder

Method

1. Soak dates in water for 30 minutes and ensure the stones are removed.
2. Add all ingredients into a blender.
3. Blend all ingredients until there is a smooth consistency.
4. Serve chilled as 200ml, 100ml or 50ml portion .

Nutritional Information:

Per 200ml: 544kcal, 22g protein, 35g fat

Per 100ml: 272kcal, 11g protein, 17g fat

Per 50ml shot: 136kcal, 5.5g protein, 8.5g fat



7) Fruit Smoothie



5x 200ml servings

🕒 10 minutes



Ingredients

- 575g plain full fat greek yoghurt
- 225g fruit cocktail or other tinned fruit of choice
- 200ml condensed milk

Method

1. In a blender, puree the fruit until smooth.
2. Once smooth add greek yoghurt and condensed milk into blender.
3. Blend all ingredients until there is a smooth consistency.
4. Serve chilled as 200ml, 100ml or 50ml portion.

Nutritional Information:

Per 200ml: 256kcal, 6g protein, 15g fat

Per 100ml: 128kcal, 4g protein, 7.5g fat

Per 50ml shot: 64kcal, 2g protein, 4g fat



8) Greek Cooler



5x 200ml servings

🕒 10 minutes



Ingredients

- 500g plain full fat greek yoghurt
- 400ml full cream milk
- 70g skimmed milk powder
- 90g honey

Method

1. In a blender, mix together milk and milk powder until smooth.
2. Once smooth add greek yoghurt and honey into the blender.
3. Blend all ingredients until there is a smooth consistency.
4. Serve chilled as 200ml, 100ml or 50ml portion.

Nutritional Information:

Per 200ml: 252kcal, 12g protein, 13.5g fat

Per 100ml: 126kcal, 6g protein, 7g fat

Per 50ml shot: 63kcal, 3g protein, 3g fat



9) Coffee Shake



5x 200ml servings

🕒 10 minutes



Nutritional Information:

Per 200ml: 408kcal, 17g protein, 20g fat

Per 100ml: 204kcal, 8.5g protein, 10g fat

Per 50ml shot: 102kcal, 4g protein, 5g fat

Ingredients

- 600ml full cream milk
- 150ml double cream
- 180g skimmed milk powder
- 60g vitamin fortified chocolate milkshake powder
- 20g coffee granules
- 25g golden syrup

Method

1. Mix coffee granules with a small amount of hot water to dissolve.
2. Sieve skimmed milk powder and milkshake powder, then mix together.
3. Add this to coffee granules and water mix.
4. Gradually add in milk, then cream and mix well.
5. Serve chilled as 200ml, 100ml or 50ml portion.



10) Fortified Fruit Juice



5x 200ml servings

🕒 10 minutes



Ingredients

- 800ml fruit juice (e.g. cranberry)
- 200ml blackcurrant cordial
- 150g egg white powder

Method

1. Dissolve egg white powder into the fruit juice using a blender.
2. Add blackcurrant cordial into blender.
3. Blend all ingredients until there is a smooth consistency.
4. Serve chilled as 200ml, 100ml or 50ml portion.

Nutritional Information:

Per 200ml: 192kcal, 8g protein, 0g fat

Per 100ml: 96kcal, 4g protein, 0g fat

Per 50ml shot: 48kcal, 2g protein, 0g fat



11) Fortified Fruit Juice (Skimmed Milk Powder)

5x 200ml servings

🕒 10 minutes



Ingredients

- 875ml fruit juice (e.g. orange)
- 125g skimmed milk powder

Method

1. Dissolve milk powder into the fruit juice using a blender.
2. Blend ingredients until there is a smooth consistency.
3. Serve chilled as 200ml, 100ml or 50ml portion.



Nutritional Information:

Per 200ml: 174kcal, 12g protein, 0g fat

Per 100ml: 87kcal, 6gprotein, 0g fat

Per 50ml shot: 44kcal, 3g protein, 0g fat

12) Lemonade Float



5x 200ml servings

🕒 10 minutes



Ingredients

- 700ml fortified orange juice from previous fortified fruit juice recipe:
- (i.e. 700ml of: 800ml Fruit Juice, 125g skimmed milk powder)
- 150ml full sugar lemonade
- 150g vanilla ice cream

Method

1. Dissolve skimmed milk powder into the fruit juice using a blender.
2. Add ice cream into blender and blend until smooth.
3. Remove from blender and mix in lemonade.
4. Serve chilled as 200ml, 100ml or 50ml portion.

Nutritional Information:

Per 200ml: 166kcal, 9g protein, 3g fat

Per 100ml: 83kcal, 4.5g protein, 1.5g fat

Per 50ml shot: 41kcal, 2g protein, 1g fat



13) Low Volume Milkshake

10x 100ml servings

🕒 10 minutes



Ingredients

- 550ml full cream milk
- 200g skimmed milk powder
- 200ml double cream
- 50g vitamin fortified milkshake powder

Method

1. Pour milk into a jug and whisk in skimmed milk powder.
2. Add milkshake powder and double cream.
3. Mix until smooth.
4. Serve chilled as 100ml portion.

Nutritional Information:

Per 200ml: 438kcal, 19g protein, 25g fat
Per 100ml: 218kcal, 9.5g protein, 12.5g fat
Per 50ml shot: 109kcal, 5g protein, 6g fat



14) Low Fat/ Low Calorie Milkshake



5x 200ml servings

🕒 10 minutes



Ingredients

- 600ml skimmed milk
- 3 bananas - peeled, sliced and frozen
- 20g ice
- 25g unsweetened cocoa powder
- 25g honey
- 1 teaspoon vanilla extract

Method

1. Add frozen banana, ice and skimmed milk into a blender.
2. Whilst on a low speed add cocoa powder, honey and vanilla extract.
3. Blend until smooth.
4. Serve chilled as 200ml, 100ml or 50ml portion.

Nutritional Information:

Per 200ml: 132kcal, 4g protein, 1g fat
Per 100ml: 66kcal, 2g protein, 0.5g fat
Per 50ml shot: 33kcal, 1g protein, 0g fat



SUMMARY

Fortified milkshakes are a useful tool in supporting residents nutrition and hydration status. By using a variety of flavours and ingredients, your residents can enjoy a nourishing and tasty drink.

We encourage you to continue to support your residents nutrition by providing fortified milkshakes (where indicated) on a daily basis. For more care home related nutrition advice please see our website:

<https://www.nhsggc.scot/your-health/care-homes/nutrition-in-care-home/>

ACKNOWLEDGEMENTS

- Thank you to Inchinnan Care Home, manager Nicola Watt and chef Ryan Traynor for support in the initial development and testing of the recipes.
- Thank you to Lillyburn Care Home, manager Clare Selbie and chef John Brereton for their support in the second phase of testing and developing the recipes.
- Thank you to our Care Home Dietetic Team for all their hard work with developing this information pack and related recipe book.

REFERENCE

- Russell, C., & Elia, M. (2015). Nutrition screening surveys in care homes in the UK. BAPEN, Redditch.[PUBMED][Google Scholar].

