

High Calorie Beverages

The following recipe ideas can be quickly made in a blender. Put all of the ingredients in the blender and blend till smooth. Experiment with a variety of fruits (canned, fresh or frozen) or juices to suit your child's tastes. These recipes can be used to supplement your child's diet when they are not eating well or offered as a snack to help your child gain extra weight.

Make-a-Shake

½ cup (125 ml) vanilla ice cream – can use more
1 oz. (30 ml) whipping cream
1 oz. (30 ml) whole milk
2 Tbsp. skim milk powder

Add:

⅓ – ½ cup (90-125 ml) fresh or frozen fruit (eg. ½ banana, ½ cup peaches or berries)

OR

2 Tbsp. (60 ml) chocolate syrup

Yield: 1 cup (250 ml) providing 300-400 calories and 5 grams protein

Yogurt Booster

½ (125 ml) plain yogurt
2 Tbsp. (60 ml) skim milk powder
1 small banana or ½ cup (125 ml) fresh or frozen fruit
½ cup (125 ml) fruit juice
2 Tbsp. (30 ml) whipping cream

Yield: 1 ½ cups (375 ml) providing 270 calories and 6 grams protein

Basic Smoothie Recipe

¼ cup (60 ml) whole milk
¼ cup (60 ml) whipping cream
½ cup (125 ml) fresh or frozen fruit or berries of choice
1 Tbsp. (30 ml) skim milk powder
⅓ cup (80 ml) of ice cubes – optional

Yield: 1 cup (250 ml) providing 210 calories and 4 grams protein

Fruit and Yogurt Smoothie

½ cup (125 ml) vanilla or plain yogurt

½ cup (125 ml) fresh or frozen berries

1 small banana

½ cup (125 ml) canned or fresh fruit – such as peaches

2 Tbsp. (60 ml) skim milk powder

3-4 ice cubes

Yield: 1 ½ cups (375 ml) providing 290 calories and 8 grams protein