

Nourishing Milkshake

SIMPLE RECIPE

Plain Fortified Milk

Per pint, preferably full cream

1. Add 4 tbsp (60 g) skimmed milk powder to a jug.
2. Mix with a very small amount of milk to make a smooth paste, then add the remaining milk.

Use your **fortified milk** in place of ordinary milk or water.

For example, in:

tea/coffee	packet soups
other milky drinks	mashed potato
milk to drink on its own	milk puddings
porridge/cereals	custard



Nourishing Fortified Milkshake

Ingredients

- 100 ml fortified milk
- 50 ml double cream
- 45 g (3 tbsp) smooth peanut butter
- 25 g (5 heaped tsp) Horlicks Original powder
- 55 g (1 scoop) chocolate ice cream

Directions

1. Blend ingredients and serve chilled.

Nutritional Information

Provides: 822 kcal, 21 g protein