

Super Shakes

Nutrition & Dietetics



Super Shakes

All have approximately 500 calories in one 250ml serving. In addition to balanced meals these may be useful for those who require extra calories to gain weight.

Berry Delight

No blender required. **Approx. 550kcal and 13g protein**

Simply combine:

- 2 x 50g pots fromage frais yogurt
 - 100ml cranberry juice
 - 5 tablespoons double cream
 - 1 tablespoon strawberry milkshake powder
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Nice 'n' Nutty

Not suitable for those with a nut allergy. **Approx. 580kcal and 15g protein**

Whisk together:

- 200ml whole milk
 - 2 tablespoons double cream
 - 2 tablespoons condensed milk
 - 2 tablespoons hazelnut chocolate spread
 - 1 tablespoon dried milk powder
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Bourbon Cream Dream

Try replacing the bourbon cream biscuits with custard creams or gingernuts.

Approx. 560kcal and 17g protein

Crush and mix:

- 4 bourbon cream biscuits into fine crumbs
- 200ml whole milk
- 2 tablespoons condensed milk
- 1 tablespoon dried milk powder

Dairy Free Super Shakes

All have approximately 500 calories in one 250ml serving, with no dairy ingredients. In addition to balanced meals these may be useful for those who dislike milk, have dairy intolerance or require extra calories to gain weight.

Virgin Piña Colada

Serve with ice for authentic Caribbean flavours. **Approx. 520kcal**

Simply combine:

- 100ml tinned coconut milk
- 100ml pineapple juice
- 2½ tablespoons apricot jam
- 2½ tablespoons icing sugar
- 1 tablespoon golden syrup

Tip:

These recipes can be adapted or diluted to suit your flavour preferences.

Lemon & Lime Sublime

Pour through a strainer to serve. **Approx. 500kcal**

Whisk together:

- 100ml lemonade
- 100ml lime cordial
- 2½ tablespoons of lemon curd
- 2½ tablespoons of icing sugar
- 1 tablespoon of golden syrup

Eton Mess

A taste of British summertime. **Approx. 520kcal**

Blend together:

- 2 meringue nests (approx. 30g)
- 150ml soya milk
- 2½ tablespoons strawberry milkshake powder
- 2½ tablespoons strawberry jam
- 1½ tablespoons icing sugar



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