



# Nourishing Drink Recipes

## Information for patients and carers

Nourishing drinks can be a useful and easy way to get in added calories and protein into your day while managing a smaller appetite.

**Please note you will need a blender for these recipes**

### Method

Add the suggested serving from each section and blend this together in your blender to create your nourishing drink, aim for 1-2 nourishing drinks per day.

### Step 1: Choose a nourishing fluid/base:

If able, we recommend choosing full-fat milk as this is most rich in calories.

**Table 1 – Nourishing fluids**

Nourishing fluid (200mls)	Calories (kcal)	Protein (g)
Full-fat milk	132	7
Semi-skimmed milk	100	7.2
Lactose free semi-skimmed milk	76	6.9
Oat milk	88	0.8
Almond milk	30	1
Coconut milk	28	0.2
Soya milk	66	6.6
Cashew milk	46	1
Hazelnut milk	58	0.8

\*Please note that the nutritional values may be slightly different depending on the supermarket or brand you choose.



## Step 2: Choose 1-2 protein/energy boosters

**Table 2 – Protein/energy booster ingredients**

<b>Ingredient to add (tablespoons)</b>	<b>Calories (kcal)</b>	<b>Protein (g)</b>
Peanut butter (1)	94	4
Almond butter (1)	98	3.4
Coconut butter (1)	121	0
Dried milk powder (1)	50	5
Double cream (2)	158	0.5
Evaporated milk (3)	80	4
Coconut cream (3)	150	1.5
Condensed milk (3)	160	3.5
Vanilla ice cream (4)	80	1.2
Greek yogurt (4)	80	4
Greek soya yogurt (4)	30	2.7
Spirulina (1)	20	4
Oat cream (2)	60	0.6
Soya cream (2)	50	0.6

Please note that the nutritional values may be slightly different depending on the supermarket or brand you choose.

- We also recommend adding in some fruits for fibre, vitamins and minerals and to make your nourishing drinks more enjoyable (frozen fruits such as bananas, mangos and berries work best!)
- You can simply cut these up and add to a sandwich bag and freeze or these can also be bought readily frozen from most supermarkets.
- If the drink is too thick you can add more of your nourishing fluid or water and blend again.



### Examples of nourishing drinks could look like this:

1. 200mls full-fat milk, 4 tablespoons Vanilla ice cream, and 1 small cup of frozen berries.

**Energy/calories: 262kcal Protein: 8.2g**

2. 200mls oat milk, 1 tablespoon of peanut butter, 1 frozen banana, 1 small cup of berries.

**Energy/calories: 316kcal Protein: 4.2g**

3. 200mls semi-skimmed milk, 1 tablespoon of spirulina, 4 tablespoons of Greek yogurt, 1 frozen banana, 1 small cup of frozen diced mango.

**Energy/calories: 330kcal, Protein: 15.2g**

4. 200mls soya milk, 1 tablespoon of almond butter, 2 tablespoons of soya cream, 1 frozen banana.

**Energy/calories: 294kcal, Protein: 10.6g**

### Contact Details

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### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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