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# Homemade Supplements

Nutrition and Dietetic Service

Clinician: \_\_\_\_\_

Contact number: \_\_\_\_\_

Cambridgeshire and Peterborough NHS Foundation Trust: providing services across  
Cambridgeshire and Peterborough



**Homemade Supplements are designed for the dietary management of people with - or who are at risk of - malnutrition.**

When you are not able to eat enough to meet your needs, these drinks can be added to supplement your dietary intake.

These supplements should be made in the kitchen and stored in the fridge until used. All recipes are for one serving (unless otherwise stated) and can be multiplied to cover a number of servings required per day.



**PRECAUTION:**

These supplements are not suitable as a sole source of nutrition.

**Directions for Use:**

Homemade supplements are best taken between meals. If this cannot be managed, please discuss timings with your clinician.

After preparation, drinks and mousse can be stored in a refrigerator for up to 24 hours – any unused supplement drinks should be discarded after this time. Soup Plus and Hot Mocha should be drunk while hot and should not be reheated. The lemon and caramel-nougat desserts can be stored in a fridge for 3 days.

Drinks are best served chilled. Once poured, they should be drunk within 2 hours and thrown away if not consumed.

**For further information about this service contact:**

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**Nougat-Caramel Dessert** (300ml — 10 ½ fl oz)

**Serves 3**

**Ingredients:**

2 medium nougat and  
caramel chocolate bars  
(65g each)

150ml — 5 fl oz  
double cream

30g — 5 heaped tea  
spoons skimmed  
milk powder

**Per 100ml serving**

<b>Kcal</b>	488
<b>Protein</b>	6.4g
<b>Fat</b>	34.8g
<b>Carbohydrate</b>	39.6g



**Method:**

1. Gently heat cream with the milk powder until milk powder has dissolved.
2. Chop the chocolate bars into small pieces.
3. Add the pieces to warmed cream and continue to heat gently, stirring regularly until all the chocolate bar pieces have melted.
4. Pour into 3 small dessert bowls and chill. Serve once chilled.
5. Can also be served as a frozen dessert. If kept frozen, use within one week.

**Makes 3 portions of 100ml each.**

This dessert is very high in calories (energy) but low in volume, so it isn't heavy to eat.

## Lemon Dessert (360ml — 13 fl oz)

Serves 3

### Ingredients:

300ml — 10 ½ fl oz double cream

70g — 4 rounded dessert spoons caster sugar

30g — 5 heaped teaspoons skimmed milk powder

Juice of 1-2 lemons

### Per 120ml serving

Kcal	565
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Protein	5g
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Fat	48.4g
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Carbohydrate	29g
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### Method:

1. Gently heat the cream with the milk powder until milk powder has dissolved.
2. Add the sugar and bring to the boil.
3. Boil for 3 minutes and turn off the heat.
4. Mix in the lemon juice. Pour into 3 small dessert bowls and chill. Serve once chilled.
5. Can also be served as a frozen dessert. If kept frozen, use within one week.

### Suggestion:

If you prefer a stronger lemon taste, add more lemon juice.

**Makes 3 portions of 120ml each.**

This dessert is very high in calories (energy) but low in volume, therefore it isn't heavy to eat.

## Milkshake Plus (200ml — 7 fl oz — ⅓ pint)

### Ingredients:

140ml — 5 fl oz whole milk

20g — 4 rounded teaspoons milkshake powder

38g — 3 heaped dessert spoons skimmed milk powder

### Per 200ml serving

Kcal	302
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Protein	18.6g
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Fat	6 g
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Carbohydrate	46.2 g
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Ensure you are using a milkshake powder that is enriched with vitamins and minerals.

### Method:

1. Pour whole milk into a jug.
2. Slowly add the milkshake powder and the skimmed milk powder and blend well with a fork, whisk or a hand-held blender.

### Suggestion:

You can vary the flavour of your milk by using different milkshake powders.



## Mini Milkshake Plus (125ml — 4½ fl oz — ¼ pint)

**Serves 2**

### Ingredients:

180ml — 6 fl oz evaporated milk

20g — 1½ heaped dessert spoons skimmed milk powder

25g — 5 rounded teaspoons drinking chocolate or milkshake powder

35g — 3½ dessert spoons double cream

### Per 125ml serving

<b>Kcal</b>	304
<b>Protein</b>	12.1g
<b>Fat</b>	18.6g
<b>Carbohydrate</b>	23.2g



### Method:

1. Combine skimmed milk powder and drinking chocolate powder in a medium sized jug.
2. Add 30ml of the evaporated milk and mix to make a paste.
3. Add the remaining evaporated milk and the double cream and mix well using a fork, whisk or hand-held blender.

**Best served chilled. Makes two portions.**

## Fruit Plus (200ml — 7 fl oz — ⅓ pint)

### Ingredients:

8g sachet of egg white powder

125ml — 4 fl oz orange juice

75ml — 2½ fl oz flavoured milkshake syrup

8g — 2 teaspoons white sugar

### Per 200ml serving

<b>Kcal</b>	200
<b>Protein</b>	6.5g
<b>Fat</b>	0.1g
<b>Carbohydrate</b>	46g



### Method:

1. Empty sachet of egg white powder into a medium sized jug.
2. Add milkshake syrup and blend using a whisk or hand-held blender.
3. Add fruit juice and sugar and mix well.

**Best served chilled. Makes one portion.**

### Suggestion:

Orange juice can be substituted with any other whole fruit juice.

## Hot Mocha (220ml — 7½ fl oz — ⅓ pint)

### Ingredients:

- 1g — 1 teaspoon instant coffee
- 15g — 3 rounded teaspoons drinking chocolate powder
- 8g — 2 teaspoons white sugar
- 100ml — 3 ½ fl oz evaporated milk
- 100ml — 3 ½ fl oz whole milk (or water)



Per 220ml Serving		
	Milk	Water
<b>Kcal</b>	305	239
<b>Protein</b>	12.7g	9.4g
<b>Fat</b>	14.2g	10.3g
<b>Carbohydrate</b>	33.5g	28.9g

### Method:

1. Blend instant coffee with one tablespoon of boiling water.
2. Add drinking chocolate powder, sugar and evaporated milk and stir.
3. Stir in whole milk and microwave for 30 seconds to one minute until hot.

**Makes one portion.**

### Suggestion:

If preferred, substitute whole milk with 100ml boiling water.

## Smoothie Plus (200ml — 7 fl oz — ⅓ pint)

### Ingredients:

- 130ml — 4½ fl oz whole milk
- 65g — 4-5 tablespoons fruit (fresh, tinned [drained] or frozen)
- 15g — 1 tablespoon white sugar



### Method:

Use a hand blender to blend the milk, fruit and sugar together until smooth.

### Alternatives:

Use a pot of full-fat fruit yoghurt (approx. 120g) instead of 130ml milk to make a **yoghurt smoothie**.

Use 130ml of soft ice-cream (slightly melted) instead of 130ml milk to make an **ice-cream smoothie**.

Alternate the fruit you use, e.g. strawberries, banana, blueberries.

### Per 200ml serving

	Milk smoothie	Yoghurt smoothie	Ice-cream smoothie
<b>Kcal</b>	170	215	315
<b>Protein</b>	4.7g	5.2g	5.1g
<b>Carbohydrate</b>	27.9g	43.3g	47.8g
<b>Fat</b>	5.1g	3.6g	12.7g

## Mousse Plus (125ml — 4½ fl oz — ¼ pint)

### Ingredients:

- 75ml — 2 ½ fl oz whole milk
- 10ml — ⅓ fl oz — 1 dessert spoon double cream
- 12g — 2 ½ rounded teaspoons instant dessert powder
- 28g — 2 tablespoons skimmed milk powder

### Per 125ml serving

<b>Kcal</b>	243
<b>Protein</b>	13g
<b>Fat</b>	10.5g
<b>Carbohydrate</b>	25.6g

Powdered desserts are available from most supermarkets and come in a wide range of flavours.

### Method:

1. Mix the whole milk and double cream in a bowl.
2. Slowly add the skimmed milk powder and instant dessert powder. Blend well with a fork, whisk or hand-held blender.

**The mousse can either be eaten straight away or left to stand in the fridge for 1 hour.**



## Soup Plus (230ml — 8 fl oz)

### Ingredients:

- 21g — 1 packet dried soup powder
- 10g — 3 teaspoons dried skimmed milk powder
- 160ml — 5 ½ fl oz hot water or whole milk
- 40ml — 1½ fl oz or 2½ tablespoons double cream



### Method:

1. Combine the soup powder and skimmed milk powder and add 160ml of hot milk (or water). Stir until well blended.
2. Add the double cream and stir well again.

### Per 230ml serving

	<b>Milk</b>	<b>Water</b>
<b>Kcal</b>	422	316
<b>Protein</b>	10.9g	5.6g
<b>Fat</b>	30.8g	24.5g
<b>Carbohydrate</b>	26.9g	19.5g

Vary the flavour of the soup by using different powders, or tinned soups as an alternative.

Add grated cheese to increase calories and protein.

Check the temperature before serving, to ensure the soup is neither too hot nor too cold.