

Nourishing Drink Recipes

Reference Number: ULHT-LFT-3312 v2

Issued: September 2023

Review Date: September 2025



Contents

- Milk based cold drinks
- Milk based hot drinks
- Savoury Soups
- Non-dairy drinks
- Shopping list
- Notes and contact list

Abbreviations

Tsp = Teaspoon (5g)

Tbsp = Tablespoon (15g)

Cold drinks

Easy milkshake

340kcal, 9g protein

For a stronger taste use flavoured milk that matches the milkshake powder flavour.

Ingredients

200ml Whole Milk (blue top)

3tsp Milkshake powder (e.g. Nesquik)

30ml of double cream

Method

Mix the milkshake powder with a small amount of milk to make a paste. Stir in the rest of the milk and cream.

Extra decadent chocolate milkshake

940kcal and 9g protein

Ingredients

100ml double cream

125ml Chocolate ice-cream*

100ml Whole milk (blue top)

50g dark Chocolate

Method

Mix all items together in a blender. Alternatively you can melt the chocolate in the microwave/on the hob and stir into the other ingredients with a fork.

Simple Vanilla shake

475kcal and 15g protein

Ingredients

150ml Vanilla ice-cream*
3tsp Sugar
300ml Whole Milk (blue top)

Method

Blend all the ingredients together until smooth. Add extra vanilla essence for a more intense flavour.

*Ice cream varies in energy content. Look at the nutritional information on the label and ideally choose one that contains more than 150kcal per 100ml.

Cooling Mango Lassi

630kcal and 14g protein

Ingredients

50ml double cream
1 mango (Remove peel and stone, or use 150g frozen mango)
100ml Whole milk (blue top)
150g Natural/Greek yoghurt
2tsp Sugar

Method

Blend all the ingredients together until smooth. Serve over ice.

Vietnamese iced coffee

480kcal and 11g protein

This classic drink uses condensed milk due to milk shortages in Vietnam in the 19th century.

Ingredients

2tsp Instant coffee
150ml Condensed milk
50ml Boiling water
Handful of ice cubes

Method

Mix the instant coffee with the boiling water to make a short strong coffee (espresso), add more water for a weaker coffee. Pour the condensed milk over the ice cubes in a glass and stir in the coffee.

Hot drinks

Easy hot chocolate

310kcal and 16g protein

Ingredients

2tbsp Dried milk powder
200ml Whole milk (blue top)

1tbsp Sugar
1tbsp Cocoa Powder

Method

Mix the milk powder, sugar and cocoa powder with a small amount of milk to form a paste. Stir in the rest of the milk and heat in the microwave or on the stove.

Indulgent hot chocolate

990kcal and 15g protein

Ingredients

100ml Double cream
200ml Whole milk (blue top)
1tbsp Sugar
1tbsp Cocoa Powder
50g Chocolate

Method

Combine the sugar, cocoa powder and a splash of water in a pan, whisk over a medium heat to form a smooth paste. Stir in the milk and cream and gently heat until steaming. Add in the chocolate until melted.

Fortified Malt Drink

345kcal, 21g protein

Ingredients

200ml Hot Whole milk (blue-top)
2tbsp Milk powder
2tbsp Horlicks/Ovaltine

Method

Heat up the milk either in the microwave or in a saucepan. Mix the Horlicks/Ovaltine powder and the milk powder in a mug. Add in a small amount of the hot milk and stir to make a paste. Stir in the rest of the hot milk. Add sugar to taste.

Fortified Milky Coffee

300kcal, 18g protein

Ingredients

200ml Hot Whole milk (blue-top)
2tbsp Milk powder
1tsp instant coffee
1tbsp double cream

Method

Heat up the milk either in the microwave or in a saucepan. Mix the milk in with the coffee granules and milk powder in a mug. Stir in the double cream. Add sugar to taste.

Savoury Soups

Fortified tinned soup

330kcal and 3g protein

Ingredients

1/2 tin "Cream of" soup (e.g. tomato, chicken, mushroom)
50ml Double cream

Method

Heat the soup as per the instructions on the tin. Pour into a bowl or mug and stir in the cream.

Fortified instant powdered soup

340kcal and 19g protein

Ingredients

200ml Whole milk (blue top)
2tbsp Dried milk powder
1 sachet instant soup powder (e.g. cup-a-soup)

Method

Mix the milk powder with a small amount of milk to form a paste. Stir in the rest of the milk. Gently heat in a pan on the stove, or in the microwave, and mix in the soup powder.

Dairy-free drinks

Choco-nut milkshake

560kcal and 18g protein

Ingredients

200ml Chocolate non-dairy ice cream
200ml Sweetened non-dairy milk
2tbsp peanut butter
10g Cocoa
1 Large banana

Method

Mix all the ingredients together in a blender. Add ice as required. More ice will result in a thicker shake.

Dairy-free leek and potato soup (Serves five)

400kcal and 6g protein per serving*

Ingredients

250ml Dairy-free cream
100g vegetable spread
1 Onion (diced)
3 large leeks (chopped)

1000ml vegetable stock
2tsp dried mixed herbs
1kg medium potatoes (about 5 chopped)

Method

Fry the onion and leeks in the butter until soft. Add the potatoes and cook for another 3 minutes. Add in the stock and mixed herbs. Leave to simmer for 20 to 25 minutes. Remove from the heat. Add in the cream. Blend and serve.

Pina Colada Mocktail

385kcal and 3g protein

Ingredients

150ml Pineapple juice
150ml Coconut milk/cream
1 large banana
Handful of ice cubes

Method

Mix all ingredients together in a blender until smooth. Add ice as required. More ice will result in a thicker shake.

Dairy-free Vanilla Shake

380kcal and 11g protein

Ingredients

150ml Dairy-free ice cream
100ml Dairy-free cream
300ml Sweetened soya milk

Method

Blend all the ingredients together until smooth. Add extra vanilla essence for a more intense flavour.

Dairy-free hot cocoa

615kcal and 15g protein

Ingredients

100ml Dairy-free cream
200ml Sweetened soya milk
1tbsp Sugar
1tbsp Cocoa Powder
50g Dark Chocolate

Method

Combine the sugar, cocoa powder and a splash of water in a pan, whisk over a medium heat to form a smooth paste. Stir in the milk and cream and gently heat until steaming. Add in the chocolate until melted.

Dairy-free leek and potato soup (Serves five)

400kcal and 6g protein per serving*

Ingredients

250ml Dairy-free cream
100g vegetable spread
1 Onion (diced)
3 Large leeks (chopped)
1000ml Vegetable stock
2tsp Dried mixed herbs
1kg medium potatoes (about 5 chopped)

Method

Fry the onion and leeks in the butter until soft. Add the potatoes and cook for another 3 minutes. Add in the stock and mixed herbs. Leave to simmer for 20 to 25 minutes. Remove from the heat. Add in the cream. Blend and serve.

Fortified milks

Use in place of regular milk. Should be used in all hot drinks including tea, coffee and milky foods such as cereals, porridges and milk puddings. Can be drank as a refreshing drink on it's own.

Fortified milk

600kcal and 40g protein per pint

Ingredients

1 pint whole milk (blue top)
4tbsp (60g) dried milk powder or condensed milk

Method

Mix the milk powder (or condensed milk) with a small amount of milk to create a smooth paste, stir in the rest of the milk.

Dairy-free fortified milk

400kcal and 45g protein per 500ml

Ingredients

500ml Sweetened soya milk
2tbsp Soy protein powder (unflavoured)
50ml soya cream

Method

Mix the protein powder with a small amount of milk to make a smooth paste. Stir in the rest of the milk and cream.

Shopping list

Try keeping long-life products in the cupboard (e.g. UHT milk/cream) in case you run out.

Dairy

Whole milk (blue top)

Double cream

Ice cream

Chocolate

Cocoa powder

Milkshake powder

Condensed Milk

Dried milk powder¹

Sugar

Non-dairy

Plant-based milk²

Dairy-free ice cream³

Non-dairy ice cream

Dark chocolate

Cocoa powder

Peanut butter

Coconut milk

Pineapple Juice

Bananas

1. Dried milk powder - Either skimmed milk (e.g. Marvel or supermarket own brand), or whole milk (e.g. Nido).

2. Non-dairy milks which are highest in energy are sweetened soya, Oatly barista and Oatly whole milk. Other milks tend to be lower in calories. Always check the labels.

3. Dairy free creams include soya (e.g. alpro), oat (e.g. Oatly) or alternative (e.g. Elmea plant-based - available as single or double cream).

Notes:

Contact Your Local Nutrition and Dietetics Department

Lincoln County Hospital
Greetwell Road
LINCOLN
LN2 5QY
Telephone: (01522) 573418
Email: ulh.lincolndiet@nhs.net

Pilgrim Hospital Boston
BOSTON
PE21 9QS
Telephone: (01205) 446450
Email: ulh.pilgrimdiet@nhs.net

Grantham and District Hospital
101 Manthorpe Road
GRANTHAM
NG34 8DG
Telephone: (01476) 464399
Email: ulh.granthamdiet@nhs.net

United Lincolnshire Hospitals NHS Trust has worked with AccessAble to create detailed Access Guides to facilities, wards and departments at our sites.

www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust

United Lincolnshire Hospitals NHS Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk