

Food First: How to prepare a pint of fortified milk

Full fat milk (also called full cream or whole milk) contains a range of nutrients including calories, protein and calcium, therefore it is useful to help maintain or increase your weight. Milk powder can be added to full fat milk to make it even more nutritious.

It is vital to drink enough fluid. Whilst water and squash are hydrating, they are not very high in calories.

Fortified Milk Recipe



Ingredients	Nutritional information
1 pint of full fat milk	Contains approximately 370 kcal and 18g of protein
4 tablespoons of dried milk powder (60g)	Contains an additional 220 kcal and 22g of protein
Combining the above ingredients will make 1 pint of fortified milk containing 590 calories and 40g of protein	

Where to purchase dried milk powder

Most supermarkets will stock dried milk powder; you will find it in the long-life milk section.

Dried skimmed milk powder is recommended as it contains more protein than dried full cream milk powder.



How to use fortified milk




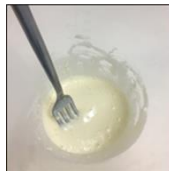


Fortified milk can be used in many foods you may eat or drink:

Hot drinks	Add to tea/coffee or use to make hot chocolate, Ovaltine, Horlicks or a sachet of cup-a-soup
Cereals	Add to cereal or use to make porridge
Puddings	Use to make custard or milky puddings, e.g. Angel Delight
Cold drinks	Use to make milkshakes, e.g. blend with ice-cream and fruit
In cooking	Use to make cauliflower cheese or add to mashed potato

How to prepare fortified milk



- What you will need:**
- 1 pint of full fat milk
 - Milk powder
 - Tablespoon
 - Fork or whisk
 - Jug

Step 1	Step 2
<p>Put 4 heaped tablespoons of skimmed milk powder into a jug.</p> 	<p>Mix a small amount of milk into the powder and stir to make a smooth paste.</p> 
Step 3	Step 4
<p>Slowly add the rest of the pint of milk whilst continuing to stir to remove any lumps</p> 	<p>Cover and store in the fridge, use within 24 hours.</p> 

If you require further information please see resource:

[Advice for eating well if you have lost weight or are underweight](#)

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