

Non-Cows' Milk Nourishing Drinks Recipes

Recipe Name	Portion size	Ingredients	Directions	Nutrition per portion
1 Fortified Fruit Juices		Key: Recipe Names in Bold = have more than 5g protein per portion		
Black Currant and Cranberry juice drink	220ml	180ml cranberry juice 40ml Undiluted blackcurrant high juice squash 10g (2x5g) egg white powder sachet	<ol style="list-style-type: none"> Put egg white powder in glass Using spoon to mix (not fork or whisk) add squash or cordial Gradually add juice 	212kcal 8.4g protein 42.4g carbohydrate 0g fat (for all juices)
Orange and Pineapple juice drink	220ml	180ml pineapple juice 40ml undiluted orange high juice squash 10g (2x5g) egg white powder sachet	As above	205Kcal 8.4g Protein 38g Carbohydrate
Elderflower and apple juice drink	220ml	180ml apple juice 40ml Undiluted elderflower cordial (e.g. Belvoir/Bottlegreen) 10g (2x5g) egg white powder sachet	As above	238/250 Kcal 8.6g Protein 46.6/52g Carbohydrate
Cranberry and orange juice drink	220ml	180ml orange juice 40ml Undiluted cranberry high juice squash 10g (2x5g) egg white powder sachet	As above	182 Kcal 9.4g Protein 34.2g Carbohydrate
2 Coconut Date Shake	300ml	60g smooth peanut butter 5 medjool dates 200ml coconut milk 10 ice cubes	<ol style="list-style-type: none"> Cut dates into pieces Blend ingredients and serve Add sugar or honey if needing a sweeter taste 	458 Kcal 14.9g Protein 30.2g Carbohydrate 31.7g Fat
4 Iced Peanut Butter Coffee	300ml	1 teaspoon coffee granules 25ml boiling water 275ml coconut milk 50g smooth peanut butter 6 ice cubes	<ol style="list-style-type: none"> Dissolve coffee in hot water Blend ingredients together Serve cold 	366 Kcal 12.5g Protein 20.1g Carbohydrate 26.7g Fat

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5 Virgin Pina Colada Shake	50ml	Makes 5 x 50ml shots 100ml tinned coconut milk 100ml pineapple juice 2 ½ tablespoons apricot jam 2 ½ tablespoons icing sugar 1 tablespoon golden syrup	<ol style="list-style-type: none"> 1. Combine all ingredients 2. Serve cold over ice 	107 Kcal 0.4g Protein 28g Carbohydrate 0.1g Fat
6 Lemon and Lime Sublime Shake	50ml	Makes 5 x 50ml shots 100ml lemonade 100ml lime cordial 2 ½ table spoons lemon curd 2 ½ tablespoons icing sugar 1 tablespoon golden syrup	<ol style="list-style-type: none"> 1. Whisk all ingredients together 2. Pour through strainer 3. Serve 	83 Kcal 0.1g Protein 21g Carbohydrate 0.3g Fat
7 Eton Mess Shake	50ml	Makes 5 x 50ml shots 2 meringue nests (approx. 30g) 150ml soya milk 2 ½ tablespoons strawberry milkshake powder 2 ½ tablespoons strawberry jam 1 ½ table spoons icing sugar	<ol style="list-style-type: none"> 1. Blend all ingredients together 2. Serve 	98 Kcal 1.4g Protein 22.8g Carbohydrate 0.8g Fat
8 Fortified Lemon Cream	100ml	Makes 3 x 100ml portions 300ml soya cream 70g caster sugar Juice of 1-1 ½ lemons 30g soy milk powder (e.g. Ecomil)	<ol style="list-style-type: none"> 1. Put cream and milk powder in saucepan gently heat till powder dissolved then add sugar 2. Bring to boil, boil for 3 minutes 3. Take off heat add lemon juice to taste, put in bowl chill then serve 	302 Kcal 5.2g Protein 31g Carbohydrate 19.6g Fat