

STRAWBERRY MILKSHAKE

NOURISHING DRINKS

This milkshake is incredibly refreshing, especially on a hot day, and you can easily switch it up by adding different fruits. It's soothing if your mouth is sore and can be helpful if you're having trouble tasting food. Since it's higher in energy, it's particularly beneficial if you're unintentionally losing weight or have a poor appetite.



1 SERVING

PREP TIME: 5 MINS



INGREDIENTS

- 200ml **fortified milk or milk**
- 50g **vanilla ice cream**
- 2 teaspoon **honey**
- 80g **strawberries** (fresh or frozen)

METHOD

1. Place all ingredients into a blender
2. Blend until smooth
3. Pour into a glass and enjoy

NUTRITIONAL INFORMATION PER PORTION

ENERGY: 437 KCAL

FATS: 13.1g

PROTEIN: 22.4g

CARBOHYDRATES: 62g **OF WHICH SUGAR** 25.3g

FIBRE: 2.6g



ella dawson
FOUNDATION

helping young adults
live **well** with cancer

All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into your diet if you require a high-energy diet during and after cancer treatment. However, it is essential to consult with your medical team for personalized advice tailored to your specific treatment pathway.

FORTIFIED MILK

NOURISHING DRINKS

Food fortification is a process where a food or meal is enriched with nutrients. If you're losing weight without trying or finding it hard to eat during treatment, it's a good idea to fortify your food with extra energy and protein. This helps you get more out of your meals without having to eat a lot more.



INGREDIENTS

- 1 pint full fat milk
- or for plant based oat/soya milk
- 4 tablespoons dried milk powder
- or for plant based 2-4 tablespoons of oat/soya cream

METHOD

1. Mix together
2. Store in the fridge
3. Add into recipes such as our Nourishing Strawberry Milkshake

Heads up: It is important to talk to a dietitian if you are needing to fortify foods with energy and protein but also have another condition such as diabetes, food intolerances or kidney disease.



ella dawson
FOUNDATION

helping young adults
live **well** with cancer

All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into your diet if you require a high-energy diet during and after cancer treatment. However, it is essential to consult with your medical team for personalized advice tailored to your specific treatment pathway.