

## Recipes for High Calories, High Protein Beverages

**Fortified Milk** Use this extra high protein milk for drinking and in all recipes calling for milk.

1 cup non fat dry milk powder  
1 quart whole milk  
Combine ingredients and mix until smooth.

\*880 calories, 56 grams protein per quart  
\*220 calories, 14 grams protein per cup



### Fortified Instant Breakfast

1 cup fortified milk  
1 pkg. Instant Breakfast  
Mix with spoon or eggbeater.

\*350 calories, 20 grams of protein per cup

### Peach Milkshake

1 cup fortified milk  
1 cup sliced peaches (any fruit can be substituted)  
1 cup vanilla ice cream  
Combine all ingredients in a blender and blend to desired thickness.

Serves one. \*710 calories, 21 grams of protein/per serving/per serving

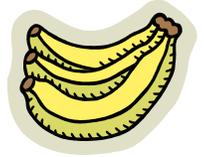
**Hi Protein Smoothies:** Smoothies are like milkshakes, thin or thick, depending on the temperature.

Blend until smooth:  
1 cup cottage cheese  
1 cup yogurt  
Add one of the following:

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1 banana & some strawberries & 1 tsp. vanilla & honey to taste  
1 peach & some strawberries & 1 tsp. vanilla & honey to taste  
1 banana & 2 tbsp peanut butter & 1 tsp. vanilla & honey to taste



Serves one. \* 475-575 calories, 40-45 grams of protein/per serving

### **Katie Drink**

1 pint ice cream  
8 oz. cottage cheese  
1 pkg. jello, small (prepared and set)  
Combine ingredients..Makes 5 servings.



\*213 calories, 12 grams protein/per serving.

**If you have a lactose intolerance**, the following recipes will provide a quick source of calories and protein, but not all the lactose

### **Yogurt -Banana Shake**

1 cup flavored yogurt  
1 ripe banana  
1 cup juice (try apple-boysenberry, apple-raspberry)  
Ice  
Combine all ingredients in blender and blend until smooth.



Serves one. \*480 calories, 10 grams of protein/per serving.

### **Non-Dairy Special Shake**

1 cup non-dairy creamer (such as Mocha Mix)  
1 cup Mocha Mix Dairy Dessert  
Any flavor syrup, powder or fruit  
Combine all ingredients in blender and blend until smooth.

Serves one. \*760 calories, 6 grams of protein/per serving.

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## **Sherbet Shake**

1/2 cup non-dairy creamer  
1 cup sherbet

Combine in blender and blend until smooth.

Serves one. \*440 calories, 4 grams of protein/per serving.

## **Lemon Lime Lift**

1 cup lemon yogurt  
3/4 cup lime sherbet  
1 banana



Blend together.

Serves one \*430 calories, 12 grams of protein/per serving

**Remember: these recipes are only limited by your imagination  
Add your favorite fruit or flavoring**

**Be Creative!**