Caring for Your Child
Recipes for High Calorie Nutritional Supplements

**High Protein Special Milk**
1 quart whole milk
1 cup dry skim milk powder

Mix, chill, and use for drinking, cooking, and baking. Let set in refrigerator a few hours before drinking. Chocolate or strawberry flavoring may be added. You may also use Lacto-free milk if your child does not tolerate lactose.

**High Protein Milkshake**
1 cup whole or special milk
1 generous scoop ice cream
1/2 teaspoon vanilla
2 tablespoons of chocolate, butterscotch, or your favorite fruit syrup or sauce

Mix all ingredients in a blender.

**Orange Freeze**
1/2 cup orange sherbert
1 cup whole or special milk
2 tablespoons orange juice

Mix all ingredients in a blender.

**Peanut Butter Balls**
1/2 cup peanut butter
3 tablespoons dry milk powder
2 teaspoons corn syrup

Roll into 8 balls. Place on plate and refrigerate.

**Super Pudding**
2 cups whole milk
1 package (4.5 oz) instant pudding
3/4 cup skim milk powder
2 tablespoons vegetable oil

Mix all ingredients well. Pour into dishes and chill.

**Banana Nog**
1 peeled banana
1/2 cup orange juice
1/2 cup whole or special milk

Slice banana
Mix all ingredients in a blender.

**Peanut Butter Milk**
1 cup whole or special milk
1 tablespoon sugar
2 tablespoons peanut butter

Mix all ingredients in a blender.
Basic Milkshake with Instant Breakfast
1 1/2 cups vanilla ice cream
1/4 cup whole milk
1 package instant breakfast powder

Mix all ingredients in a blender.

Banana Frappe
1/2 cup orange juice
1 cup vanilla ice cream
2 peeled bananas
1 package vanilla instant breakfast powder

Mix all ingredients in a blender.

Peach Frappe
1 cup whole milk
1 cup vanilla ice cream
1 peach, sliced
1 package vanilla instant breakfast powder

Mix well in a blender.

Orange Frappe
1/2 cup whole milk
1/2 cup orange juice
1 cup orange sherbet
1 package vanilla instant breakfast powder

Mix all ingredients in a blender.

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