High Calorie Drink Recipes

Fortified Milk

Ingredients:
1-cup whole milk
4 tablespoons nonfat dry milk powder

Steps:
1. Combine and stir until dissolved.
2. Refrigerate.
3. Drink.
4. Use in cooking to add calories and protein.

Nutrition Facts:
270 calories
18 grams protein

Old-Fashioned Milkshake

Ingredients:
1-cup whole milk
1-cup ice cream
Optional - ½ cup fresh, frozen, or canned fruits
Optional - 2 tablespoons syrup (chocolate, butterscotch, and/or strawberry)

Steps:
1. Add ingredients to blender.
2. Blend until smooth.

Nutrition Facts:
425 calories
12 grams protein (without optional ingredients)
½ cup of fruit adds 20-50 calories
2 tablespoons of syrup adds 100 calories
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High Protein Instant Breakfast Drink

Ingredients:
1-cup whole milk
One packet instant breakfast powder
Optional - ½ cup of ice cream to increase calories

Steps:
1. Combine ingredients.
2. Stir until dissolved.
3. If adding ice cream, add all ingredients to blender.
4. Blend until smooth.

Nutrition Facts:
270 calories, 18 grams protein (without ice cream)
410 calories, 20 grams protein (with ice cream)

Hot Chocolate

Ingredients:
3 ounces of milk chocolate
1/4 teaspoon vanilla
1 teaspoon butter
1 cup Half & Half

Steps:
1. Melt chocolate and butter.
2. Add vanilla.

Nutrition Facts:
270 calories
18 grams protein
Chocolate-Peanut Butter Shake

Ingredients:
1/4 cup heavy whipping cream
2 tablespoons creamy peanut butter
1 tablespoons chocolate syrup
1 cup chocolate ice cream

Steps:
1. Add all ingredients to blender.
2. Blend until smooth.

Nutrition Facts:
785 calories
14 grams protein

Peppermint Shake

Ingredients:
1-cup vanilla or chocolate ice cream
One packet instant breakfast powder
½ cup Half & Half
½ teaspoon peppermint extract

Steps:
1. Add all ingredients to blender.
2. Blend until smooth.

Nutrition Facts:
559 calories
15 grams protein
Banana Nog

Ingredients:
One peeled banana
½ cup orange juice
½ cup whole milk or Fortified Milk (see recipe above)
Optional - 1 packet vanilla instant breakfast powder

Steps:
1. Slice banana.
2. Add all ingredients to blender.
3. Blend until smooth.

Nutrition Facts:
200-255 calories
4-9 grams protein
Packet of vanilla instant breakfast powder adds 130 calories

Fruity Yogurt Frost

Ingredients:
1-cup whole milk
One packet vanilla instant breakfast powder
1 (6-ounce) container fruit yogurt
1 cup fruit

Steps:
1. Add all ingredients to blender.
2. Blend until smooth.
4. Freeze remaining amount.

Nutrition Facts:
155 calories
7 grams of protein per serving
Orange Lemon Jubilee

Ingredients:
¼-cup lemonade
¼-cup orange juice
½ cup Half & Half or whole milk
½ cup orange sherbet

Steps:
1. Add all ingredients to blender.
2. Blend until smooth.

Nutrition Facts:
380 calories
5 grams protein

Raspberry Rumble

Ingredients:
1-cup raspberry yogurt or sherbet
½-cup Half & Half
¼-cup cranberry juice

Steps:
1. Add all ingredients to blender.
2. Blend until smooth.

Nutrition Facts:
430 calories
12 grams protein
Peaches and Cream

Ingredients:
- 1-cup whole milk
- 1 cup canned peaches
- 1-cup vanilla ice cream
- 1/4 teaspoon vanilla extract
- Optional - 1 packet vanilla instant breakfast powder

Steps:
1. Add all ingredients to blender.
2. Blend until smooth.

Nutrition Facts:
- 600 calories
- 13 grams protein
- Packet of vanilla instant breakfast powder adds 130 calories

Orange Frappe

Ingredients:
- ½-cup whole milk
- ½ cup orange juice
- 1-cup orange sherbet
- Optional - 1 packet vanilla instant breakfast powder

Steps:
1. Add all ingredients to blender.
2. Blend until smooth.

Nutrition Facts:
- 425 calories
- 6 grams of protein
- Packet of vanilla instant breakfast powder adds 130 calories