

# Fortified Milk

Fortified milk is a simple and effective method of increasing the nutritional content of standard milk.

## How to make Fortified Milk

Dissolve 4 rounded tablespoons, 60g of dried skimmed milk powder in 1 pint of full cream milk (store in a refrigerator and consume within 24 hours), this increases the energy and protein content as shown below:

200mls/1/3 Pint	Energy (kcal)	Protein (g)
Semi Skimmed Milk	92	7
Whole Milk	132	7
Fortified Milk	204	14

## Further suggestions for Fortified Milk

Analysis per portion

NB: each made with 200mls **fortified milk**

	Energy(kcal)	Protein (g)
Coffee (1 level teaspoon / 2g)	206	14
Hot chocolate (1 heaped tablespoon /20g)	276	15
Ovaltine® 25g / (3-4 heaped teaspoons)	292	16
Horlicks® 25g / (3-4 heaped teaspoons)	297	17
Milkshake powder (3 rounded teaspoons/15g)	263	14
Milkshake powder 15g with 1 scoop dairy ice cream	369	16

## Fortified Fruit Juice

(120kcal, 8g protein)

180ml fruit juice

40ml squash/high juice

10g egg white powder

Slowly stir egg white powder into squash/High juice, try not to froth

Once dissolved, top up with fruit juice

