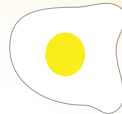


# FABULOUS FORTIFIED FEASTS



**FABULOUS**

*(adjective) - Amazingly good*

**FORTIFIED**

*(verb) - To strengthen or enrich (food, for example) as by adding vitamins*

**FEASTS**

*(noun) - A meal that is well prepared and abundantly enjoyed*

Produced by:



PrescQIPP is an NHS programme funded by the NHS Midlands and East, working with local NHS organisations to make prescribing safe, appropriate and value for money. With malnutrition affecting some of the most vulnerable members of society, and a marked increase in prescribing of nutritional items on the NHS, such as Infant Feeds, Gluten Free products, and 'Sip Feeds' (also known as Oral Nutritional Supplements), PrescQIPP is working to ensure that this is done correctly and effectively.

For more information on our work see:

[www.prescqipp.info](http://www.prescqipp.info)

**We would like to thank everyone who contributed recipes.**

### **Contributors**

- NHS Cambridgeshire Community Services
- NHS Ipswich & Suffolk
- NHS South East Essex and NHS South West Essex
- London Procurement Programme
- NHS Luton and Bedfordshire



## Making Elderly Nutrition a Great British Priority

Chef Daniel Clifford spent the first 12 years of his career and training in some of the best restaurants in the UK and France, and took over at Midsummer House in 1998. The restaurant was awarded its first Michelin Star in 2002 followed by the second in 2005. Daniel competed on Great British Menu 2012 and won the main course, which was served at the Olympic banquet for athletes and their families. Midsummer House was awarded Best Restaurant in East England and came 7th in the Top 100 in the Sunday Times Food List 2012.

He is a strong advocate for seasonal cooking and the role of food and flavour in enhancing people's quality of life:

***“Mealtimes should be something to look forward to, and enjoy. It’s an essential part of the day. This recipe book offers a variety of fresh and exciting meal ideas with the ultimate aim to improve the nourishment of elderly people.”***

# INTRODUCTION

This is a collation of useful recipes, advice and ideas for increasing the calorie and protein intake of people with weight loss, small appetite or people with or at risk of malnutrition. It can be used by both patients and carers, as preparation of the recipes is designed to be relatively simple.

Food fortification is essential when trying to encourage weight gain. Therefore, the first section contains advice about how to increase the calorie and protein content of a meal.

It is very important to stimulate appetite in malnourished and underweight patients and many patients find manufactured sip feeds unappetizing and lacking in variety. The second section of this resource is full of tasty homemade sip feed recipes, encompassing both sweet and savoury options.

People with small appetites often prefer snacks compared to bigger meals. Snacks are also an essential component of the 'Food First' approach (see below), so the third section contains recipes for snacks that are enjoyable as well as nourishing.

## The 'Food First' approach

The 'Food First' approach is at its basis a daily consumption of:

- 1 pint of fortified milk
- 2 nourishing snacks
- 3 fortified meals

## Some notes about the recipes

These recipes increase energy and protein intake for patients with weight loss, small appetite or patients with or at risk of malnutrition. Only full fat milk or yoghurt should be used in the recipes.

The relative cost of the recipes are indicated with a £ symbol – the higher the number of £ signs, the more expensive the recipe.

People with diabetes should take care when adding sugar, honey, syrup and evaporated milk and should not do so if blood glucose levels are too high.

**\*All % Daily values are based on a 2000 calorie diet**

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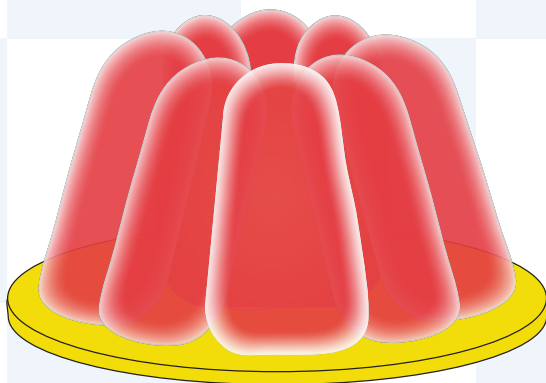
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# MAKING LESS MORE - FOOD FORTIFICATION

The aim of recipes that fortify foods is to increase the energy and protein content of a meal. By using full fat dairy products, the calorie content of a portion can be increased without necessarily increasing the size of a portion. This is particularly useful where a person has a small appetite or where a person's liquid intake is restricted.

## MILK WITH EXTRA MOO



### Ingredients

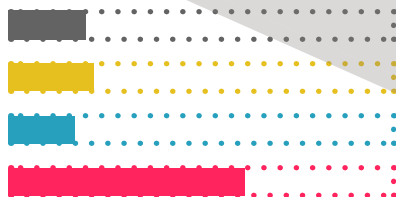
1 pint full fat milk  
4 tablespoons milk powder

### Method

Whisk ingredients together with a fork.  
Use 1 pint daily for drinks, cereals etc.

### Nutrition facts

Calories 408 kCal (20.4%)  
Total fat 15.6g (22%)  
Total carbohydrates 39.0g (17%)  
Protein 27.5g (61%)





# ENRICHED SOUP



## Ingredients

300ml tomato soup

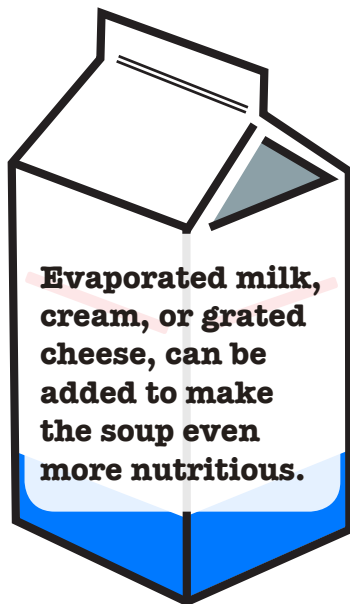
3 tablespoons milk powder Skim Instant

## Method

Mix the skimmed milk powder with a little milk to form a smooth paste.

Heat the soup but do not boil, and slowly stir in the paste.

Serve hot.



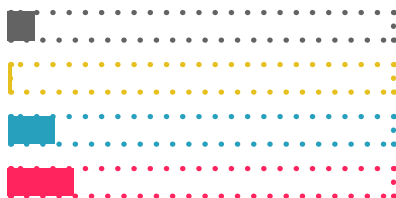
## Nutrition facts

Calories 147 kCal (7.4%)

Total fat 0.9g [1%]

Total carbohydrates 28.1g [12%]

Protein 7.8g (17.3%)



# CENTRE COURT STRAWBERRIES & CREAM PORRIDGE



## Ingredients

- 1/2 cup porridge oats
- 1/2 cup double cream
- 1/2 cup whole milk
- 1 handful chopped berries (strawberries, raspberries, blueberries, blackberries)

## Optional

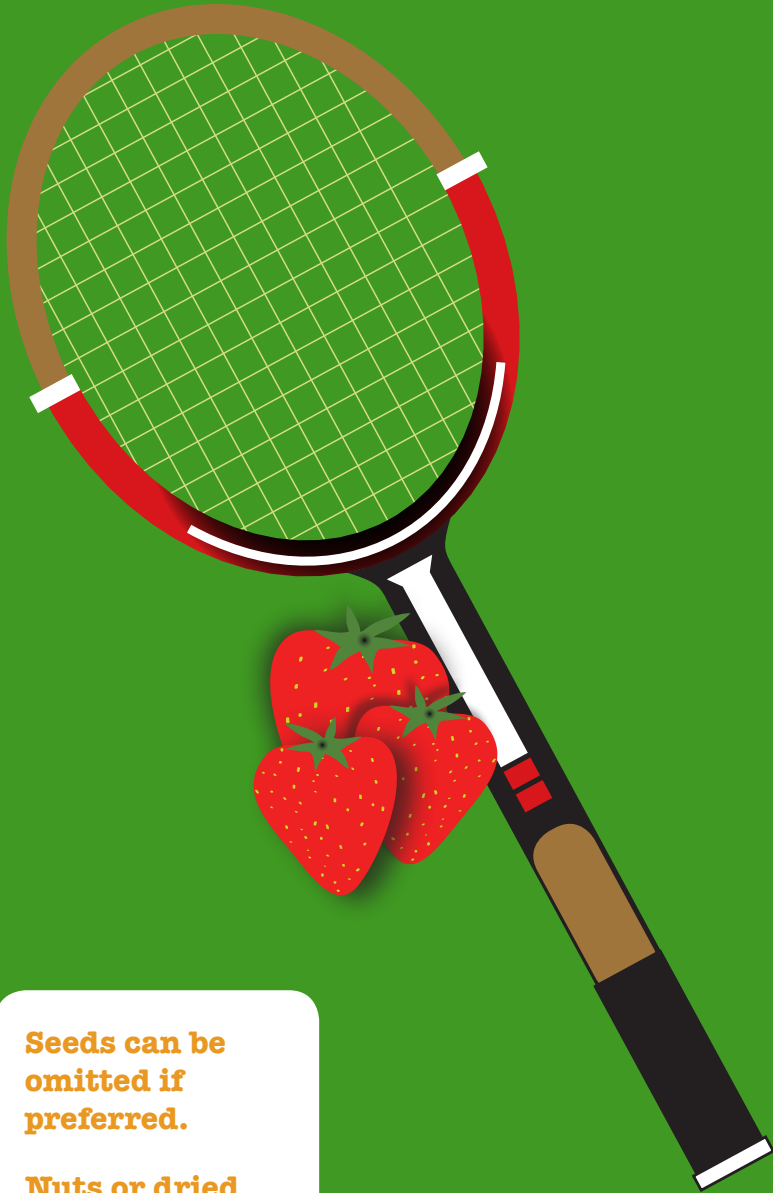
- 1/4 cup shelled sunflower seeds to sprinkle

## Method

Pop all of the ingredients, apart from the strawberries, into a saucepan and bring to a gentle boil over a medium heat, stirring often. When it reaches the boil reduce to a simmer for a few minutes and when it is starting to get thick pop the strawberries and seeds in for another 30 seconds. Remove from the heat and serve.

## Nutrition facts

Calories 457 kCal (22.9%)	<div><div></div></div>
Total fat 36.3g [52%]	<div><div></div></div>
Total carbohydrates 26.1g [11%]	<div><div></div></div>
Protein 10.2g (22.6%)	<div><div></div></div>



**Seeds can be  
omitted if  
preferred.**

**Nuts or dried  
fruit can be  
added instead.**

# FRUIT FOOL



## Ingredients

300ml fruit puree

150g custard

2 tablespoons milk powder Skim Instant

150ml evaporated milk

1 tablespoon honey

## Method

Whip the evaporated milk to a thick consistency. Mix the custard with the fruit puree and fold in the milk. Chill before serving.

## Nutrition facts

Calories 819 kCal (41%)

Total fat 29.5g [42%]

Total carbohydrates 119.3g [52%]

Protein 22.8g (51%)



# DECADENT CHOCOLATE MOUSSE



## Ingredients (makes two servings)

1 sachet instant chocolate dessert

4 tablespoons milk powder

150ml double cream

150ml whole milk

## Method

Whisk all the ingredients together with a fork or whisk until thickened.

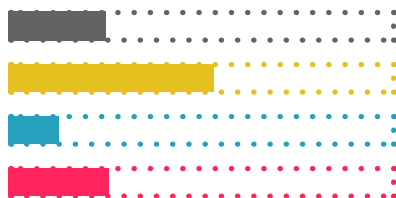
## Nutrition facts

Calories 501 kCal (25%)

Total fat 37.1g [53%]

Total carbohydrates 30.8g [13%]

Protein 11.8g (26.2)



# NAUGHTY CUSTARD OR RICE PUDDING



## Method

Add 1 tablespoon milk powder and 2 tablespoons double cream (30mls) to  $\frac{1}{2}$  can custard or rice pudding. Whisk together with a fork.

Additional 180kcal, 3g protein per portion.

# TASTIER FRUIT & JELLIES



## Method

Add 2 tablespoons double cream, fortified custard/rice pudding, ice cream or thick and creamy yogurt to fruit and jellies.

# LUXURY MASHED POTATO



## Method

Add 1 tablespoon grated full fat cheese and 2 teaspoons (10g) butter/margarine to one scoop of mashed potato (already mashed in the kitchen with whole milk, double cream and butter/margarine). Mash together with a fork.

Additional 135kcal, 4g protein per scoop

# BUTTERY VEGETABLES



## Method

Add an extra 2 teaspoons butter/margarine to vegetables on the plate.

Additional 74kcal

# SIPPING EXTRA BETWEEN MEALS - SHAKES

Homemade sip feeds are drinks that do not replace meals but sipping them between meals, or having one if preferred instead of eating a snack, can be both enjoyable and beneficial to your health. They are usually tastier than commercial sip feeds and, as they are very flexible, they offer a greater variety to the patient. This can be a pivotal factor when trying to encourage appetite.

We have also included recipes for some soups, as some patients may prefer savoury supplements. Soups can be served in cups and, once cooled sufficiently, sipped between meals, like other sip feeds.

The recipes are designed to be simple and easy to prepare. Special equipment is not needed to make these drinks but a liquidiser can make it even easier. If a liquidiser is not available, pushing the finished drink through a sieve before serving will make sure there are no lumps.

## Directions for use

Homemade supplements are best taken between meals. If this cannot be managed, timings should be discussed with the patient and their clinician.

- After preparation, drinks and soups can be stored in a refrigerator for up to 24 hours.
- Transfer soup to the fridge as soon as it has reached room temperature. Soup stored in the fridge should be re-heated through (but not boiled) before serving.
- Any unused homemade supplements should be discarded after 24 hours.
- Drinks are best served chilled. Once poured, they should be drunk within **2 hours** and thrown away if not consumed.
- Soups should be served hot and discarded if not consumed within **2 hours**.



# LUXURIOUS MILK SHAKE/ HOT CHOCOLATE /MALTED DRINK



## Ingredients

150ml full fat milk

1 tablespoon milk powder

2 tablespoons double cream

3 teaspoons hot chocolate powder or malted drink powder or milk shake powder or milkshake syrup

## Method

Whisk together with a fork or whisk.



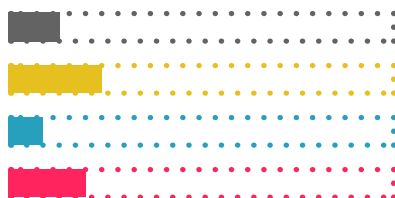
## Nutrition facts

Calories 264 kCal (13.2%)

Total fat 16.9g (24%)

Total carbohydrates 19.6g (9%)

Protein 9.1g (20%)



# FRUIT BOOST



## Ingredients

150ml orange juice

50ml pineapple juice

1 banana

1/2 cup strawberries

1/2 cup raspberries

## Method

Blend the ingredients for 15 seconds.

## Nutrition facts

Calories 259 kCal (13%)

Total fat 1.4g [2%]

Total carbohydrates 63.0g [27%]

Protein 3.8g (8.4%)



# FRUIT BLAST



## Ingredients

100ml fresh fruit juice

100ml lemonade

30g ice cream

1 tablespoon sugar

## Method

Mix the ingredients together and serve chilled.

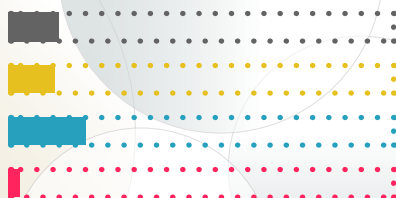
## Nutrition facts

Calories 257 kCal (13%)

Total fat 8.5g [12%]

Total carbohydrates 45.2g [20%]

Protein 1.2g (3%)



# EXTRA MILKY MILKSHAKE



## Ingredients

4 teaspoons chocolate milkshake powder or strawberry milkshake powder (Nesquik)

2 teaspoons milk powder Skim Instant

200ml whole milk

## Method

Blend together the chocolate or strawberry powder and skimmed milk powder with a little milk then add the remaining milk and mix thoroughly with a fork or whisk until completely blended.

To increase carbohydrate content, Nesquik powder can be replaced with 2 teaspoons Crusha strawberry syrup.



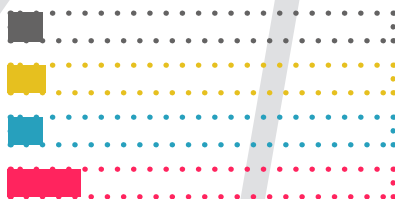
## Nutrition facts

Calories 174 kCal (9%)

Total fat 6.9g [10%]

Total carbohydrates 20.2g [9%]

Protein 8.4g (19%)



# SUPER SHAKE



## Ingredients

200ml whole milk

3 tablespoon double cream

30g ice cream

4teaspoon milk powder (semi-skimmed)

1 banana

1/2 cup strawberries

## Method

Blend the ingredients for 15 seconds. The strawberries can be replaced by other berries according to preference.

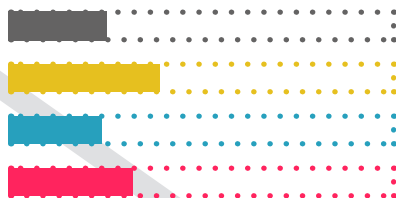
## Nutrition facts

Calories 505 kCal (25.3%)

Total fat 27.1g [39%]

Total carbohydrates 55.8g [24%]

Protein 14.3g (32%)





# YOGHURT & BERRY SMOOTHIE











## Ingredients

- 150ml whole milk
- 150ml full fat fruit yoghurt
- 4 teaspoon milk powder (semi-skimmed)
- 1 banana
- 1/2 cup strawberries
- 1/2 cup raspberries
- 1teaspoon honey

## Method

Blend the ingredients together for 15 seconds. Any type of berry can be used depending on availability and preference. Frozen berries can be used instead of fresh ones.

## Nutrition facts

Calories 472 kCal (24%)		
Total fat 7.6g [11%]		
Total carbohydrates 86.0g [37%]		
Protein 17.6g (39%)		

# BANANA & PEANUT BUTTER SMOOTHIE



## Ingredients

150ml whole Milk

1 scoop/30g ice cream

4 teaspoons milk powder (semi-skimmed)

1 banana

1 tablespoon peanut butter

1teaspoon honey

## Method

Blend the ingredients for 15 seconds.

## Nutrition facts

Calories 416 kCal (21%)

Total fat 16.8g [24%]

Total carbohydrates 56.3g [24%]

Protein 15.4g (34%)





# ICED COFFEE DELIGHT



## Ingredients

2 teaspoons instant coffee powder

150ml fortified milk

1 pot crème caramel

1 scoop vanilla ice cream

## Method

Dissolve 2 teaspoons of instant coffee powder in 150ml fortified milk. Mix in 1 pot of crème caramel and a scoop of vanilla ice cream. Liquidise or sieve until smooth.

350kcal and 13g protein

## Nutrition facts

Calories 359 kCal (18%)

Total fat 15g [21%]

Total carbohydrates 45.3g [20%]

Protein 10.6g (24%)





# BANOFFEE TREAT



## Ingredients

1 small banana

150ml fortified milk

1 pot crème caramel

1 teaspoon golden syrup

## Method

Mash a small banana and mix with 150ml fortified milk, 1 pot of crème caramel and a teaspoon of golden syrup. Liquidise or sieve until smooth.

## Nutrition facts

Calories 431 kCal (22%)

Total fat 13.3g [19%]

Total carbohydrates 46.9g [20%]

Protein 11g (24%)



# PINEAPPLE PUNCH



## Ingredients

1 banana

50ml pineapple juice

1 tablespoon double cream

2 teaspoons muscavado sugar

## Method

Mix a mashed banana, 50ml pineapple juice, 1 tablespoon of double cream and 2 teaspoons of muscavado sugar.

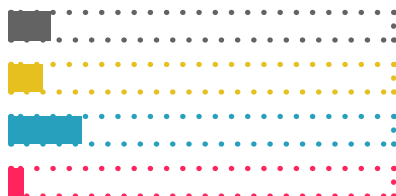
## Nutrition facts

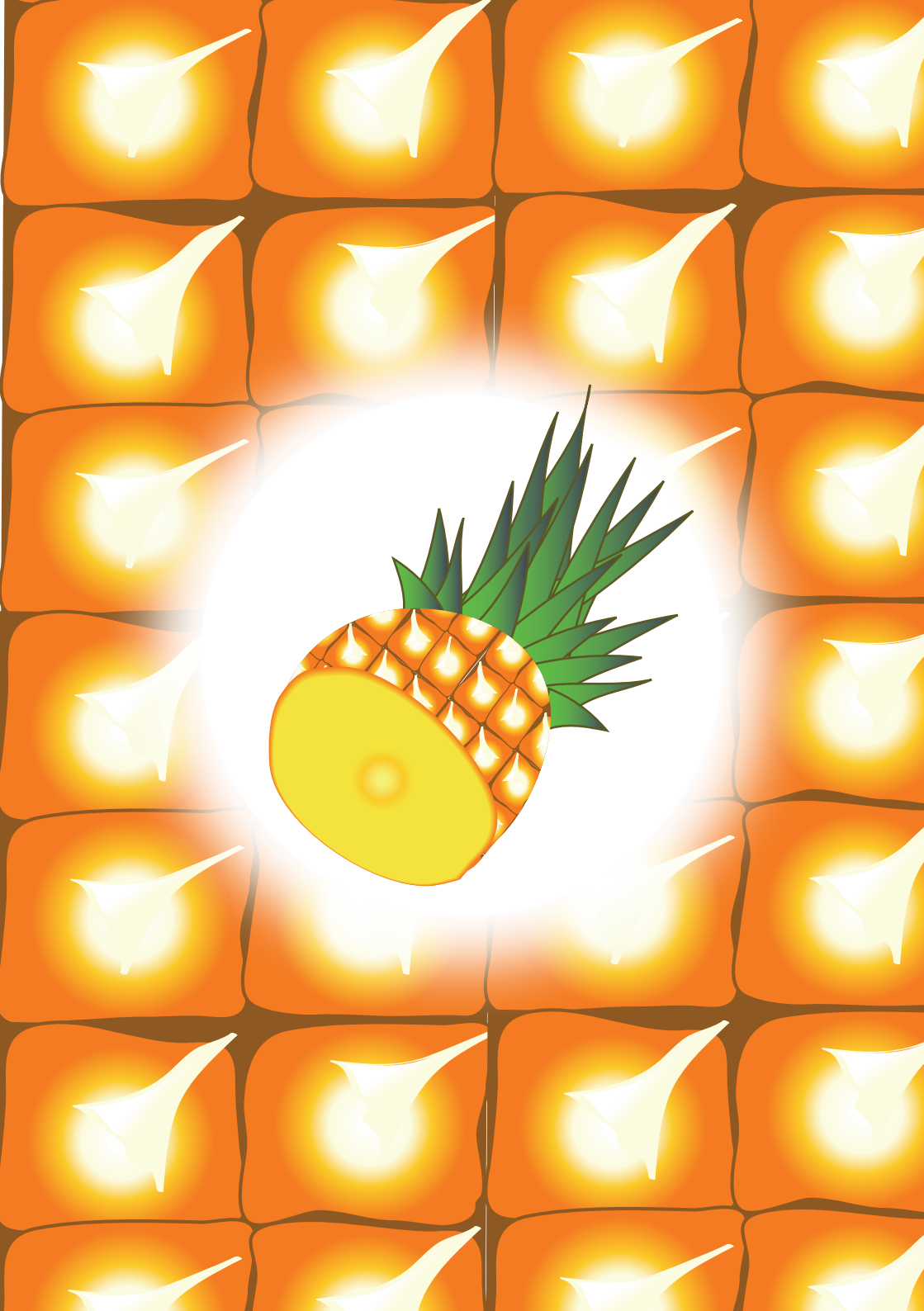
Calories 217 kCal (11%)

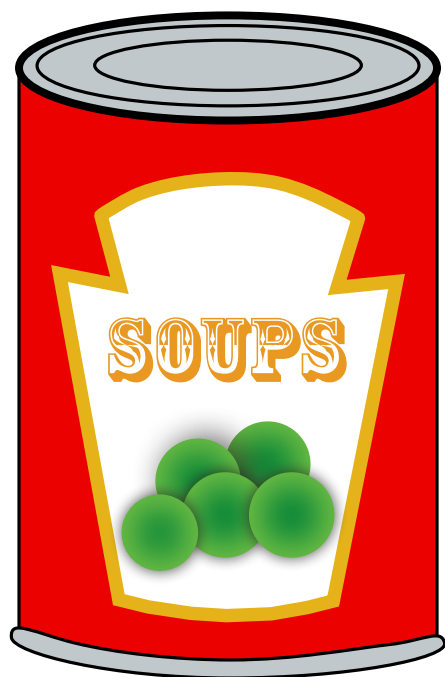
Total fat 6g [9%]

Total carbohydrates 42.6g [19%]

Protein 1.8g (4%)







# VELVET PEA SOUP



## Ingredients (makes 2 servings)

2 cups of frozen peas

2 cups of stock or 2 cups of water with 2 stock cubes

240ml/1 cup of single cream

Salt and pepper to season

## Method

Put the stock and peas in a pan, bring to the boil and simmer for 2-3 minutes. Mix the contents of the pan with the cream and blitz with a blender of your choice. Add salt and pepper to season to taste.

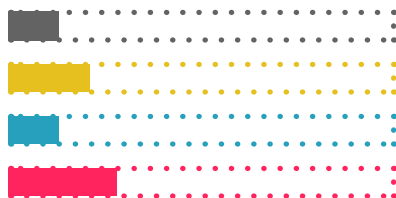
## Nutrition facts

Calories 293 kCal (13%)

Total fat 15g [21%]

Total carbohydrates 28.8g [13%]

Protein 12.6g (28%)



# THE TWO CLASSIC CS : CARROT & CORIANDER SOUP











## Ingredients (makes 2 servings)

- 2 cups of chopped carrots
- 2 cups of stock or 2 cups of water with 2 stock cubes
- A handful of coriander
- 1 cup of cream
- Salt and pepper to season

## Method

Put the stock and carrots in a pan, bring to the boil and simmer until carrots are tender. Mix the contents of the pan with the cream and coriander and blitz with a blender of your choice. Add salt and pepper to season to taste.

## Nutrition facts

Calories 213 kCal (11%)		
Total fat 14.8g [21%]		
Total carbohydrates 16.6g [7%]		
Protein 5.3g (12%)		

# CREAMY BUTTERNUT SOUP



## Ingredients (makes 4-6 servings)

2 large butternut squash (about 4 1/2 lbs.) or 4 lbs. peeled and cubed butternut squash

2 medium onions

3 cloves garlic (optional)

3 tablespoon butter or vegetable oil

1/2 teaspoon salt plus more to taste

8 cups chicken or vegetable broth

1/2 cup cream or full fat milk

## Method

Halve, seed, peel, and cube butternut squash. Halve, peel, and chop onion and crush the garlic.

Heat a large pot over medium-high heat. Add butter or oil and onion. Sprinkle with 1/2 teaspoon of salt. Cook, stirring occasionally, until onion is soft, about 3 minutes.









Add garlic and cook until fragrant, about 1 minute. Add squash and broth. Bring to the boil.

Cover, reduce heat to a simmer, and cook until squash is very tender, about 20 minutes.

Transfer small batches to a blender and cover with lid. Hold a kitchen towel over the top (to prevent burns) and whirl until completely and utterly smooth, 2 to 3 minutes per batch.

Return soup to pot and add cream/milk and add salt to taste.

**Nutrition facts**

Calories 422 kCa (21%)l		<div><div></div></div>
Total fat 15.4g [22%]		<div><div></div></div>
Total carbohydrates 62g [27%]		<div><div></div></div>
Protein 16g (36%)		<div><div></div></div>

# SNACKS

## Getting the most from snacks

People with or at risk of malnutrition should be encouraged to obtain calories and protein in as many ways as they can. Often appetite can be reduced in these patients and a big meal can be daunting. Snacking or small meals can be more appealing and effective at stimulating appetite and increasing weight.

Sandwiches, jacket potatoes, biscuits and crackers all make good bases for snacks. Fillings or toppings can be varied to the individual's preferences. Full fat cheeses and spreads should be used to maximize the calorie content.

The recipes in this section are simple and flexible and can be adapted to suit individual taste and the ingredients available. Most are quick to prepare and contain staple ingredients.

## CHEESY BEANS ON TOAST



### Ingredients

2 slices of bread

56g /2 ounces full fat cheddar cheese, grated or sliced

½ tin baked beans in tomato sauce

A few drops Worcester sauce to taste

### Method

Heat the beans and Worcester sauce in a pan but do not boil. Lightly toast the bread. Divide the beans between the two slices of bread, cover each slice in an ounce of cheese and place under a grill until the cheese is melted and bubbly.

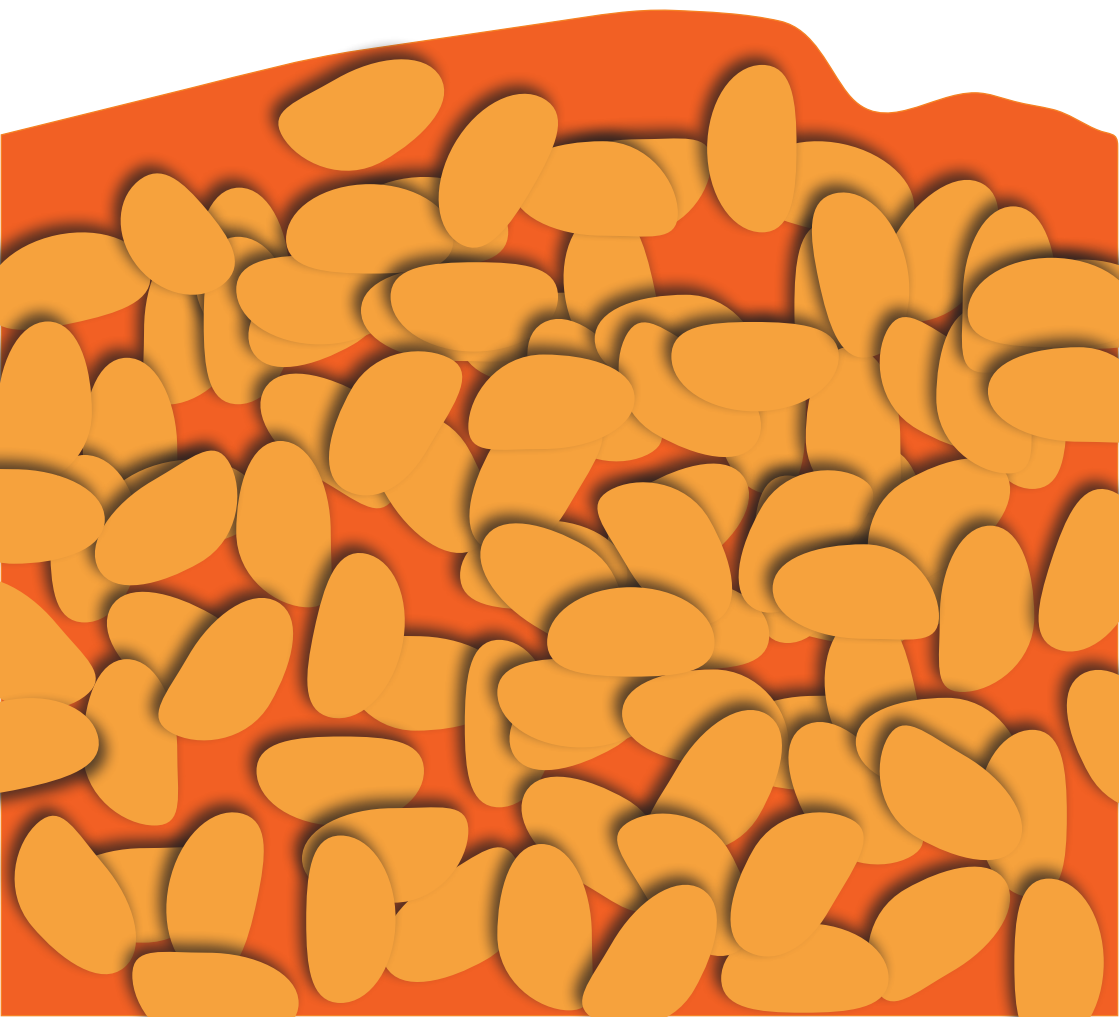
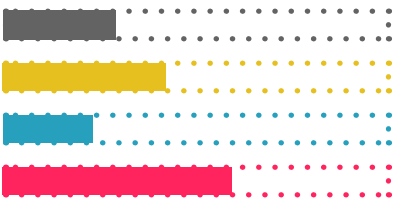
**Nutrition facts**

Calories 576 kCal (29%)

Total fat 29.4g [42%]

Total carbohydrates 52.6g [23%]

Protein 26.4g (59%)





# HAM, MUSHROOMS & CHEESE OMELETTE



## Ingredients

2 eggs

½ cup mushrooms, sliced

¼ cup ham, sliced

4 tablespoons cheddar cheese, grated

## Method

Beat eggs in a bowl and add salt and pepper to taste. Add mushrooms and ham to eggs and mix. Heat frying pan and add cooking oil or a knob of butter. Pour egg mixture into hot pan and cook until almost set. Flip over and when egg is completely set, top with cheese. Cook until cheese is melted.

Eggs are a nutritious and versatile snack. They can be boiled, scrambled, poached or fried. Eggs are a good source of protein and are quick to prepare.

## Nutrition facts

Calories 302 kCal (15%)

Total fat 21.1g [30%]

Total carbohydrates 3.5g [2%]

Protein 24.8g (55%)



# EASY PEESY SCONES



## Ingredients (makes 6-8)

225g/2 cups self raising flour

55g butter (straight from the fridge)

1 level teaspoon baking powder

150ml/  $\frac{1}{4}$  pint milk

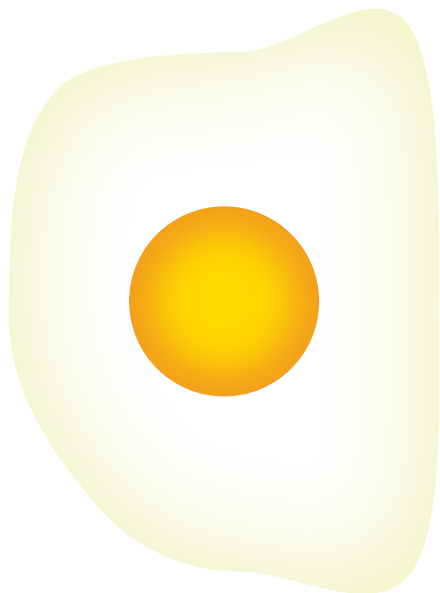
1 egg beaten with a little milk

## Method

Pre-heat the oven to 400°F/205°C/Gas 6. Grease and lightly flour a baking sheet. Sieve the flour into a large bowl then add the butter, baking powder and salt.

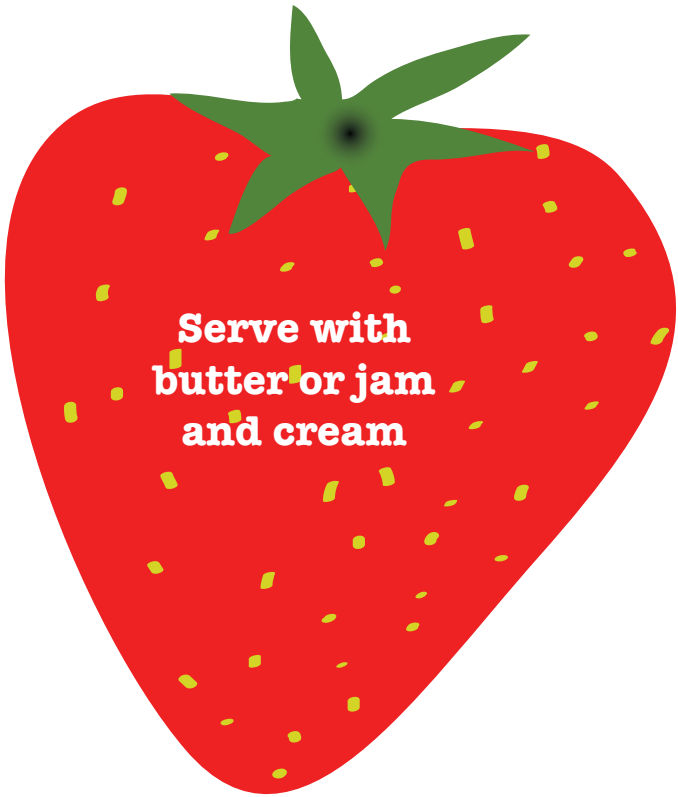
Quickly rub the butter into the flour with fingertips until the mixture resembles fine breadcrumbs. Make a well in the center and using a dinner knife, stir in enough milk to make a soft, pliable dough.

Turn the mixture onto a floured board and knead very lightly until just smooth then roll out to 2cm /  $\frac{3}{4}$ " thick. Cut rounds with a 7.5cm/3" cutter or cut into triangles with a sharp knife. Place on the baking tray and brush with the beaten egg and milk mixture.



Bake near the top of the hot oven for 15 minutes or until golden brown and well risen. Cool on a wire rack before eating.

Depending on individual taste, 50g of cheese, raisins, sultanas, cranberries or other dried fruit can be added to liven up this snack.



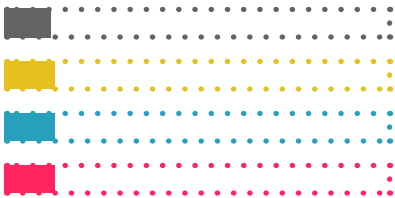
**Nutrition facts**

Calories 229 kCal (12%)

Total fat 9.4g [13%]

Total carbohydrates 30.2g [13%]

Protein 5.7g (13%)



# TRIANGLES OF PEANUT BUTTER, HONEY & BANANA



## Ingredients

2 slices bread

1 medium banana, mashed

1 tablespoon peanut butter

1 tablespoon honey

## Method

Butter two slices of bread. Spread one slice with peanut butter and honey, top with mashed banana and sandwich with the other slice of bread. Cut across in to two triangles.

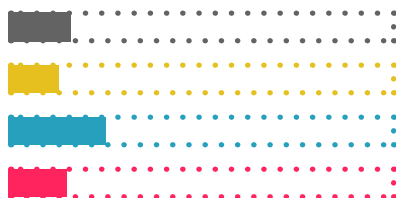
## Nutrition facts

Calories 311 kCal (16%)

Total fat 9g [13%]

Total carbohydrates 56.5g [25%]

Protein 6.7g (15%)







# PEANUT BUTTER & BANANA FLAPJACKS



## **Ingredients (makes 12 - 16)**

75g butter or margarine

75g soft brown sugar

40g crunchy or smooth peanut butter

75g honey or 6 tbsps golden syrup

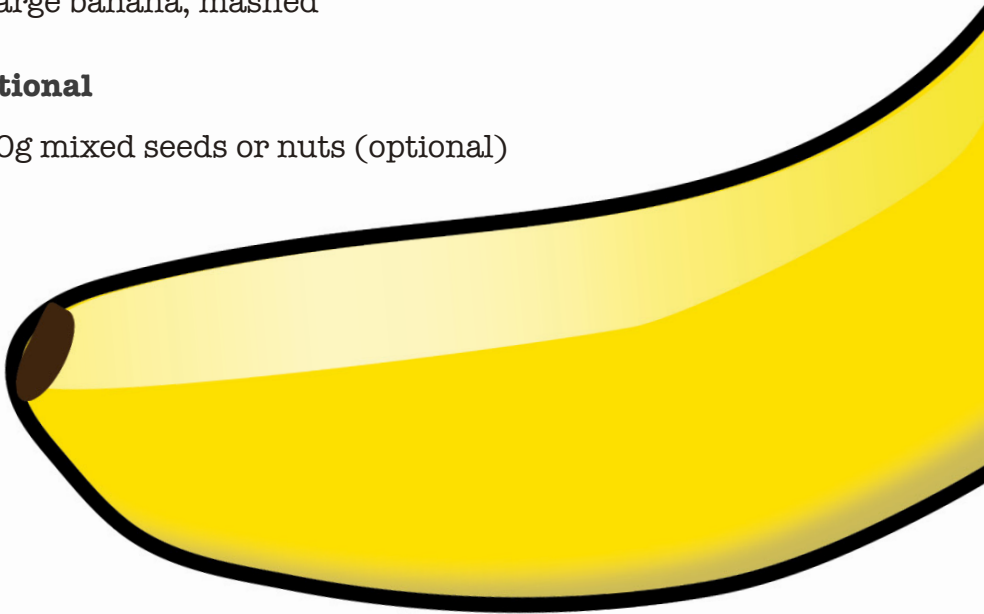
200g porridge oats

Zest of one orange and one lemon

1 large banana, mashed

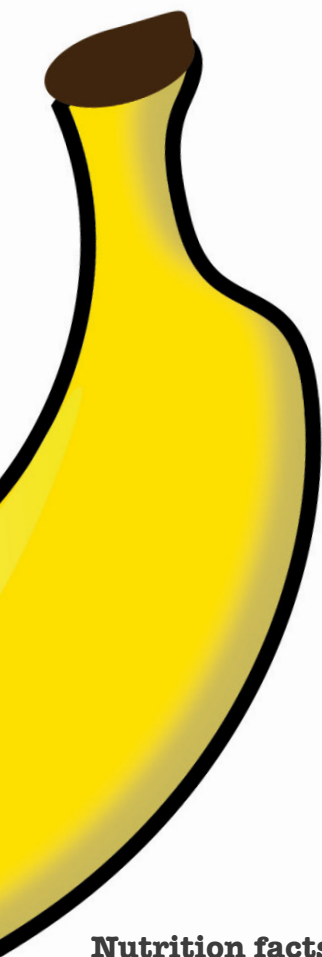
## **Optional**

150g mixed seeds or nuts (optional)



## Method

Grease and line a 20cm square baking tin. Put the butter, sugar, peanut butter, honey/syrup and orange and lemon zests into a pan and warm slowly, while mixing, until melted.



Stir in the mashed banana, oats, and (if using) seeds/nuts. Mix until completely combined and then spread out evenly in baking tin. A little extra honey/syrup can be poured over the top. Bake in a pre-heated oven at 175°C/Gas Mark 4 for 30 minutes. Cut in to squares when cooled.

The ingredients can be changed to suit individual preference. Melted chocolate can also be poured over the baked flapjacks for an extra special snack.

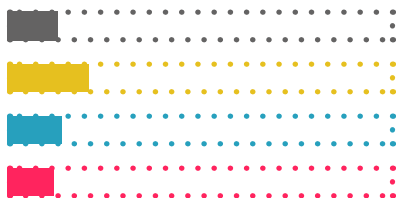
## Nutrition facts

Calories 267 kCal (13%)

Total fat 14.9g [21%]

Total carbohydrates 31.2g [14%]

Protein 5.2g (12%)



The aim of this recipe book is to encourage preparation of tastier meals and improve the diets of people vulnerable to malnutrition.

We hope that these recipes inspire patients or carers to include variety and flavour in mealtimes as we believe that these are key to encouraging appetite and promoting better nutrition.

We welcome any feedback, especially any great recipes that you may wish to share.

Happy feasting!

[www.prescqipp.info](http://www.prescqipp.info)