Fortified Cream Shot - Makes 6 portions

For those who would not manage 2 x 220ml supplements each day
Serve 3 x 40ml servings each day

Ingredients

- 150ml double cream
- 50ml full fat milk
- 1 heaped tablespoon of sugar
- 30g skimmed milk powder



Directions

Make a paste by adding a little cream to the sugar and milk powder until smooth. Slowly add remaining cream and milk.

40ml serving
185 Calories 2g Protein