Fortified Fruit Juice - Makes 1 serving

Offer 2 x 220ml Fortified Fruit Juice to those who do not like or tolerate milky drinks

Ingredients



- 180ml fruit juice - if possible use fruit juice with added vitamins e.g. 'Vitafit' (Lidl) or 'Tropicana Multivitamins Juice'
- 40ml undiluted high juice squash or cordial (avoid sugar free/diet/no added sugar versions)
- 10g (2 x 5g sachets) egg white powder (available in supermarket baking aisles or larger, better value packs may be purchased online)

Directions

Put egg white powder into a glass. Gradually mix in undiluted cordial or squash (do not whisk). When mixed, gradually mix in fruit juice.

Flavour combinations

- High juice blackcurrant squash + cranberry juice
- High juice orange squash + pineapple juice
- High juice cranberry squash + apple juice
- Elderflower cordial e.g. Belvoir or Bottlegreen + apple juice

220ml serving provides at least 182 Calories and 8.4g Protein

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