Fortified Milkshake - Makes 1 serving

Offer 2 x 220ml Fortified Milkshakes each day (the most nutritionally complete choice)

Ingredients

- 180ml (1/3rd pint) full fat milk
- 30g (2 heaped tablespoons) skimmed milk powder
- 20g (4 heaped teaspoons) vitamin fortified powder e.g. Nesquik or Lidl, Morrisons or Asda Milkshake Mix
  OR
  25g (5 heaped teaspoons) of 'Ovaltine Original Add Milk' powder
  OR
  25g (5 heaped teaspoons) of 'Horlicks Malted Food Drink' powder



Directions

Mix milk powder and milkshake powder together in a glass. Gradually mix in milk and stir well.

220ml serving provides at least 305 Calories and 17g Protein

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