Fortified Yoghurt - Makes 1 portion

For those who would not manage 2 x 220ml supplements each day
Serve 2 x 125ml servings each day

Ingredients

- 100ml Greek style full fat yoghurt
- 15g skimmed milk powder
- 15ml double cream



Directions

Make a paste by adding cream to milk powder until smooth. Slowly add yoghurt.

125ml serving
250 Calories 11g Protein