



Super shake

Makes 1 portion - provides 340kcal and 15g protein

Ingredients:

- 200ml whole full fat milk
- 2 tablespoons dried skimmed milk powder
- 3 heaped teaspoons flavoured milkshake powder
(e.g. Nesquik or supermarket own brand)



Simply mix all ingredients well until it is smooth and the powders have dissolved. Serve chilled.

Options:

- For variety and extra calories, try adding: a scoop of your favourite ice cream, pureed fruit, jams or sweet sauces, or nut butters
- To add another 100kcal, add 4 Tablespoons of single cream



Super shake- COMPACT (small, condensed style)

Makes 1 portion - provides 300kcal and 21g protein

Ingredients:

- 125ml whole full fat milk
- 3 tablespoons dried skimmed milk powder
- 3 heaped teaspoons flavoured milkshake powder
(e.g. Nesquik or supermarket own brand)

Simply mix all ingredients well until it is smooth and the powders have dissolved. Serve chilled.

Options remain same as regular Super shake:

- For variety and extra calories, try adding: a scoop of your favourite ice cream, pureed fruit, jams or sweet sauces, or nut butters
- To add another 100kcal, add 4 Tablespoons of single cream

