

Food First: Homemade Supplements

What is a Homemade Supplement?

A homemade supplement is an excellent way of adding extra energy, protein and other nutrients to your daily diet.

If your appetite is poor and/or you have lost some weight, homemade supplements are a simple and easy way to help.

Why do I need to use Homemade Supplements?

Your Doctor or Dietitian has recommended these supplements because you might not be getting enough nutrition from your current diet.

How to use Homemade Supplements?

You should have homemade supplements in addition to meals and not instead of meals. Take them in between meals but avoid taking them too close to mealtimes, as they are filling. You could have one in the evening or at supper time.

How long will I need to have Homemade Supplements?

Each person is different, some people may only need them for a short period of time but some people would benefit from having them long-term. This can typically be between one to three months.

Ask your Doctor or Dietitian for guidance on when it is a good time to stop. Usually this may be when poor appetite resolves or when you have regained weight lost through illness.

Booster Milkshake (makes 1 portion = 200ml)

200ml portion = 350 calories and 12 g protein

Ingredients:

- 1 cup (170ml) full fat/whole milk*
- 2 tablespoons (30ml) double cream*
- 1 heaped tablespoon (15g) dried skimmed milk powder*
- 1 tablespoon (15g) milkshake powder (e.g. Nesquik®)

OR

4 teaspoons (20g) of Ovaltine® powder

Instructions

- Mix the powder with a small amount of milk to form a smooth paste.
- Add the remaining ingredients.
- Whisk well using a hand whisk or mix with a blender.

For different flavours:

You could blend in some Nutella®, peanut butter, toffee or golden syrup, honey, Greek yoghurt, ice-cream or fresh fruit



Mighty Mousse (makes 2 portions = 260ml)

130ml portion = 400 calories and 12 g protein

Ingredients:

- ½ pack (25g) Angel Delight®
- ½ mug (100ml) double cream
- ½ mug (100ml) evaporated milk
- 2.5 heaped tablespoons (40g) dried skimmed milk powder



Instructions

- Mix instant whip powder and milk powder with evaporated milk to form a smooth paste.
- Add the remaining ingredients.
- Whisk well using a hand whisk or mix with a blender.

Keep refrigerated in a covered container
Consume within 48 hrs

Super Lemon Cream (makes 1 portion = 150g)

120ml portion = 700 calories and 8 g protein

Ingredients:

- ½ mug (100ml) double cream*
- 1 heaped tablespoon (15g) dried skimmed milk powder*
- 2 level tablespoons (25g) caster sugar
- 1 heaped tablespoon (30g) lemon curd **



**For sharper taste use juice of 1-1 ½ lemon instead of lemon curd

Instructions

- Mix the cream and milk powder in a saucepan.
- Once combined gently heat the mixture.
- Add the sugar and stir until dissolved.
- Boil gently for 3 minutes stirring continuously.
- Mix in lemon curd.
- Pour the mixture into a bowl and chill when cooled.

Suitable for people with very small appetite.
Recommended daily dose - 1 portion

Superjuice (makes 1 portion = 220ml)

220ml portion = 250 calories and 2.5 g protein

Ingredients:

- ¼ (40ml) cup fruit cordial/high juice (not 'sugar free' / not 'no added sugar')
- 1 cup (180ml) juice
- 2 scoops (50g) vanilla ice cream*

Flavour options:

- ✓ Orange cordial + pineapple juice
- ✓ High juice blackcurrant squash + cranberry juice.
- ✓ Elderflower cordial + apple juice.
- ✓ High juice cranberry squash + orange juice
- ✓ High juice blackcurrant + apple juice
- ✓ Lime cordial+ apple & mango juice

Instructions

- Measure out the squash and juice into a tall container.
- Add two scoops of ice cream.
- Mix together thoroughly with a blender or whisk.



To boost protein content

Add in 1 dessertspoon smooth peanut butter or 1 dessertspoon chai seeds. Blend well until smooth

Suitable for people who dislike or cannot have milk and milky drinks

Supersoup (makes 1 portion = 220ml)

220ml portion = 380 calories and 18 g protein

Ingredients:

- 1 sachet powdered soup (not low calorie)
- 2 heaped tablespoons (30g) dried skimmed milk powder*
- 1 mug (200ml) full fat/ whole milk*
- 1 heaped tablespoon cream cheese/non-dairy cheese (25g)
- A little boiling water



Instructions

- Mix the sachet of soup together with the dried milk powder and a little boiling water until dissolved.
- Heat the milk and stir in until thoroughly mixed.
- Add cream cheese and stir until melted.

Suitable for people who prefer savoury dishes

*Alternative ideas for dairy free options include:

For milk - soya milk, coconut, almond, rice or oat milk

For cream – soya, coconut or oat cream (e.g. Alpro soya, Elmlea Plant double cream, Oatly Creamy)

For milk powder – soya milk powder (e.g. Ecomil, Pulsin), hemp protein powder, pea protein powder, ground nuts

For ice cream – non -dairy options (e.g. soya, nut based ice-creams)