

Fortified Milk

Fortified milk is a simple and effective method of increasing the nutritional content of standard milk.

How to make Fortified milk

Dissolve 4 rounded tablespoons, 60g of dried skimmed milk powder in 1 pint of full cream milk (store in a refrigerator and consume within 24 hours), this increases the energy and protein content as shown below:

200mls / 1/3 pint	Energy (kcal)	Protein (g)
Semi skimmed milk	92	7
Whole milk	132	7
Fortified milk	204	14

Further suggestions for fortified milk

Analysis per portion

NB: each made with 200mls **fortified milk**

Coffee (1 level teaspoon / 2g)

Hot chocolate (1 heaped tablespoon /20g)

Ovaltine® 25g / (3-4 heaped teaspoons)

Horlicks® 25g / (3-4 heaped teaspoons)

Milkshake powder (3 rounded teaspoons/15g)

Milkshake powder 15g with 1 scoop dairy ice cream

Energy (kcal)	Protein (g)
206	14
276	15
292	16
297	17
263	14
369	16



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