The following recipes can be used to help add protein and calories to your diet to help you maintain or regain your weight and strength.

Substitute lactose-free milk, mocha mix, acidophilus milk, soy milk, almond milk, or rice milk for the milk in the following recipes if lactose intolerant.

Note: Calorie and protein values are approximate and vary slightly, depending on which liquid base you use. The lactose-free versions of the following shakes may provide fewer calories and protein.

**“Double Strength” or Fortified Milk**

Use for drinking or in all recipes calling for milk.

- 1 quart whole milk
- 1 cup nonfat dry milk powder

Mix with spoon or blend. Refrigerate.
Makes 4 servings

210 calories, 14 grams of protein per serving
Directions for all recipes: Stir briskly by hand or blend until smooth.

**High-Calorie Breakfast Shake**
- 1 cup half & half
- 1 packet Instant Breakfast®
- ¾ cup ice cream

650 calories, 18 grams of protein per serving

**Fortified Instant Breakfast**
- 1 cup whole milk
- 1 package Instant Breakfast®
- ¼ cup nonfat dry milk powder

400 calories, 25 grams of protein per serving

**Coffee Milkshake**
- 1 cup vanilla ice cream
- 1 package Vanilla Instant Breakfast® Mix
- ½ cup half & half
- Instant coffee (dissolved in 1 tablespoon hot water)

560 calories, 15 grams of protein per serving

**High Calorie Hot Chocolate**
- ½ cup half & half
- ½ cup whole milk
- 2 tablespoon chocolate syrup
- 2 tablespoon nonfat dry milk powder
- Heat milk and cream. Stir in syrup and milk powder until smooth, serve immediately.

370 calories, 11 grams of protein per serving
Directions for all recipes: Stir briskly by hand or blend until smooth.

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Ingredients</th>
<th>Calories</th>
<th>Protein (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate-Peanut Butter Shake</td>
<td>1/2 cup heavy whipping cream, 3 tablespoons creamy peanut butter, 3 tablespoons chocolate syrup, 1 1/2 cup chocolate ice cream</td>
<td>1080</td>
<td>22</td>
</tr>
<tr>
<td>Strawberry Crush</td>
<td>2 cup frozen strawberries, sweetened, 1/2 cup crushed pineapple, 1/2 cup water, 1/2 medium banana, 6 tablespoons sugar, 1/4 cup lemon juice, 2 tablespoons honey</td>
<td>950</td>
<td>4</td>
</tr>
<tr>
<td>Orange Jubilee</td>
<td>1/4 cup lemonade, 1/4 cup orange juice, 1/2 cup half and half or whole milk, 1/2 cup orange sherbet</td>
<td>320</td>
<td>5</td>
</tr>
<tr>
<td>Apple Pie a la Mode</td>
<td>1 cup apple pie filling, 1/2 cup whole milk, 1 cup vanilla ice cream, Dash of cinnamon</td>
<td>590</td>
<td>9</td>
</tr>
</tbody>
</table>
Directions for all recipes: Stir briskly by hand or blend until smooth.

**Strawberry Flip**
- 5 oz sweetened, frozen strawberries, thawed
- 4 oz plain yogurt
- 3 oz unsweetened pineapple juice
- 2 tablespoon sugar

330 calories, 5 grams of protein per serving

**Peaches and Cream**
- 1 cup whole milk
- 1 cup canned peaches
- 1 cup vanilla ice cream
- ¼ teaspoon salt
- ¼ teaspoon vanilla

460 calories, 14 grams of protein per serving

**Banana Milkshake**
- 1 whole, ripe banana
- 2-3 drops vanilla extract
- 1 cup whole milk

190 calories, 9 grams of protein per serving

**Banana Flip**
- 2 peeled bananas
- 1 package Instant Breakfast® drink
- 1 cup whole milk
- ½ cup orange juice

580 calories, 13 grams of protein per serving
Pineapple Orange Fluff
- ¾ cup pineapple yogurt
- ½ cup orange sherbet

310 calories, 8 grams of protein per serving

Any Fruit Milkshake
- 1 cup milk
- 1 cup sliced fruit
- 1 cup vanilla ice cream

455 calories, 14 grams of protein per serving

Lemon Flip
- ½ cup buttermilk or whole milk
- ½ cup lemonade
- ¾ cup vanilla ice cream

300 calories, 8 grams of protein per serving

Raspberry Rumble
- 1 cup raspberry yogurt or sherbet
- ½ cup half and half or milk
- ¼ cup cranberry juice

455 calories, 13 grams of protein per serving

Sherbet Shake
- 1 cup sherbet
- ½ cup whole milk
- ½ teaspoon vanilla

345 calories, 5 grams of protein per serving