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# More High Calorie & High Protein Beverages

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

If lactose intolerant, substitute lactose-free milk, soy milk, cashew milk, coconut milk, almond milk, or rice milk for the traditional cow's milk. Note: This may change the calorie and protein values.

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Add the following ingredients to any of the recipes in this handout for added nutrition, flavor and texture:

- Greek Yogurt
- Flax Seed
- Chia Seeds
- Peanut Butter
- Oats or Oatmeal
- Protein Powder
- Blended Spinach or Kale
- Frozen Berries
- Avocado
- Cottage Cheese
- Vegetable Juices
- Instant Breakfast Mix
- Cooked Rice or Quinoa
- Pudding Mix
- Whole Milk
- Bananas
- Canned Fruit
- Wheat Germ
- Almond Butter
- 100% Fruit Juice
- Coconut Oil
- Flaxseed Oil
- Dry Milk Powder
- Coconut (adds texture)
- Cold Cereals (adds texture)
- Dried Fruit (adds texture)
- Nuts/Seeds (adds texture)

**No blender required: Stir briskly with fork or whisk until smooth.**

### **High Protein Milkshake**

- 1 cup milk
- 2 tablespoon sugar
- ½ cup Greek yogurt
- 1 scoop protein powder
- 2 T chocolate syrup

495 calories, 47 g protein

### **Banana Oat Shake**

- ½ cup cooked oatmeal
- 1 banana
- 1 cup whole milk
- 1 tablespoon wheat germ
- 1 tablespoon honey
- 1 teaspoon vanilla extract

509 calories, 17 g protein

### **Double Strength Milk**

Use for drinking or in recipes.

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

Makes four servings.

210 calories, 14 g protein

### **Orange Jubilee**

- 1 cup milk
- ½ cup orange juice, concentrate
- 1 teaspoon vanilla
- ½ cup Greek yogurt

296 calories, 18 g protein



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**Blender required. Adding extra liquid will help blend more easily.**

### **Raspberry Lemonade Smoothie**

- 1 cup frozen raspberries
- ½ cup milk
- 2 tablespoon honey
- 1 teaspoon ground flaxseed
- 2 teaspoon fresh lemon juice
- 1 cup vanilla Greek yogurt

490 calories, 25 g protein

### **Peanut Butter & Banana Shake**

- 1 frozen banana, sliced
- 1 cup whole milk
- 2 tablespoon peanut butter
- 1 teaspoon vanilla extract

452 calories, 17 g protein

### **Peachy Cinnamon Shake**

- 1 cup canned peaches
- ½ cup plain Greek yogurt
- ½ cup milk
- 1 tablespoon honey
- ½ teaspoon of cinnamon
- 3 ice cubes

276 calories, 17 g protein

### **Irish Fruit Smoothie**

- 1 cup frozen berries
- 1 banana
- ½ cup milk
- 2 cup kale or spinach
- ¼ avocado
- 1 teaspoon ground flaxseed
- 2 tablespoon honey

521 calories, 12 g protein



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### **Carrot Cake Smoothie**

- 2 carrots, chopped
- ½ cup pineapple
- 1 cup vanilla Greek yogurt
- ¼ cup cottage cheese
- 1 teaspoon cinnamon
- 2 tablespoon ground flax
- 1 tablespoon honey

475 calories, 30 g protein

### **Chocolate-Raspberry Cheesecake Smoothie**

- 1 cup raspberries
- ½ cup cottage cheese
- 1 scoop chocolate protein powder
- 2 teaspoon cocoa powder

210 calories, 36 g protein

### **Pineapple-Coconut Smoothie**

- 1 cup pineapple
- ½ cup milk
- ½ cup Greek yogurt
- 1 tablespoon coconut
- 1 frozen banana, sliced

379 calories, 16 g protein

### **Apple Pie Smoothie**

- 1 apple, sliced
- ½ cup applesauce
- ½ cup vanilla Greek yogurt
- ½ cup milk
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 2 tablespoon ground flax
- 1 tablespoon honey

460 calories, 17g protein



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