

High-Protein, High-Calorie Beverages

When every bite counts, try these calorie- and protein-packed recipes.

Basic High-Protein Drink

Ingredients:

1 packet Carnation Instant Breakfast
1 cup whole milk (or low-lactose milk if you are on a low-lactose diet)
½ cup vanilla ice cream

Directions:

Blend ingredients in a blender until smooth.

Yield: One 12-ounce serving.

Nutrition information per serving: 530 calories, 23 grams protein

Buttermilk Smoothie

Ingredients:

¼ cup buttermilk
¼ cup lemonade or orange juice
½ cup vanilla ice cream
¼ cup liquid egg substitute

Directions:

Blend ingredients in a blender until smooth.

Yield: One 1-cup serving.

Nutrition information per serving: 250 calories, 12 grams protein

Cheesecake Milkshake

Ingredients:

1 slice plain cheesecake (⅙ of a whole cheesecake)
¼ cup strawberries
¼ cup whole milk (or low-lactose milk if you are on a low-lactose diet)
½ cup vanilla ice cream

Directions:

Blend ingredients in a blender until smooth.

Yield: One 12-ounce serving.

Nutrition information per serving: 490 calories, 9 grams protein



Orange-Pineapple Smoothie

Orange-Pineapple Smoothie

Ingredients:

1 cup pineapple yogurt
½ cup orange sherbet

Directions:

Blend ingredients in a blender until smooth.

Yield: One 12-ounce serving.

*Nutrition information per serving:
260 calories, 14 grams protein*

Juice Smoothie

Ingredients:

¼ cup pineapple juice or orange juice
½ cup vanilla ice cream
¼ cup liquid egg substitute

Directions:

Blend ingredients in a blender until smooth.

Yield: One 1-cup serving.

*Nutrition information per serving:
230 calories, 10 grams protein*

Please be mindful of any food allergies or intolerances you may have before consuming any of the recipes in this document.

Chocolate Mint Shake

Ingredients:

- ½ cup chocolate ice cream
- 1 package Carnation Instant Breakfast
- ½ cup whole milk (or low-lactose milk if you are on a low-lactose diet)
- ½ teaspoon peppermint extract

Directions:

Blend ingredients in a blender until smooth.

Yield: One 12-ounce serving.

Nutrition information per serving: 435 calories, 20 grams protein

Mexican Chocolate Milkshake

Ingredients:

- ¼ cup whole milk
- ¼ cup sweetened condensed milk
- ½ cup vanilla ice cream
- ¼ cup unsweetened cocoa powder
- 1 tablespoon cinnamon

Directions:

Blend ingredients in a blender until smooth.

Yield: One 1-cup serving.

Nutrition information per serving: 475 calories, 15 grams protein

Fall Spice Latte

Ingredients:

- 2 tablespoons canned pumpkin pie mix
- 1 teaspoon decaffeinated instant coffee
- ½ cup whole milk (or low-lactose milk if you are on a low-lactose diet)
- ½ cup vanilla ice cream
- 1 dash ground cinnamon
- 1 dash ground nutmeg

Directions:

Blend ingredients in a blender until smooth.

Yield: One 1-cup serving.

Nutrition information per serving: 250 calories, 7 grams protein



Peanut Butter Banana Shake

Ingredients:

- ¼ cup whole milk (or low-lactose milk if you are on a low-lactose diet)
- 1 frozen banana
- ¼ cup peanut butter
- ½ cup vanilla ice cream

Directions:

Blend ingredients in a blender until smooth.

Yield: One 1-cup serving.

*Nutrition information per serving:
666 calories, 22 grams protein*

Sherbet Shake

Ingredients:

- ½ cup sherbet
- ½ cup whole milk (or low-lactose milk if you are on a low-lactose diet)

Directions:

Blend ingredients in a blender until smooth.

Yield: One 1-cup serving.

*Nutrition information per serving:
180 calories, 5 grams protein*

Refreshing Beverages

These recipes are fruity and tart and may be tolerated your when appetite is poor or you are having nausea.

Health Shake

Ingredients:

½ cup vanilla soy milk
½ cup brewed green tea, chilled
¼ cup pomegranate juice
¼ cup frozen fruit of your choice

Directions:

Blend ingredients in a blender until smooth.

Yield: One 12-ounce serving.

Nutrition information per serving: 160 calories, 4.5 grams protein

Fruit Freezers

Ingredients:

1 cup frozen watermelon cubes
¾ cup frozen blueberries
2 teaspoons finely chopped ginger
¼ cup frozen apple juice concentrate
1 tablespoon lime juice
¼ cup ice cubes
Fresh mint for garnish

Directions:

Blend all ingredients except mint in a blender until smooth. Garnish with fresh mint.

Yield: One 12-ounce serving.

*Nutrition information
per serving:
200 calories*



High-Protein, High-Calorie Desserts

High-Protein Gelatin

Ingredients:

1 three-ounce package of regular (not sugar-free) flavored gelatin (any flavor)
⅓ cup dried (powdered) egg whites (this item can be found in the baking supply area of the grocery store or ordered online)

Directions:

Prepare gelatin in a bowl according to package directions. Add egg whites to warm gelatin mixture. Whisk mixture gently for 2 minutes, until egg whites are completely dissolved. Cool gelatin mixture in the refrigerator.

Yield: Four ½-cup servings.

*Nutrition information per serving:
115 calories, 8.8 grams protein*

Rice Porridge

Ingredients:

1 cup long-grain white rice
6 cups of water
1 tablespoon salt

Directions:

Combine rice, water, and salt in a medium saucepan. Cook the rice about 40 minutes over medium heat, until rice is soft, sticky and soupy.

Variations: For extra flavor, use chicken, pork, or beef broth instead of water, or season porridge with soy sauce after cooking. (Reduce the salt to 1 teaspoon if using broth or soy sauce.) For a sweet treat, prepare rice with 8 teaspoons of sugar.

Yield: Eight 1-cup servings.

*Nutrition information per serving: 86 calories,
1.5 grams protein, 16 grams carbohydrate,
258 mg sodium, and 24 mg potassium*

Refreshing Beverages

These recipes are fruity and tart and may be tolerated your when appetite is poor or you are having nausea.

Ginger Tea

Ingredients:

2-inch piece of fresh ginger root
3 cups water
Honey (optional)
Lemon slices (optional)

Directions:

Wash and peel the ginger root and slice thinly. Bring the water to a boil in a saucepan. Once water is boiling, add the sliced ginger. Cover the saucepan and reduce heat to low. Simmer for 15 to 20 minutes. Strain the ginger slices from the liquid before drinking. Add honey and lemon to taste. May be served hot or cold. To chill tea, pour over ice or refrigerate.

Yield: One 12-ounce serving.

Nutrition information per serving: 0 calories

Three-fruit Sipper

Ingredients:

1 cup orange juice
½ cup lemon juice
1½ teaspoons almond extract
One 16-ounce can of jellied cranberry sauce
2 cups ginger ale, chilled
Fresh mint for garnish

Directions:

In a blender, combine the juices, almond extract, and cranberry sauce. Blend until smooth. Refrigerate until cold. Just before serving, add ginger ale. Serve over ice.

Yield: Eleven ½-cup serving.

Nutrition information per serving: 90 calories

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Three-fruit Sipper