

Patient information factsheet

Nourishing puddings

Puddings can be an enjoyable way to add extra calories and protein into your diet. This factsheet contains some quick and easy recipe ideas for nourishing puddings or snacks that you can try at home.

<p style="text-align: center;">Fortified milk (makes one pint)</p> <p>Ingredients 1 pint full cream milk 4 tablespoons milk powder</p> <p>Method 1. Whisk a small amount of the milk into the milk powder to make a paste. 2. Then whisk the remainder of the pint of milk into the milk powder until there are no lumps.</p> <p>Per pint: 615kcal and 32g protein</p>	<p style="text-align: center;">Fortified instant dessert (four servings)</p> <p>Ingredients 1 instant dessert packet (Angel Delight) 4 tablespoons milk powder 150ml double cream 150ml full cream milk</p> <p>Method 1. Whisk all ingredients together with a fork or a whisk. 2. Leave to set.</p> <p>Per serving: 333kcal and 6g protein</p>
<p style="text-align: center;">Mars bar melt (three servings)</p> <p>Ingredients 2 Mars bars 150ml double cream 30g milk powder</p> <p>Method 1. In a saucepan, gently heat the cream with the milk powder until dissolved. 2. Chop mars bars into small pieces and stir into the warm cream mixture until melted. 3. Pour into serving bowls and chill.</p> <p>Per serving: 444kcal and 5g protein</p>	<p style="text-align: center;">Cake and ice cream chill (one serving)</p> <p>Ingredients 1 slice sponge cake 1 scoop ice cream 60 to 125ml full cream milk</p> <p>Method 1. Blend the sponge cake and ice cream together. 2. Add milk as required, until it is suitable consistency. You can add single cream instead of milk for extra calories.</p> <p>Per serving: 366 to 374kcal and 6 to 9g protein</p>

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Egg custard (four servings)	Banana cream (three servings)
<p>Ingredients 4 medium eggs 100g caster sugar 2 teaspoons vanilla extract 500ml full cream milk Pinch of nutmeg</p> <p>Method</p> <ol style="list-style-type: none">1. Mix together the eggs, sugar and vanilla extract.2. Gradually stir in the cold milk.3. Sprinkle on the nutmeg.4. Pour mixture into one large or four smaller ovenproof dishes.5. Cook at 200°C or gas mark 6 for 45 minutes (or until set). <p>Per serving: 256kcal and 11g protein</p>	<p>Ingredients 280ml whipping cream 3 ripe bananas (peeled) 2 tablespoons (heaped) caster sugar 1 lemon (juice and grated rind)</p> <p>Method</p> <ol style="list-style-type: none">1. Whisk the cream until thick.2. Mash the bananas with the sugar, grated lemon rind and lemon juice.3. Combine the banana mixture with the cream.4. Chill until set. <p>Per serving: 481kcal and 3g protein</p>

If you are having trouble eating or if you are losing weight without wanting to, you should:

- eat little and often (have small nourishing drinks, puddings or meals every two to three hours throughout the day)
- add two to three teaspoons of full fat milk powder to milk puddings, custards or yoghurts
- add cream or evaporated milk to puddings (stewed or canned fruits, rice puddings or custard)
- look for your favourite puddings in the chilled section of supermarkets (these can be a great source of extra calories)

Contact us

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