

## High Energy High Protein (HEHP) - nourishing drink recipes

High protein milk ( <u>individual quantity</u> )	
<b>Ingredients</b>	
<ul style="list-style-type: none"> <li>• ¼ cup skim milk powder</li> <li>• 1 cup (250mL) full cream milk</li> </ul>	
<b>Method</b>	
<ul style="list-style-type: none"> <li>• Pour milk into cup or jug</li> <li>• Add in skim milk powder and mix with a whisk until dissolved</li> </ul>	
<b>Nutritional information</b>	
<p><b>Energy</b> = 825kJ  <b>Protein</b> = 11g  <b>Total fat</b> = 9g  <b>Saturated fat</b> = 6g  <b>Sugar</b> = 19g  <b>Calcium</b> = 356mg</p>	
<b>Serving suggestion</b>	
<p>This high protein milk can be used as a substitute for regular milk, such to prepare;</p> <ul style="list-style-type: none"> <li>• Milkshakes</li> <li>• Tea and coffee</li> <li>• Scrambled eggs</li> <li>• Porridge/cereal</li> <li>• Custard</li> <li>• Soup</li> <li>• Mashed potato</li> <li>• Milo</li> <li>• Sustagen drinks</li> </ul>	
 	

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High protein milk ( <u>bulk quantity</u> )
<b>Ingredients</b>
<ul style="list-style-type: none"> <li>• 1 litre full cream milk</li> <li>• 1 cup (250g) skim milk powder</li> </ul>
<b>Method</b>
<ul style="list-style-type: none"> <li>• Pour milk into cup or jug</li> <li>• Add in skim milk powder and mix with a whisk until dissolved</li> </ul>
<b>Nutritional information</b>
<p><b>Energy</b> = 3299kJ  <b>Protein</b> = 45g  <b>Total fat</b> = 35g  <b>Saturated fat</b> = 23g  <b>Sugar</b> = 76g  <b>Calcium</b> = 1423mg</p>
<b>Serving suggestion</b>
<p>This high protein milk can be used as a substitute for regular milk, such to prepare;</p> <ul style="list-style-type: none"> <li>• Milkshakes</li> <li>• Tea and coffee</li> <li>• Scrambled eggs</li> <li>• Porridge/cereal</li> <li>• Custard</li> <li>• Soup</li> <li>• Mashed potato</li> <li>• Milo</li> <li>• Sustagen drinks</li> </ul>



## High Energy High Protein (HEHP) - nourishing drink recipes

High protein milkshake (individual quantity)
<b>Ingredients</b>
<ul style="list-style-type: none"> <li>• 1 cup high protein milk (see previous recipe)</li> <li>• 1 scoop ice cream</li> <li>• 1 heaped tablespoon Milo, supplement powder (Sustagen) or topping</li> </ul>
<b>Method</b>
<ul style="list-style-type: none"> <li>• Blend all ingredients together until smooth</li> </ul>
<b>Nutritional information</b>
<p><b>Energy</b> = 1659kJ  <b>Protein</b> = 18g  <b>Total fat</b> = 16g  <b>Saturated fat</b> = 11g  <b>Sugar</b> = 41g  <b>Calcium</b> = 551mg</p> <p>**Analysis using Sustagen powder (20g – 1 scoop)</p>
<b>Serving suggestion</b>
<p>This high protein milkshake can be used as mid meal drink or snack OR as an alternative if a main meal is not finished.</p> <p>Use different flavoured powers or toppings to change the flavour to prevent taste fatigue.</p>

