

## Boost your calories

### **Milkshakes** – drinks made with ice cream

- Put all ingredients in blender. Blend until smooth. Refrigerate any unused portion.
- For extra calories: Add cream instead of milk, or add oil to the recipe.
- For extra protein: Add skim milk powder, or a protein powder from soy or whey.

#### **Old-fashioned milkshake**

1 cup homogenized milk or cream  
1 cup ice cream

#### **Oreo milkshake**

2 double-stuffed Oreos  
2 tablespoons marshmallow fluff (cream)  
1 ½ cups vanilla ice cream  
1 cup homogenized milk or cream  
(add more or less to get the thickness you like)

#### **Peaches and cream shake**

1 cup homogenized milk or cream  
1 cup canned peaches  
1 cup vanilla ice cream  
¼ teaspoon salt  
¼ teaspoon vanilla

#### **Pudding shake**

1 cup homogenized milk or cream  
¼ cup skim milk powder  
1 cup vanilla ice cream (slightly softened)  
¼ package instant pudding mix (any flavour)

#### **Peanut butter and banana shake**

1 cup homogenized milk or cream  
1 pkg of chocolate instant breakfast powder  
½ ripe banana, sliced  
1 tablespoon of peanut butter  
1 scoop of chocolate or vanilla ice cream  
3 tablespoons of chocolate syrup  
5 or 6 ice cubes

#### **Apple pie a la mode**

1 cup apple pie filling  
½ cup homogenized milk or cream  
1 cup vanilla ice cream  
Dash of cinnamon

#### **High-calorie breakfast shake**

1 cup half and half cream (10%)  
1 packet instant breakfast mix  
¾ cup ice cream

#### **Chocolate-peanut butter shake**

½ cup homogenized milk or cream  
3 tablespoons creamy peanut butter  
3 tablespoons chocolate syrup  
1- ½ cup chocolate ice cream

#### **Chocolate hazelnut shake**

1 cup homogenized milk or cream  
2 scoops chocolate ice cream  
3 tablespoons skim milk powder  
2 tablespoons chocolate hazelnut spread (Nutella®)  
1 tablespoon canola oil  
4 ice cubes

#### **Powerccino shake**

1 package vanilla instant breakfast mix  
1 cup homogenized milk or cream  
2 scoops coffee ice cream  
3 tablespoons skim milk powder  
1 tablespoon chocolate syrup (iced coffee syrup or 1 tsp instant coffee optional)  
4 ice cubes

## **Smoothies** – drinks made with fruit and yogurt

- Put all ingredients in blender. Blend until smooth. Refrigerate any unused portion.
- For extra calories: Add cream instead of milk, or add oil to the recipe.
- For extra protein: Add skim milk powder, or a protein powder from soy or whey.
- For extra fibre: Add oat bran, ground seeds such as flax, or vegetables such as frozen spinach or pureed squash

### **Basic smoothie**

1 cup fruit yogurt (not low fat)  
¼ cup skim milk powder (optional - for extra protein)  
½ cup homogenized milk or cream  
½ cup diced fruit or berries (fresh or frozen)

### **Super protein power smoothie**

1 cup homogenized milk, cream, or vanilla nutritional supplement (use more than 1 cup if needed to blend)  
½ cup Greek yogurt  
2 tablespoons skim milk powder  
1 tablespoon peanut butter or almond butter  
1 tablespoon finely ground flax seeds  
1 tablespoon canola, olive, or flax oil  
1 banana or 1 cup other fruit  
crushed ice (if you like a colder smoothie)

### **Banana apple smoothie**

1 banana  
½ cup plain or Greek yogurt  
½ cup applesauce  
½ cup homogenized milk, cream, or vanilla nutritional supplement (use more than 1 cup if needed to blend)  
1 tablespoon honey  
1 tablespoon oat bran  
1 tablespoon ground flax or hemp seeds

### **Pineapple smoothie**

1 package vanilla instant breakfast  
1 cup homogenized milk or cream  
¼ cup skim milk powder  
½ can diced pineapple in juice or syrup (include the juice or syrup)

### **Cinnamon peach smoothie**

1 cup diced peaches (fresh, frozen or canned)  
½ cup plain or Greek yogurt  
½ cup homogenized milk, cream, or vanilla nutritional supplement (use more than ½ cup if needed to blend)  
⅛ teaspoon cinnamon (more or less to taste)  
1 tbsp honey

### **Pina colada smoothie**

½ cup coconut cream  
½ cup frozen or canned pineapple  
½ cup pineapple juice (from canned pineapple)  
½ cup homogenized milk, cream, or vanilla nutritional supplement (use more than ½ cup if needed to blend)  
1 banana  
1 tablespoon ground flax seeds

### **Coco-nana breakfast smoothie**

1 cup homogenized milk or cream  
¼ cup skim milk powder  
1 package chocolate instant breakfast mix  
1 small banana (cut-up)

### **Bursting blueberry smoothie**

4 ounces plain or Greek yogurt  
1 banana (use a frozen banana if you like a thicker smoothie)  
½ cup fresh or frozen blueberries  
1 tablespoon canola, flax or olive oil  
1 cup homogenized milk, cream, or vanilla nutritional supplement (use more than 1 cup if needed to blend)

**Strawberry banana smoothie**

1 package strawberry instant breakfast mix  
 1 cup homogenized milk or cream  
 ¼ cup skim milk powder  
 1 ripe banana

**Mango yogurt smoothie**

1 cup mango puree (fresh, canned or frozen)  
 6 ice cubes  
 1 tsp fresh ginger, grated  
 1 cup plain or Greek yogurt  
 ¼ cup homogenized milk or cream

**Grape slushie**

2 grape juice bars  
 2 tablespoons corn syrup  
 ½ cup grape juice or 7-Up  
 2 tablespoons corn or canola oil

**Cream cheese and jelly whirl**

⅔ cup homogenized milk or cream  
 2 tablespoons strawberry jelly or jam  
 4 tablespoons cream cheese  
 2 tablespoons skim milk powder

**Strawberry cheese “shake”**

6-7 strawberries  
 ½ cup homogenized milk or cream  
 2 tablespoons skim milk powder  
 ½ cup cottage cheese (2% MF or more)  
 2 tablespoons honey

**Orange sherbet slushie**

¾ cup orange sherbet  
 2 tablespoons corn syrup  
 ½ cup 7-Up  
 2 tablespoons corn or canola oil

**Nogs – drinks made with eggs**

- Always use pasteurized liquid eggs (such as Egg Beaters®). Never add raw eggs from the shell to any uncooked food or drink – this could make you sick.
- Put all ingredients in blender. Blend until smooth. Garnish with maraschino cherry, sprig of mint, whipping cream, or dash of nutmeg. Refrigerate any unused portion.

**Eggnog**

½ cup homogenized milk or cream  
 ½ cup pasteurized liquid eggs  
 1 teaspoon vanilla extract  
 Dash of nutmeg  
 1 tablespoon sugar

**Super strawberry nog**

¾ cup homogenized milk or cream  
 3 tablespoons skim milk powder  
 ½ cup pasteurized liquid eggs  
 ¾ cup strawberry ice cream  
 2 tablespoons canola oil  
 ½ banana  
 4 ice cubes

**Yogurt banana nog**

½ cup homogenized milk or cream  
 ½ cup yogurt (any flavour)  
 ½ cup pasteurized liquid eggs  
 3 tablespoons skim milk powder  
 ½ banana  
 2 teaspoons honey

**High-protein nog**

1 cup homogenized milk or cream  
 3 tablespoons skim milk powder  
 ½ cup pasteurized liquid eggs  
 1 tablespoon granulated sugar  
 1 teaspoon vanilla extract  
 Dash of nutmeg

## Hot chocolate

- Add marshmallows if you like.

### Hot chocolate - white or brown

3 oz. milk or white chocolate  
¼ teaspoon vanilla  
1 teaspoon butter  
1 cup half and half cream (10%)

1. Melt chocolate and butter gently in saucepan.
2. Add vanilla and slowly stir in half and half, small amounts at a time.
3. Reheat to desired temperature.

### Easy high calorie hot chocolate

½ cup half and half cream (10%)  
½ cup homogenized milk  
4 tablespoons chocolate syrup  
2 tablespoons skim milk powder

1. Combine all ingredients in a mug.
2. Heat in the microwave.

## High calorie foods

### French toast sandwich:

- Spread 2 tablespoons cream cheese or peanut butter and 1 tablespoon jam/jelly between 2 slices of French toast

### Bagel sandwiches:

- 1 tablespoon cream cheese on each side of a bagel with a slice of roast beef
- 1 tablespoon cream cheese on each side of a bagel with apple butter (especially good on blueberry bagels)
- 1 tablespoon peanut butter on each side of a bagel, add raisins or banana slices

### Waffle sandwiches:

- Spread 2 tablespoons cream cheese or peanut butter and 1 tablespoon strawberry jam/jelly between 2 toasted waffles

### Cooked carrots:

- Add 2 tablespoons of apricot preserves and brown sugar, or 2 tablespoons honey to cooked, buttered carrots

### Chocolate pudding:

- Add 1 can (12 to 14 oz) sweetened condensed milk (instead of regular milk) when making pudding
- Sprinkle white chocolate chips on top

### Fruit sundae:

- Cut up 2 bananas (or any fruit) into a bowl
- Top with chocolate syrup and homogenized milk and sugar, or chocolate syrup and whipped cream
- Sprinkle nuts on top if you like