

Recipe adapting: Ways to boost calorie intake:

| Ways to adapt the recipe | | | Energy Kcal (calories) | |
|--------------------------|----------------------|--|------------------------|--------------------------|
| | 1 portion | | Before | After |
| Milk | 1 pint | Add 4 heaped tablespoons dried skimmed milk (dsm) powder to 1 pint whole milk | 375 | 774 106% extra |
| Custard | Large ladle (125mls) | Add 1 heaped tablespoon dsm powder & 2 tablespoons double cream to custard made with whole milk | 140 | 340 143% extra |
| Soup | Large ladle (125mls) | Add 1 heaped tablespoon dsm powder & 2 tablespoons double cream to soup | 80 | 280 250% extra |
| Porridge | Large ladle (125mls) | Add 1 heaped tablespoon dsm powder & 2 tablespoons double cream to porridge made with whole milk | 170 | 370 118% extra |
| Mashed potatoes | 1 scoop | Add an extra 1 heaped teaspoon of margarine / butter and tablespoon of cream to mashed potatoes | 70 | 190 170% extra |
| Vegetables | 2 tablespoons | Add 1 heaped tablespoon of margarine / butter to vegetables. Allow to melt | 15 | 85 460% extra |
| Ice cream | 1 small scoop | Pour 2 tablespoon of double cream over the ice cream | 100 | 200 100% extra |
| Sponge pudding | 2 tablespoons | Place an extra 2 teaspoons of jam or syrup to the sponge when serving. Then serve with high calorie custard or ice cream | 340 | 540 58% extra |
| Breakfast Cereal | Small serving (25g) | Use fortified milk with 2 tablespoons double cream and 2 teaspoon sugar | 200 | 430 115% extra |
| Milk pudding | Large ladle (125mls) | Add 1 heaped teaspoon dsm powder & 2 tablespoons double cream to the milk pudding made with whole milk. Serve with 2 teaspoons jam | 200 | 500 150% extra |