



# DRINKS

THESE *HIGH-PROTEIN AND HIGH-ENERGY*  
DRINKS *ideas are GREAT FOR*  
WHEN *YOUR APPETITE IS*  
POOR OR WHEN *YOU'RE*  
TRYING TO *GAIN*  
WEIGHT!



↓fat ↓saturated fat ↓salt ↑protein

# enriched MILK



G.I.  
**32**  
LOW

NUTRITION INFO	per serve	per 100g
Energy	495 kJ	184 kJ
Protein	12.3g	4.6g
Total fat	0.32g	0.12g
Saturated fat	0.3g	0.11g
Sugar	17g	6.4g
Sodium	148mg	55mg
Fibre	—0—	—0—

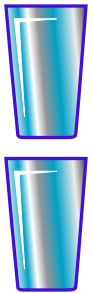
## enriched MILK

### INGREDIENTS

- 2 cups (500ml) skim milk ◆
- 2 tablespoons skim milk powder ◆

### METHOD

- 1 Add the powder to the milk and whisk well.
- 2 Serve chilled – on cereal, in tea or coffee, or use in the other drinks recipes here!



↓fat ↓saturated fat ↓salt ↑protein

# CHOCOLATE BLISS



G.I.  
**40**  
LOW

NUTRITION INFO	per serve	per 100g
Energy	735 kJ	257 kJ
Protein	13g	4.5g
Total fat	0.6g	0.2g
Saturated fat	0.4g	0.16g
Sugar	30g	10.4g
Sodium	162mg	56mg
Fibre	0.4g	0.15g

## CHOCOLATE BLISS

### INGREDIENTS

- 1 cup enriched milk ◆
- 3 teaspoons drinking chocolate (powder) ◆
- 2 marshmallows ◆

### METHOD

- 1 Either place the milk in a microwave-safe jug and heat on high for 1–2 minutes, or add the milk to a saucepan until boiling.
- 2 Spoon the chocolate powder into a mug, adding the hot milk gradually and stirring.
- 3 Add the marshmallows and immerse with a spoon until they start to melt.



↓fat ↓saturated fat ↓salt ↑protein

# SHAKE it!

NUTRITION INFO	per serve	per 100g
Energy	985 kJ	280 kJ
Protein	15g	4.2g
Total fat	2.0g	0.6g
Saturated fat	1.4g	0.4g
Sugar	40.5g	11.6g
Sodium	204mg	58mg
Fibre	—0—	—0—



## METHOD

- 1 Combine all the ingredients and blend or whisk until smooth.
- 2 Pour into a glass and serve.

G.I.  
**32**  
LOW



## SHAKE it! INGREDIENTS

- ◆ 1 cup enriched milk
- ◆ 1 scoop low fat ice cream
- ◆ 1 tablespoon ice cream topping (eg chocolate, caramel, etc)

↓fat ↓saturated fat ↓salt ↑protein

# iced COFFEE

NUTRITION INFO	per serve	per 100g
Energy	630 kJ	210 kJ
Protein	13.6g	4.6g
Total fat	1.1g	0.4g
Saturated fat	0.8g	0.3g
Sugar	22g	7.4g
Sodium	166mg	56mg
Fibre	0.1g	<0.1g



## METHOD

- 1 Dissolve the coffee powder in a large mug with a small amount of boiling water.
- 2 Add the enriched milk and stir well.
- 3 Add ice cream and ice cubes to the mug.

G.I.  
**32**  
LOW



## iced COFFEE INGREDIENTS

- ◆ 1 cup enriched milk
- ◆ 1 teaspoon instant coffee powder
- ◆ 1 scoop low fat ice cream
- ◆ 3 ice cubes (crushed)

↓fat ↓saturated fat ↓salt ↑protein

# YOGHURT BLAST



G.I.  
**32**  
LOW

NUTRITION INFO	per serve	per 100g
Energy	1140 kJ	300 kJ
Protein	17.7g	4.7g
Total fat	0.5g	0.12g
Saturated fat	0.4g	0.1g
Sugar	49g	13g
Sodium	222mg	64mg
Fibre	0.2g	<0.1g

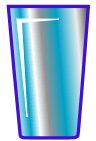
## YOGHURT BLAST

### INGREDIENTS

- 1 cup enriched milk ◆
- 2 tablespoons low fat natural yoghurt ◆
- 1 tablespoon skim milk powder ◆
- 2 tablespoons ice cream topping (strawberry) ◆
- 3 ice cubes (crushed) ◆

### METHOD

- 1 Combine all the ingredients and blend or whisk until smooth.
- 2 Pour into a glass with ice and serve.



↓fat ↓saturated fat ↓salt ↑protein

# BANANA BOOST



G.I.  
**46**  
LOW

NUTRITION INFO	per serve	per 100g
Energy	1070 kJ	257 kJ
Protein	16.4g	4.0g
Total fat	1.3g	0.3g
Saturated fat	0.9g	0.2g
Sugar	41.6g	10g
Sodium	184mg	44mg
Fibre	2.3g	0.5g

## BANANA BOOST

### INGREDIENTS

- 1 cup enriched milk ◆
- 1 tablespoon low fat vanilla yoghurt ◆
- 1 scoop low fat ice cream ◆
- 1 banana (sliced) ◆

### METHOD

- 1 Combine all the ingredients and blend or whisk until smooth.
- 2 Pour into a glass and serve.

