



Homemade Supplement Recipes

Patient Information Leaflet

What is a Homemade Supplement?

A homemade supplement is a way of adding extra nutrition to your daily diet. Homemade supplements are an excellent way to provide your body with the energy and protein that it needs.

If your appetite is poor and/or you have lost some weight, homemade supplements are a simple and easy way to help.

Why do I need to use Homemade Supplements?

Your Doctor or Dietitian has recommended these supplements because you might not be getting enough nutrition from your current diet.

How to use Homemade Supplements?

You should have homemade supplements in addition to meals and not instead of meals. Take them in between meals but avoid taking them too close to mealtimes, as they are filling. You could have one in the evening or at supper time.

How long will I need to have Homemade Supplements?

Each person is different, some people may only need them for a short period of time but some people would benefit from having this form of supplementation long-term.

Ask your Doctor or Dietitian for guidance on how long to continue taking them.

Mighty Mousse (makes 2 portions = 260ml)

Each 130g portion - approx. 400 calories and 12g protein

Ingredients	Quantity
Instant whip powder (e.g. Angel Delight®)	~25g (1/2 pack)
Double Cream	100ml
Evaporated Milk	100ml
Skimmed Dried Milk powder	40g (2.5 heaped tablespoons)

Instructions:

1. Mix instant whip powder and milk powder with enough evaporated milk to form a smooth paste.
2. Add the remaining ingredients.
3. Whisk together well.



Keep refrigerated in a covered container
Consume within 48 hours

Booster Milkshake (makes 1 portion = 200ml)

Each 200ml portion - approx. 350 calories and 12g protein

Ingredient	Quantity
Whole Milk	170ml
Double Cream	30ml
Skimmed Dried Milk powder	15g (5 heaped teaspoons)
Milkshake powder (e.g. Nesquik®)	15g (3 heaped teaspoons)

Instructions:

1. Mix milk powder with enough whole milk to form a smooth paste
2. Add the remaining ingredients.

3.



For different flavours:

You could blend in some Nutella®, peanut butter, toffee or golden syrup, honey, Greek yogurt, ice-cream or fresh fruit