

**Nourishing milk free drinks for those with milk allergy, dislike of milk or lactose intolerance.**

**Fortified fruit juice  
(Provides 8.4 g protein and 180 – 200 kcal)**

180 ml fruit juice  
40 ml undiluted high juice squash or cordial  
10 g egg white powder

1. Put the egg white powder in a glass
2. Using a spoon (not a whisk or a fork) gradually mix in the cordial or squash
3. Gradually mix in fruit juice and serve chilled.

Suggested combinations: Orange juice with high juice cranberry squash / pineapple juice with high juice orange squash/ cranberry juice with high juice blackcurrant squash

**Coconut date shake.  
(Provides 15 g protein and 450 kcal)**

60g smooth peanut butter  
5 Medjool dates finely chopped  
200 ml coconut milk  
10 ice cubes

1. Blend all ingredients together
2. Add sugar or honey to sweeten if desired – this will provide more energy
3. Serve chilled.

**Eton mess shake  
(Provides 7 g protein and 490 kcal)**

2 crushed meringue shells  
(approximately 30 g)  
150 ml soya milk  
2 ½ tablespoons strawberry milk shake powder  
2 ½ tablespoons strawberry jam  
1 ½ tablespoons icing sugar

1. Blend ingredients together
2. Serve chilled over ice

**Coconut limeade  
(Provides 0.7 g protein and 210 kcal)**

50 ml soya cream  
200 ml coconut milk  
30ml lime juice/ juice from 2 limes  
1 tablespoon sugar  
10 ice cubes

1. Blend all ingredients together
2. Serve very cold

**'Pina Colada' shake  
(Provides 1.8 g protein and 530 kcal)**

100 ml pineapple juice  
100 ml tinned coconut milk  
2 ½ tablespoons apricot jam  
2 ½ tablespoons icing sugar  
1 tablespoon golden syrup

1. Blend all ingredients together
2. Serve chilled over ice

**Iced peanut butter coffee  
(Provides 12.5 g protein and 365 kcal)**

1 heaped teaspoon of coffee granules dissolved in 25 ml boiling water then left to cool  
275 ml coconut milk  
50 g smooth peanut butter  
6 ice cubes

1. Blend all ingredients together
2. Serve chilled over ice