

Fortified Milk

Nutrition: 600 Kcal and 40g protein per portion.

Ingredients

Whole milk (blue top)

- 1 pint or 568mls

Skimmed milk powder

- 4 tablespoons or 60g

Method

Whisk together until smooth consistency. Can then be added to tea, coffee, cereal, mashed potato, sauces, puddings.

