



Enhancing Lives Together



Pro-Cal™ powder

SMOOTHIES & MILKSHAKES

GET READY TO MIX
THINGS UP!



Pro-Cal powder is a neutral tasting, powdered nutritional supplement that can be added to foods and drinks to increase the energy and protein content. It can be used to provide additional energy (calories) and protein at times of illness, when your appetite is reduced or when you have experienced unintentional weight loss. It is for the dietary management of disease related malnutrition.

Pro-Cal powder is a Food for Special Medical Purposes and must be used under medical supervision. It is for the dietary management of disease related malnutrition. Suitable from 3 years of age onwards. Not suitable as a sole source of nutrition.

Pro-Cal powder contains **Milk** (milk protein, skimmed milk powder).

These recipes have been specifically designed for the dietary management of disease related malnutrition.

Refer to labels for allergens and other product information.

These recipes have been analysed using Nutrimen dietary analysis software.



MIX IT UP WITH PRO-CAL SMOOTHIES & FRAPPUCCINOS!

Try these delicious smoothies, milkshakes and frappuccino recipes using **Pro-Cal powder**.

These recipes are tried and tested, easy to make, and may even give you some inspiration for your own Pro-Cal smoothie ideas! We have left some space in the back of this booklet for you to add any additional recipes you make using Pro-Cal powder.



Add all ingredients to a blender.



Blend until smooth, then enjoy!

BERRY SMOOTHIE



Serving suggestion:
Top with fresh fruit.

Top Tip: If left to chill, this mixture sets to a thick mousse which can be used as a tasty topping for cereals, yoghurts or desserts.

INGREDIENTS FOR 300ML SERVING:

- 25g Porridge oats
- 100g Tinned mixed berries
- 125ml Whole milk
- 25g Strawberry jam
- 2 x 15g sachets (30g) Pro-Cal powder

Nutrients		Per portion (305ml)	Per 100ml
Calories	kcal	486	159
Protein	g	12	3.8
Sodium	mg/mmol	110 / 4.7	36 / 1.6
Potassium	mg/mmol	432 / 11	142 / 3.5
Phosphorous	mg/mmol	378 / 12	124 / 4.0
Calcium	mg/mmol	412 / 10	135 / 3.4

STRAWBERRY FRAPPÉ



Serving suggestion:
Add additional strawberries to the glass for decoration.

INGREDIENTS FOR 300ML SERVING:

- 1 scoop / 60g of Vanilla ice cream
- 100g Tinned strawberries
- 20g Strawberry jam
- 120ml Whole milk
- 2 x 15g sachets (30g) Pro-Cal powder

Nutrients		Per portion (330ml)	Per 100ml
Calories	kcal	476	144
Protein	g	11	3.2
Sodium	mg/mmol	144 / 6.2	44 / 1.9
Potassium	mg/mmol	427 / 11	129 / 3.2
Phosphorous	mg/mmol	327 / 10	99 / 3.2
Calcium	mg/mmol	455 / 11	138 / 3.4

OATY MANGO SMOOTHIE



INGREDIENTS FOR 300ML SERVING:

- 25g Porridge oats
- 100g Mango, peeled
- 150ml Whole milk
- 15g Honey
- 2 x 15g sachets (30g) Pro-Cal powder

Nutrients		Per portion (320ml)	Per 100ml
Calories	kcal	489	153
Protein	g	13	4
Sodium	mg/mmol	117 / 5	37 / 1.6
Potassium	mg/mmol	648 / 16	202 / 5.1
Phosphorous	mg/mmol	418 / 13	131 / 4.2
Calcium	mg/mmol	451 / 11	141 / 3.5

PEANUT BUTTER & CARAMEL MILKSHAKE



Serving suggestion:

Drizzle some tinned caramel around the inside of the glass. Pour in the milkshake and serve with whipped cream.

INGREDIENTS FOR 300ML SERVING:

- 50g Banana, peeled
- 150ml Whole milk
- 30g Peanut butter (smooth)
- 20g Tinned caramel
- 2 x 15g sachets (30g) Pro-Cal powder

Nutrients		Per portion (280ml)	Per 100ml
Calories	kcal	576	206
Protein	g	18	6.3
Sodium	mg/mmol	218 / 9.4	78 / 3.3
Potassium	mg/mmol	742 / 19	265 / 6.6
Phosphorous	mg/mmol	414 / 13	148 / 4.7
Calcium	mg/mmol	479 / 12	171 / 4.3

AVOCADO SMOOTHIE



INGREDIENTS FOR 300ML SERVING:

- Handful of fresh spinach
- 50g Banana, peeled
- ½ Avocado, flesh only
- 100g Frozen blueberries
- 2 x 15g sachets (30g) Pro-Cal powder

Nutrients		Per portion (245ml)	Per 100ml
Calories	kcal	378	154
Protein	g	6.9	2.8
Sodium	mg/mmol	76 / 3.3	31 / 1.3
Potassium	mg/mmol	663 / 17	270 / 6.8
Phosphorous	mg/mmol	213 / 6.8	87 / 2.8
Calcium	mg/mmol	290 / 7.3	118 / 3

CARAMEL COFFEE MILKSHAKE



Serving suggestion:
Top with coffee beans for decoration, if desired.

INGREDIENTS FOR 150ML SERVING:

- 1 tsp Instant coffee (add more or less depending on how strong you like it)
- 20g Tinned caramel
- 100ml Whole milk
- 2 x 15g sachets (30g) Pro-Cal powder

Please note that children under 12 years of age should not have caffeine containing drinks.

Nutrients		Per portion (151ml)	Per 100ml
Calories	kcal	323	214
Protein	g	8.7	5.8
Sodium	mg/mmol	93 / 4	62 / 2.6
Potassium	mg/mmol	327 / 8.2	216 / 5.4
Phosphorous	mg/mmol	258 / 8.3	171 / 5.5
Calcium	mg/mmol	406 / 10	269 / 6.7

FRAPPUCCINO



INGREDIENTS FOR 200ML SERVING:

- 5 Ice cubes
- 1 tsp Instant coffee (add more or less depending on how strong you like it)
- 100ml Whole milk
- 1 tbsp. Sugar
- 50g Chocolate hazelnut spread
- 2 x 15g sachets (30g) Pro-Cal powder

Please note that children under 12 years of age should not have caffeine containing drinks.

Nutrients		Per portion (196ml)	Per 100ml
Calories	kcal	596	304
Protein	g	11	5.5
Sodium	mg/mmol	119 / 5.1	61 / 2.6
Potassium	mg/mmol	522 / 13	266 / 6.7
Phosphorous	mg/mmol	348 / 11	178 / 5.7
Calcium	mg/mmol	434 / 11	221 / 5.5

PINEAPPLE SMOOTHIE



INGREDIENTS FOR 300ML SERVING:

- 200g Whole milk yoghurt
- 6 Ice cubes
- 200g Tinned pineapple chunks
- 2 x 15g sachets (30g) Pro-Cal powder

Nutrients		Per portion (430ml)	Per 100ml
Calories	kcal	451	105
Protein	g	16	3.7
Sodium	mg/mmol	212 / 9.1	49 / 2.1
Potassium	mg/mmol	834 / 21	194 / 4.8
Phosphorous	mg/mmol	509 / 16	118 / 3.8
Calcium	mg/mmol	662 / 17	154 / 3.8

