



Enhancing Lives Together



**Pro-Cal shot™**  
**SMOOTHIES  
& MILKSHAKES**

**GET READY TO MIX  
THINGS UP!**



**Pro-Cal shot** is an oral nutritional supplement which can be used to provide additional energy 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 shot** is available in neutral, strawberry and banana flavour.



**Pro-Cal shot** is a Food for Special Medical Purposes and must be used under medical supervision. It is for the dietary management of disease related malnutrition, malabsorption states and other conditions requiring fortification with a fat/carbohydrate supplement (with protein). Suitable from 3 years of age onwards.

**Pro-Cal shot** contains **Milk** (Milk protein, lactose) and **Soya** (Soya lecithin).

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

Refer to labels for allergens and other product information.

# MIX IT UP WITH PRO-CAL SMOOTHIES & FRAPPUCCINOS!

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

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 shot.



Add all ingredients to a blender.



Blend until smooth, then enjoy!

# BERRY SMOOTHIE

Energy  
per 300ml:

488kcal

Protein  
per 300ml:

11.5g

## INGREDIENTS FOR 300ML SERVING:

- 25g Porridge oats
- 100g Tinned mixed berries
- 125ml Whole milk
- 25g Strawberry jam
- 60ml Pro-Cal shot (banana or neutral flavour)

**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.



**Serving suggestion:**

Top with fresh fruit.

# STRAWBERRY FRAPPÉ

Energy  
per 300ml:

478kcal

Protein  
per 300ml:

10.5g

## INGREDIENTS FOR 300ML SERVING:

- 1 scoop / 60g of Vanilla ice cream
- 100g Tinned strawberries
- 20g Strawberry jam
- 120ml Whole milk
- 60ml Pro-Cal shot (strawberry flavour)



**Serving suggestion:**

Add additional strawberries to the glass for decoration.

# OATY MANGO SMOOTHIE

Energy  
per 300ml:

495 kcal

Protein  
per 300ml:

12.4g

## INGREDIENTS FOR 300ML SERVING:

- 25g Porridge oats
- 100g Mango, peeled
- 150ml Whole milk
- 15g Honey
- 60ml Pro-Cal shot (neutral flavour)



# PEANUT BUTTER & CARAMEL MILKSHAKE

Energy  
per 300ml:

605 kcal

Protein  
per 300ml:

16.8g

## INGREDIENTS FOR 300ML SERVING:

- 50g Banana, peeled
- 150ml Whole milk
- 30g Peanut butter (smooth)
- 20g Tinned caramel
- 60ml Pro-Cal shot (banana flavour)



### Serving suggestion:

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

# AVOCADO SMOOTHIE

Energy  
per 300ml:

380kcal

Protein  
per 300ml:

6.7g

## INGREDIENTS FOR 300ML SERVING:

- Handful of fresh spinach
- 50g Banana, peeled
- ½ Avocado, flesh only
- 100g Frozen blueberries
- 60ml Pro-Cal shot (neutral or banana flavour)



# CARAMEL COFFEE MILKSHAKE

Energy  
per 150ml:

265kcal

Protein  
per 150ml:

7.7g

## 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
- 60ml Pro-Cal shot (neutral or banana flavour)

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



### Serving suggestion:

Top with coffee beans for decoration, if desired.

# FRAPPUCCINO

Energy  
per 200ml:

578kcal

Protein  
per 200ml:

10.3g

## 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
- 60ml Pro-Cal shot (neutral flavour)

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



# PINEAPPLE SMOOTHIE

Energy  
per 300ml:

452kcal

Protein  
per 300ml:

15.8g

## INGREDIENTS FOR 300ML SERVING:

- 200g Whole milk yoghurt
- 6 Ice cubes
- 200g Tinned pineapple chunks
- 60ml Pro-Cal shot (neutral flavour)



