## Shakes, smoothies and other drinks

# For all shakes and smoothies, simply mix the ingredients in a blender. Chill before serving, if you wish. Keep leftovers in the refrigerator or freezer.

**High-Protein Milk**

1 quart whole milk

1 cup powdered milk

Drink it alone, use it in cooking or add it to other drinks. Try this recipe mixed into pudding, potatoes, soup, ground meat, cooked cereal, milk shakes, yogurt and pancake batter.

*1 cup contains about 211 calories and 14 grams of protein*

**Apple Pie a la Mode\***

1 cup apple pie filling

½ cup whole milk, soymilk or rice milk

½ cup vanilla ice cream or non-dairy ice cream

½ teaspoon cinnamon

*Contains about 550 calories and 10 grams of protein*

*\* Can be made lactose-free.*

### Banana Apple Shake

1 banana

½ cup plain yogurt

½ cup unsweetened applesauce

½ cup whole milk, soymilk, rice milk or vanilla-flavored nutrition drink (such as Boost or Ensure)

1 tablespoon honey

*Contains about 400 calories and 9 grams of protein*

### Banana Oatie\*

½ cup cooked oatmeal, chilled

1 banana, frozen

1 cup whole milk, soymilk, rice milk or nutrition drink (such as Boost or Ensure, any flavor)

1 tablespoon honey

1 teaspoon vanilla extract

*Contains about 330 calories and 8 grams of protein*

**Bursting Blueberry Shake\***

1 cup whole milk, soymilk, rice milk or vanilla-flavored nutrition drink (such as Boost or Ensure)

6 ounces tofu

1 banana

½ cup fresh or frozen blueberries

*Contains about 470 calories and 23 grams of protein*

*\* Can be made lactose-free.*

### Carrot Yogurt Dream

1 cup carrot juice

¾ cup plain or vanilla yogurt (made with whole milk)

1 medium, ripe banana

1 teaspoon vanilla extract

*Contains about 290 calories and 9 grams of protein*

**Chocolate, Banana and Peanut Butter Smoothie\***

1 cup plain yogurt, whole milk, half-and-half, unflavored soymilk or rice milk

1 tablespoon creamy peanut butter

2 tablespoons chocolate syrup

1 frozen banana (or 1 banana at room temperature + 3 ice cubes)

*Contains about 550 calories and 14 grams of protein*

**Chocolate Milk Shake**

¼ cup chocolate syrup

½ cup powdered milk

1 ½ cups ice cream

½ cup high-protein milk (see recipe on page 2)

*Contains about 460 calories and 25 grams of protein*

*\* Can be made lactose-free.*

### Coca Almond Shake

1 cup chocolate ice cream

2/3 cup whole milk

1 tablespoon almond butter

¼ cup coconut milk

2 teaspoons coconut extract (optional)

*Contains about 590 calories and 14 grams of protein*

### Coca Mocha Milk Shake

½ cup prepared coffee, cooled to room temperature

½ cup vanilla ice cream

1 envelop chocolate instant breakfast mix

*Contains about 200 calories and 7 grams of protein*

### Cottage Cheese Smoothie

½ cup cottage cheese

½ cup vanilla ice cream

¼ cup prepared fruit-flavored gelatin

*Contains about 300 calories and 18 grams of protein*

*\* Can be made lactose-free.*

### Lemon Smoothie

6 ounces lemon yogurt (made with whole milk)

1 cup whole milk

1 medium ripe banana

1 teaspoon vanilla extract

*Contains about 415 calories and 16 grams of protein*

### Orange Shake

¾ cup vanilla yogurt

2 tablespoons powdered milk

½ cup orange juice

*Contains about 300 calories and 12 grams of protein*

### Peach Frost

1 envelope vanilla instant breakfast mix

1 cup whole milk

½ cup peach yogurt

6 to 10 crushed ice cubes

*Contains about 400 calories and 17 grams of protein*

*\* Can be made lactose-free.*

**Peach Shake**\*

1 can (8 ounces) vanilla-flavored nutrition drink (such as Boost or Ensure)

¼ teaspoon vanilla

¼ teaspoon cinnamon

½ cup canned peaches, packed in heavy syrup

*Contains about 340 calories and 8 grams of protein*

### Pina Colada Power Smoothie\*

1 cup coconut or pineapple nectar

1 cup whole milk, soymilk, or vanilla-or strawberry-flavored nutrition drink (such as Boost or Ensure)

1 banana

¼ cup frozen strawberries

1 tablespoon (or 1 scoop)

Protein powder, whey or soy powder

*Contains about 550 calories and 30 grams of protein*

### Pineapple power Shake

1 cup orange juice

½ cup pineapple juice

½ cup cottage cheese

½ cup whole milk, half and half or vanilla-flavored nutrition drink (such as Boost or Ensure)

*Contains about 360 calories and 18 grams of protein*

*\* Can be made lactose-free.*

### Sherbet Shake

1 cup sherbet

½ cup whole milk, rice milk, vanilla-flavored soymilk or vanilla-flavored nutrition drink (such as Boost or Ensure)

½ teaspoon vanilla extract

*Contains about 300 calories and 4 grams of protein*

**Strawberry Almond Shake\***

1 can (8 ounces) strawberry-flavored nutrition drink (such as Boost or Ensure)

½ cup tofu

½ cup frozen strawberries

½ teaspoon almond extract

*Contains about 540 calories and 28 grams of protein*

**Vanilla Cherry Smoothie**

1 cup whole milk

½ cup frozen cherries (unsweetened)

1 cup vanilla ice cream

½ teaspoon vanilla extract

1 cup ice cubes

*Contains about 480 calories and 15 grams of protein*

*\* Can be made lactose-free.*

**Vanilla Instant Breakfast Shake**

1 envelope vanilla instant breakfast mix

1 cup whole milk or half-and-half

1 cup vanilla ice cream

Try this recipe with another flavor of ice cream or instant breakfast mix.

*Contains about 560 calories and 19 grams of protein*

*\* Can be made lactose-free.*