## Frosty Hot Coca

½ cup ice cubes

1 packet hot chocolate mix

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

Blend ice cubes until the ice looks like that of a snow cone. Add hot chocolate mix. Then add milk. Mix well and serve.

*Contains about 230 calories and 10 grams protein*

**High-protein Gelatin\***

3-ounce package of gelatin (any flavor)

1/3 cup dried egg whites (such as Just Whites, found with other baking products in the grocery store)

*Note: Do not use liquid egg whites in this recipe.*

Follow the directions on the package for making gelatin. Add dries egg whites to the warm gelatin mixture. Whisk gently for 2 minutes until dissolved.

Chill mixture in the refrigerator until it is set.

*½ cup contains about 110 calories and 9 grams of protein*

**Instant Vanilla Pudding**

1 can (8 ounces) vanilla-flavored Boost Plus or Ensure Plus, chilled

1 packet (4.5 ounces) vanilla instant pudding mix

Mix until smooth. Chill in refrigerator for about one hour

Contains about 360 calories and 7 grams of protein

## Peanut Butter Spread

1 tablespoon non-fat dry milk

1 tablespoon water

1 teaspoon vanilla extract

1 tablespoon honey

5 tablespoons peanut butter (smooth)

Stir together milk, water and vanilla. When moist, add honey and peanut butter, Stir slowly until blended. Spread on crackers or form into balls to chill and eat like candy. Store in the refrigerator.

*3 tablespoons contain about 279 calories and 11 grams of protein*

**Pumpkin Pie Pudding\***

1 cup canned pumpkin

2 teaspoons canola oil (optional)

½ teaspoon lemon juice

1 cup apricot nectar

*Contains about 300 calories and 3 grams of protein*

**Trial Mix**

*Note: Do not give to children under age 3.*

¾ cup cashews

1 cup walnuts or pecans

½ cup raisins

½ cup dried cranberries (or other dried fruit)

¾ cup shredded coconut

¾ cup chocolate chips or M&M’s

Mix well. Store in an airtight container

*½ cup contains about 350 calories and 7 grams of protein*

## Worm Pudding

1 cup whole milk

1 cup heavy whipping cream

1 packet (4.5 ounces) vanilla instant pudding mix

¾ cup powdered skim milk

8 chocolate sandwich cookies, crushed

Gummy worms

Combine the milk and cream. Add pudding mix and powdered milk, and then beat for 2 minutes. Stir in cookies.

Pour into a large bowl or four 6-ounce cups. Chill in the refrigerator. The pudding should be ready to eat in 5 to 10 minutes. Serve with extra cookies or gummy worms on top.

*½ cup contains about 550 calories or 10 grams of protein*