Example of fortified recipes

Adding small quantities of double cream, milk powder, butter, cheese or jam to a dish provides extra calories and nutrients without increasing the volume. Good foods to fortify include porridge, soup, milk pudding and custard.

Try to fortify one dish at each meal.

**Fortified custard/porridge/milk pudding/soup**

- 1 ladle of custard, porridge, milk pudding or soup
- 1 heaped tablespoon milk powder
- 2 tablespoons of double cream

Mix the milk powder with the cream until a smooth runny paste. Add some milk if too thick. Mix the paste into the heated food, then serve.

**Fortified mousse**

- 1 packet of instant dessert
- ¼ pint (150mls) of double cream
- ¼ pint (150mls) of full cream milk
- 4 heaped tablespoons of milk powder

Place the milk powder and instant dessert powder in to a bowl, whisk in the double cream and milk. Divide mixture between 4 small bowls and chill. Serve when set.

**Fortified milk**

- 1 pint full cream milk
- 5 heaped tablespoons of milk powder

Mix the milk powder into a runny paste with some of the full cream milk. Then whisk in the remainder of the milk. Keep refrigerated and use within 24 hours in drinks, cereal and recipes.