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.

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