




### Fortified lemon cream

Makes 3 portions

- Suitable for those with very small appetites who would not manage 2 x 220ml supplements per day

<b>Ingredients</b> <ul style="list-style-type: none"> <li>• 300ml double cream</li> <li>• 70g caster sugar</li> <li>• Juice of 1 – 1½ lemons</li> <li>• 30g skimmed milk powder</li> </ul>	<b>Directions</b> <p>Put cream and milk powder in a small saucepan. Gently heat until milk powder has dissolved. Add sugar.</p> <p>Bring to the boil and boil for 3 minutes. Thoroughly mix in lemon juice to taste. Pour into 3 small dessert bowls and chill.</p> <p><b>Serve 1 portion per day only</b></p> <p>Will keep (covered) in fridge for 3 days.</p>
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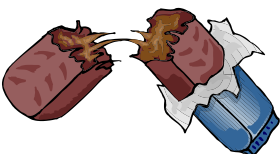
<b>1 portion = 100ml</b>	<b>1 portion contains:</b> <ul style="list-style-type: none"> <li>• 618kcal</li> <li>• 5g protein</li> <li>• 31.6g carbohydrate</li> <li>• 53g fat</li> </ul>	<b>1 portion costs:</b> <b>£0.46 – 0.61</b>
		

### Fortified chocolate caramel cream

Makes 3 portions

- Suitable for those with very small appetites who would not manage 2 x 220ml supplements per day

<b>Ingredients</b> <ul style="list-style-type: none"> <li>• 150ml double cream</li> <li>• 30g skimmed milk powder</li> <li>• 30ml full fat milk</li> <li>• 2 x standard size (approx 50g) Mars Bars or similar nougat- caramel chocolate bars</li> </ul>	<b>Directions</b> <p>Put cream, milk and milk powder in a small saucepan. Gently heat until milk powder has dissolved. Add finely chopped Mars Bars. Heat gently, stirring all the time, until Mars Bars have completely melted.</p> <p>Pour into 3 small dessert bowls and chill.</p> <p><b>Serve 1 portion per day only</b></p> <p>Will keep (covered) in fridge for 3 days.</p>
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<b>1 portion = 80ml</b>	<b>1 portion contains:</b> <ul style="list-style-type: none"> <li>• 440kcal</li> <li>• 6g protein</li> <li>• 30.1g carbohydrate</li> <li>• 32.8g fat</li> </ul>	<b>1 portion costs:</b> <b>£0.58</b>
		

All costs calculated from major supermarket prices on 29/2/16

<b>Developed by</b>	Alison Smith, Prescribing Support Dietitian, Aylesbury Vale & Chiltern CCGs
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