

## High Calorie, High Protein Recipes

### High Calorie, High Protein Recipes Using Nutrition Supplements

Nutrition supplements are liquids, powder, or solid foods that have extra calories, protein, vitamins, and minerals. These recipes are made with common nutrition supplements but can be exchanged for different brands or flavors. Most local retailers carry products such as: Carnation Breakfast Essentials<sup>®</sup>, Ensure<sup>®</sup>, Boost<sup>®</sup>, Equate<sup>®</sup> (*Walmart*), Walgreens<sup>®</sup> Nutritional Shakes, and Market Pantry<sup>®</sup> Nutritional Shake (*Target*).

#### **Nutty Butter Banana Shake**

(510 calories, 15 g protein, 85 g carbohydrate).

1 carton (8oz) Vanilla Ensure<sup>®</sup> (or equal product)

1 tablespoon creamy peanut butter

1 banana, sliced and frozen

1/2 cup vanilla ice cream

Directions: place all ingredients in a blender and mix until smooth.

#### **Very Berry Smoothie**

(370 calories, 11 g protein, 63 g carbohydrate).

1/2 cup Ensure<sup>®</sup> Nutrition Powder Vanilla (or equal product)

6 oz orange juice

3 medium frozen strawberries

1/3 cup frozen blueberries

Directions: place all ingredients in a blender and mix until smooth.

#### **Rich Dark Chocolate Cherry Shake**

(560 calories, 16 g protein, 110 g carbohydrate).

1 carton (8oz) Ensure<sup>®</sup> Dark Chocolate (or equal product).

1 cup of frozen pitted dark cherries

1/2 teaspoon sugar-free cherry gelatin powder

1/2 cup chocolate frozen yogurt or ice cream

2 tablespoons whipped topping (optional for garnish)

Cocoa powder or finely shaved chocolate (optional for garnish)

Directions: place Ensure<sup>®</sup>, cherries, gelatin powder, and frozen yogurt/ice cream in blender and mix until smooth.

Garnish drink with whipped topping and cocoa powder if desired.

#### **Bacon and Cheddar Quiche**

(Per serving: 420 calories, 17 g protein, 29 g carbohydrates)

Makes 6 servings

1 unbaked, 9 inch deep-dish pie shell

10 crisp cooked strips bacon (crumbled)

2 green onions (sliced)

1 cup shredded cheddar cheese

1 1/2 cups vanilla Boost (or equivalent product)

3 eggs

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon dry mustard

Directions: preheat oven to 350 degrees F. Sprinkle bacon, green onions, and 1/2 cup cheddar cheese into pie shell. Whisk together Boost, eggs, salt, pepper and mustard into large bowl. Pour into pie shell. Sprinkle with remaining 1/2 cup cheese. Bake 45-50 minutes. Cool for 10 minutes before cutting and serving.

### **Hot Chocolate**

(440 calories, 15 g protein, 60 g carbohydrate).

1 carton (8oz) Boost Plus® vanilla (or equal product)

1 (0.71 oz) packet of instant hot chocolate

Directions: pour carton of Boost Plus® into a microwave safe mug and microwave on high 1 ½-2 minutes or until hot; do not boil. Add hot cocoa mix and stir well.

### **Strawberry Banana Smoothie**

(340 calories, 12 g protein, 69 g carbohydrates)

1 carton (8oz) vanilla or strawberry Boost® (or equal product)

1/2 sliced banana

1/2 cup sliced strawberries

1/4 cup vanilla ice cream

Directions: place all ingredients in a blender and mix until smooth.

### **Baked Cinnamon Apple French Toast**

(Per serving: 440 calories, 18 g protein, 70 g carbohydrates)

Makes 4 servings

8 – 1 inch slices French bread

4 eggs

1 1/2 cups vanilla Boost® (or equal product)

2 tablespoons sugar

1 1/2 teaspoon vanilla

1/2 teaspoon nutmeg

2 tart baking apples (peeled, cored, and sliced)

1 tablespoon butter (melted)

1 1/2 teaspoon cinnamon

Directions: preheat oven to 450 degrees F. Spray an 8"x8" square pan with nonstick cooking spray. Arrange bread tightly in a single layer in bottom of pan. Combine eggs, Boost®, 1 tablespoon of sugar, vanilla and nutmeg in a mixing bowl. Pour half of the mixture over the bread. Layer apple slices over bread. Pour remaining egg mixture over apples. Drizzle with melted butter. Combine cinnamon and 1 tablespoon of sugar – sprinkle evenly over apples. Bake for 35-40 minutes. Cool for 5 minutes before cutting and serving. Serve warm with maple syrup.

### **Chocolate Hazelnut Mug Cake**

(Per serving: 697 calories, 11 g protein, 81 g carbohydrate)

Makes 2 servings

1/2 cup all-purpose flour

1/4 cup sugar

2 tablespoons cocoa powder, unsweetened

1/4 teaspoon salt

10 tablespoons 2% milk

1/4 cup vegetable oil

1 teaspoon vanilla extract

2 tablespoons hazelnut chocolate spread

2 teaspoons hazelnut

1 packet of dark chocolate flavor Carnation Breakfast Essentials (or equivalent)

Directions: combine all dry ingredients, except for hazelnuts, together in a medium size bowl. Whisk in milk and vegetable oil until all ingredients are combined and batter is smooth. Pour batter into microwave-safe mugs, no more than 3/4 full. Add 1 tablespoon of hazelnut chocolate spread into the middle of the batter and top with hazelnuts. Microwave mugs on high for 60-90 seconds, or until batter looks firm.

## High Calorie, High Protein Shakes without Using Nutrition Supplements

To make these shakes you will need a blender, food processor, or hand mixer. It takes about 1-2 minutes to mix the ingredients to a smooth consistency. If you have lactose intolerance, use lactose-free drinks instead of regular milk. This includes soy milk, almond milk or Lactaid<sup>®</sup> milk.

<p><b>Banana Malt</b> (460 calories, 10 g protein, 64 g carbohydrate)</p> <p>¼ cup whole milk 1 banana 1 cup vanilla ice cream 1 tablespoon whole powdered milk</p>	<p><b>Double Chocolate Malt</b> (400 calories, 7 g protein, 55 g carbohydrate)</p> <p>¼ cup chocolate milk 1 cup vanilla ice cream 1 tablespoon malt powder 1 tablespoon chocolate syrup</p>
<p><b>Peanut Butter Banana Shake</b> (660 calories, 20 g protein, 60 g carbohydrate)</p> <p>¼ cup whole milk 1 frozen banana ¼ cup peanut butter ½ cup vanilla ice cream</p>	<p><b>Peanut Butter Malt</b> (520 calories, 14 g protein, 46 g carbohydrate)</p> <p>¼ cup whole milk 1 cup vanilla ice cream 2 tablespoons peanut butter 1 tablespoon malt powder</p>
<p><b>Spiced Milkshake</b> (460 calories, 13 g protein, 73 g carbohydrate)</p> <p>¼ cup whole milk ¼ cup sweetened condensed milk ½ cup vanilla ice cream ⅛ cup unsweetened cocoa powder 1 tablespoon cinnamon</p>	<p><b>Honey Vanilla Milkshake</b> (350 calories, 10 g protein, 40 g carbohydrate)</p> <p>1 cup whole milk 1/2 cup vanilla ice cream 1 tablespoon honey 1 teaspoon vanilla extract</p>
<p><b>Warm Coffee Drink</b> (380 calories, 9 g protein, 22 g carbohydrate)</p> <p>¾ cup whole milk, warmed 1 tablespoon sweetened condensed milk ¼ cup heavy whipping cream, warmed 2 tablespoons powdered sugar 1 teaspoon instant decaffeinated coffee powder 2 tablespoons whipped cream (for topping) Blend all ingredients except the 2 tablespoons whipped cream with a whisk or spoon until smooth. Top with whipped cream.</p>	<p><b>Green Smoothie</b> (440 calories, 20 g protein, 55 g carbohydrate)</p> <p>1 ½ bananas, frozen ½ cup raw spinach ¼ cup raw zucchini 2 Tbsp. almonds 1 teaspoon chia seeds ½ scoop of protein powder of your choice 1 Tbsp. peanut butter Ice (if needed) Place all ingredients in a blender container. Cover and blend on high speed until smooth. Chill before serving.</p>
<p><b>Fruit Smoothie</b> (320 calories, 13 g protein, 47 g carbohydrate)</p> <p>1 cup fresh or frozen fruit (strawberries, blueberries, peaches, melon, banana or mixture) ½ cup plain, vanilla or fruit-flavored full fat yogurt 1 cup milk whole or ½ cup milk, ½ cup orange juice Dilute with extra milk to desired thickness</p> <p><b>Other add-ons:</b> 1-2 Tbsp honey, 2 Tbsp flax, 2 Tbsp Chia, 1-2 scoops protein powder, 2 Tbsp heavy cream, 1-2 Tbsp flavored syrup</p>	<p><b>Hot Chocolate</b> (360 calories, 12 g protein, 22 g carbohydrate)</p> <p>1 square of unsweetened chocolate 1/4 teaspoon sugar 1/4 teaspoon vanilla extract 1 cup whole milk Dash of salt Blend until chocolate is dissolved. Serve hot, topped with whipped cream.</p>

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©7/2017 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#255