


Fortified lemon cream

Makes 3 portions

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

<p>Ingredients</p> <ul style="list-style-type: none"> • 300ml double cream • 70g caster sugar • Juice of 1 – 1½ lemons • 30g skimmed milk powder 	<p>Directions</p> <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>Serve 1 portion per day only</p> <p>Will keep (covered) in fridge for 3 days.</p>
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<p>1 portion = 100ml</p> 	<p>1 portion contains:</p> <ul style="list-style-type: none"> • 618kcal • 5g protein • 31.6g carbohydrate • 53g fat 	<p>1 portion costs:</p> <p>£0.53 – 0.58</p>
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Fortified chocolate caramel cream

Makes 3 portions

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

<p>Ingredients</p> <ul style="list-style-type: none"> • 150ml double cream • 30g skimmed milk powder • 30ml full fat milk • 2 x standard size (approx 50g) Mars Bars or similar nougat- caramel chocolate bars 	<p>Directions</p> <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. Pour into 3 small dessert bowls and chill.</p> <p>Serve 1 portion per day only</p> <p>Will keep (covered) in fridge for 3 days.</p>
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<p>1 portion = 80ml</p> 	<p>1 portion contains:</p> <ul style="list-style-type: none"> • 440kcal • 6g protein • 30.1g carbohydrate • 32.8g fat 	<p>1 portion costs:</p> <p>£0.51</p>
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