

# High Protein, High Calorie Milk

The cream and skim milk powder add extra protein and calories to this milk. Drink it or use it in recipes for pudding, hot cereal, smoothies or cream soup.



## Ingredients:

¾ cup	3.25% homogenized milk	175 mL
¼ cup	Cereal cream (10% M.F.)	60 mL
5 Tbsp	Skim milk powder	30 g

## Directions:

1. Combine all ingredients and stir until skim milk powder is dissolved.

**Makes 1 serving (240 mL/ 1 cup/ 272 g)**

**Tip: Make 4 servings at once and store in the fridge.**

<b>Nutrition Facts</b>	
Per 1 recipe (240 mL/ 1 cup/ 272 g)	
Amount	% Daily Value
<b>Calories</b> 290	
<b>Fat</b> 12 g	<b>18 %</b>
Saturated 8 g	<b>40 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 45 mg	
<b>Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate</b> 27 g	<b>9 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 24 g	
<b>Protein</b> 18 g	
Vitamin A	35 %
Vitamin C	4 %
Calcium	60 %
Iron	2 %



Nutrition Services – Higher Calorie and Protein Recipe Series