



Fortified milk

Easy read information

Diabetes and Nutrition Services
Community Dietitians

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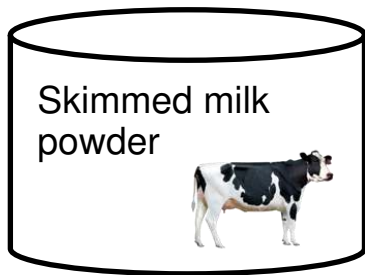
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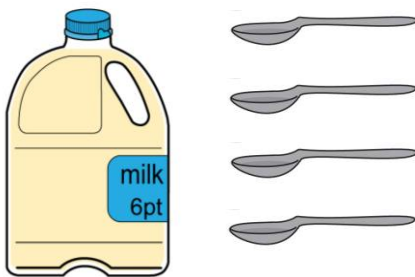
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How to make fortified milk



Make full fat (whole) milk have more goodness by adding skimmed milk powder to it. Examples of this are Marvel, Coffee mate or supermarket own brand milk powder.



- 1 pint (600mls) full fat milk
- 4 tablespoons dried skimmed milk powder

Mix 4 tablespoons of powder with 2-3 tablespoons of milk to make a runny paste. Add the rest of the pint of milk and mix well.

Store covered in the fridge and use during the day.

How to use fortified milk



- In cooking, including in sauces
- In custard
- In milk puddings e.g. rice pudding, milk jelly, instant whip
- With cereal
- To make up packet soup and condensed soup
- In milkshakes, hot chocolate and iced coffee