

High-calorie, High-protein Recipes

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Introduction

Eating high-calorie, high-protein foods is an easy way to improve your nutrition without eating large amounts.

For an extra boost, add 1 tablespoon powdered milk to any recipe. This provides an extra 33 calories and 3 grams of protein.

Recipes with an asterisk (*) can be made lactose-free.

Calories and protein are based on the use of whole milk when other options are listed (soymilk, rice milk, Ensure, Boost).

Shakes, smoothies and other drinks

For all shakes and smoothies, simply mix the ingredients in a blender. Chill before serving, if you wish. Keep leftovers in the refrigerator or freezer.

High-Protein Milk

- 1 quart whole milk
- 1 cup powdered milk

Drink it alone, use it in cooking or add it to other drinks. Try this recipe mixed into pudding, potatoes, soup, ground meat, cooked cereal, milk shakes, yogurt and pancake batter.

1 cup contains about 211 calories and 14 grams of protein

Apple Pie à la Mode*

- 1 cup apple pie filling
- ½ cup whole milk, soymilk or rice milk
- 1 cup vanilla ice cream or non-dairy ice cream
- ½ teaspoon cinnamon

Contains about 550 calories and 10 grams of protein

Banana Apple Shake

1 banana

½ cup plain yogurt

½ cup unsweetened applesauce

½ cup whole milk, soymilk, rice milk or vanilla-flavored nutrition drink (such as Boost or Ensure)

1 tablespoon honey

Contains about 400 calories and 9 grams of protein

Banana Oatie*

½ cup cooked oatmeal, chilled

1 banana, frozen

1 cup whole milk, soymilk, rice milk or nutrition drink (such as Boost or Ensure, any flavor)

1 tablespoon honey

1 teaspoon vanilla extract

Contains about 330 calories and 8 grams of protein

Bursting Blueberry Shake*

1 cup whole milk, soymilk, rice milk or vanilla-flavored nutrition drink (such as Boost or Ensure)

6 ounces tofu

1 banana

½ cup fresh or frozen blueberries

Contains about 470 calories and 23 grams of protein

Carrot Yogurt Dream

- 1 cup carrot juice
- $\frac{3}{4}$ cup plain or vanilla yogurt (made with whole milk)
- 1 medium, ripe banana
- 1 teaspoon vanilla extract
- 3 ice cubes

Contains about 290 calories and 9 grams of protein

Chocolate, Banana and Peanut Butter Smoothie*

- 1 cup plain yogurt, whole milk, half-and-half, unflavored soymilk or rice milk
- 1 tablespoon creamy peanut butter
- 2 tablespoons chocolate syrup
- 1 frozen banana (or 1 banana at room temperature + 3 ice cubes)

Contains about 550 calories and 14 grams of protein

Chocolate Milk Shake

- $\frac{1}{4}$ cup chocolate syrup
- $\frac{1}{2}$ cup powdered milk
- 1 $\frac{1}{2}$ cups ice cream
- $\frac{1}{2}$ cup high-protein milk (see recipe on page 2)

Contains about 460 calories and 25 grams of protein

Cocoa Almond Shake

- 1 cup chocolate ice cream
- $\frac{2}{3}$ cup whole milk
- 1 tablespoon almond butter
- $\frac{1}{4}$ cup coconut milk
- 2 teaspoons coconut extract (optional)

Contains about 590 calories and 14 grams of protein

Cocoa Mocha Milk Shake

- $\frac{1}{2}$ cup prepared coffee, cooled to room temperature
- $\frac{1}{4}$ cup vanilla ice cream
- 1 envelope chocolate instant breakfast mix

Contains about 200 calories and 7 grams of protein

Cottage Cheese Smoothie

- $\frac{1}{2}$ cup cottage cheese
- $\frac{1}{2}$ cup vanilla ice cream
- $\frac{1}{4}$ cup prepared fruit-flavored gelatin

Contains about 300 calories and 18 grams of protein

Lemon Smoothie

6 ounces lemon yogurt (made with whole milk)
1 cup whole milk
1 medium ripe banana
1 teaspoon vanilla extract

Contains about 415 calories and 16 grams of protein

Orange Shake

$\frac{3}{4}$ cup vanilla yogurt
2 tablespoons powdered milk
 $\frac{1}{2}$ cup orange juice

Contains about 300 calories and 12 grams of protein

Peach Frost

1 envelope vanilla instant breakfast mix
1 cup whole milk
 $\frac{1}{2}$ cup peach yogurt
6 to 10 crushed ice cubes

Contains about 400 calories and 17 grams of protein

Peach Shake*

- 1 can (8 ounces) vanilla-flavored nutrition drink
(such as Boost or Ensure)
- ¼ teaspoon vanilla
- ¼ teaspoon cinnamon
- ½ cup canned peaches, packed in heavy syrup

Contains about 340 calories and 8 grams of protein

Piña Colada Power Smoothie*

- 1 cup coconut or pineapple nectar
- 1 cup whole milk, soymilk, or vanilla- or strawberry-flavored
nutrition drink (such as Boost or Ensure)
- 1 banana
- ¼ cup frozen strawberries
- 1 tablespoon (or 1 scoop) protein powder, whey or soy powder

Contains about 550 calories and 30 grams of protein

Pineapple Power Shake

- 1 cup orange juice
- ½ cup pineapple juice
- ½ cup cottage cheese
- ½ cup whole milk, half-and-half or vanilla-flavored
nutrition drink (such as Boost or Ensure)

Contains about 360 calories and 18 grams of protein

Sherbet Shake

1 cup sherbet

½ cup whole milk, rice milk, vanilla-flavored soymilk or vanilla-flavored nutrition drink (such as Boost or Ensure)

½ teaspoon vanilla extract

Contains about 300 calories and 4 grams of protein

Strawberry Almond Shake*

1 can (8 ounces) strawberry-flavored nutrition drink
(such as Boost or Ensure)

½ cup tofu

½ cup frozen strawberries

½ teaspoon almond extract

Contains about 540 calories and 28 grams of protein

Vanilla Cherry Smoothie

1 cup whole milk

½ cup frozen cherries (unsweetened)

1 cup vanilla ice cream

½ teaspoon vanilla extract

1 cup ice cubes

Contains about 480 calories and 15 grams of protein

Vanilla Instant Breakfast Shake

1 envelope vanilla instant breakfast mix

1 cup whole milk or half-and-half

1 cup vanilla ice cream

Try this recipe with another flavor of ice cream or instant breakfast mix.

Contains about 560 calories and 19 grams of protein

Side dishes

Fortified Macaroni and Cheese

- 1 package (7.25 ounces) macaroni and cheese dinner
- Butter or margarine
- $\frac{1}{4}$ cup heavy whipping cream
- 2 tablespoons skim milk powder
- $\frac{1}{2}$ cup shredded cheddar cheese

Boil macaroni according to the directions on the package. Add the butter and powdered cheese mix, but **do not add the milk**. Instead, stir in the whipping cream and skim milk powder. Reduce heat and mix well. Stir in the cheddar cheese and mix until well melted.

1 cup contains about 563 calories and 16 grams of protein

Hearty Mashed Potatoes

- $\frac{2}{3}$ cup water
- $\frac{2}{3}$ cup heavy cream
- 2 tablespoons butter or margarine
- $\frac{2}{3}$ cup potato flakes
- 3 tablespoons sour cream
- Salt and pepper

Combine water, cream and butter in bowl. Microwave on high for 2 to 3 minutes. Stir in the potato flakes. Add sour cream and mix well. Add salt and pepper to taste. (For extra protein and calories, add cheese, gravy or extra sour cream.)

$\frac{1}{2}$ cup contains about 495 calories and 4 grams of protein

Super Sweet Potato Mash

1 small sweet potato, peeled and cut into ½-inch pieces

1½ cups apricot nectar

4 ounces soft or silken tofu

2 tablespoons honey

Boil or steam sweet potato pieces until soft, about 10 to 15 minutes.

Drain and place in a blender. Add apricot nectar, tofu and honey.

Blend until smooth. Serve warm.

Contains about 500 calories and 9 grams of protein

Snacks and desserts

Frosty Hot Cocoa

½ cup ice cubes

1 packet hot chocolate mix

½ cup chocolate whole milk, soymilk or chocolate-flavored nutrition drink (such as Boost or Ensure)

Blend ice cubes until the ice looks like that of a snow cone. Add hot chocolate mix. Then add milk. Mix well and serve.

Contains about 230 calories and 10 grams protein

High-Protein Gelatin*

3-ounce package of gelatin (any flavor)

⅓ cup dried egg whites (such as Just Whites, found with other baking products in the grocery store)

Note: Do not use liquid egg whites in this recipe.

Follow the directions on the package for making gelatin. Add dried egg whites to the warm gelatin mixture. Whisk gently for 2 minutes until dissolved.

Chill mixture in the refrigerator until it is set.

½ cup contains about 110 calories and 9 grams of protein

Instant Vanilla Pudding

- 1 can (8 ounces) vanilla-flavored Boost Plus or Ensure Plus, chilled
- 1 packet (4.5 ounces) vanilla instant pudding mix

Mix until smooth. Chill in refrigerator for about one hour.

Contains about 360 calories and 7 grams of protein

Peanut Butter Spread

- 1 tablespoon non-fat dry milk
- 1 tablespoon water
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 5 tablespoons peanut butter (smooth)

Stir together milk, water and vanilla. When moist, add the honey and peanut butter. Stir slowly until blended. Spread on crackers or form into balls to chill and eat like candy. Store in the refrigerator.

3 tablespoons contain about 279 calories and 11 grams of protein

Pumpkin Pie Pudding*

- 1 cup canned pumpkin
- 2 teaspoons canola oil (optional)
- ½ teaspoon cinnamon
- 1 teaspoon lemon juice
- 1 cup apricot nectar

Contains about 300 calories and 3 grams of protein

Trail Mix

- ¾ cup cashews
- 1 cup walnuts or pecans
- ½ cup raisins
- ½ cup dried cranberries (or other dried fruit)
- ¾ cup shredded coconut
- ¾ cup chocolate chips or M&M's

Mix well. Store in an air-tight container.

Note: Do not give to children under age 3.

½ cup contains about 350 calories and 7 grams of protein

Worm Pudding

- 1 cup whole milk
- 1 cup heavy whipping cream
- 1 packet (4.5 ounces) vanilla instant pudding mix
- ¾ cup powdered skim milk
- 8 chocolate sandwich cookies, crushed
- Gummy worms

Combine the milk and cream. Add pudding mix and powdered milk, then beat for 2 minutes. Stir in cookies.

Pour into a large bowl or four 6-ounce cups. Chill in the refrigerator. The pudding should be ready to eat in 5 to 10 minutes. Serve with extra cookies or gummy worms on top.

½ cup contains about 550 calories or 10 grams of protein

Breakfast foods

Baked Bananas

- 2 firm bananas, cut up
- 2 tablespoons butter, melted
- 2 tablespoons sugar
- ½ teaspoon cinnamon (or to taste)

Place bananas in a baking dish. Top with butter, sugar and cinnamon. Bake in the oven at 350°F for 25 to 30 minutes.

Contains about 510 calories and 3 grams of protein

Blueberry Muffins

- ⅓ cup whole milk, half-and-half or vanilla-flavored nutrition drink (such as Boost or Ensure)
- 1 egg
- 1 tablespoon vegetable oil
- 1 package (6.5 ounces) blueberry muffin mix
- 6 large muffin tins, greased

Pre-heat oven to 375° F. Mix the milk, egg and oil.

Pour the muffin mix into a separate bowl. Stir the liquid mixture into the muffin mix (batter will be lumpy). Pour into muffin tins and bake until golden brown, about 15 to 20 minutes.

One muffin contains about 166 calories and 3 grams of protein

Corn Muffins

- 1/3 cup whole milk, half-and-half or vanilla-flavored nutrition drink (such as Boost or Ensure)
- 1 large egg
- 1 package (8.5 ounces) corn muffin mix
- 6 large muffin tins, greased

Pre-heat oven to 375° F. Combine the milk and egg.

Pour the muffin mix into a separate bowl. Stir the liquid mixture into the muffin mix (batter will be lumpy). Let the batter rest for 5 minutes. Then, pour into the muffin tins so each tin is 1/2 full.

Bake until golden brown, about 11 to 13 minutes.

One muffin contains about 186 calories and 4 grams of protein

Oatmeal*

- 1/2 cup whole milk, half-and-half or vanilla-flavored nutrition drink (such as Boost or Ensure)
- 1 packet instant oatmeal
- Cinnamon to taste

Mix milk and oatmeal. Microwave uncovered for up to 2 minutes, or until thick. Add cinnamon and serve.

Contains about 220 calories and 13 grams protein

Pancakes

½ cup whole milk, half-and-half or vanilla-flavored
nutrition drink (such as Boost or Ensure)

1 egg

1 tablespoon vegetable oil, plus extra for the griddle

½ cup pancake mix

Mix the milk, egg and oil. Pour the pancake mix into a large bowl. Gently stir the liquid mixture into the pancake mix. Let the batter rest for 2 minutes.

Drop the batter by ¼ cups onto a lightly greased griddle. Flip when the edges are set and the top is covered with bubbles.

Three pancakes contain about 220 calories and 5 grams of protein

Recipes adapted from:

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