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Nutrition Nuggets

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Delicious Shakes for the Holidays and Anytime!

Shakes and smoothies are an easy way to consume a lot of calories, protein, and other important nutrients when eating enough food can be challenging. They can be made in many different flavors so that food remains interesting and appealing to patients. Here is a selection of tasty recipes that you can whip up in a flash!

Cappuccino Carmel Shake

- 1 packet Milk Chocolate Instant Breakfast
- 1 cup hot or cold milk
- 1 tablespoon caramel syrup
- 1/4 teaspoon cinnamon
- 1/2 teaspoon instant coffee granules

Add Carnation Instant Breakfast to milk and stir or blend in blender. Add caramel syrup, cinnamon, vanilla extract and coffee granules. Stir or blend again.

Chocolate or Vanilla Eggnog

- 2/3 cup hot or cold milk
- 1/3 cup eggnog
- 1 packet Milk Chocolate or French Vanilla Instant Breakfast
- Dash of nutmeg

Combine milk, eggnog and Instant Breakfast in large mug; stir well. Sprinkle with a dash of nutmeg.

Peanut Butter and Banana

- 1 cup milk
- 1 ripe banana
- 1 packet any flavor Instant Breakfast
- 1 tablespoon creamy peanut butter

Blend milk, banana, Instant Breakfast, and peanut butter until smooth.

Winter & Spice ... How Nice!

1 cup hot milk
1 packet French Vanilla or Milk Chocolate Instant Breakfast
1/2 teaspoon ginger
1/2 teaspoon cinnamon

Place milk, Instant Breakfast, ginger, and cinnamon in large mug; stir well.

Variations:

Pumpkin Spiced: substitute 1/2 teaspoon pumpkin pie spice or allspice for the ground ginger and ground cinnamon.

Chai Spiced: simply eliminate spices and add one chai tea bag to milk and steep for 2 minutes.

Sunshine Orange

1 packet French Vanilla Instant Breakfast
1 cup milk
1 banana
1 to 2 tablespoons frozen concentrated orange juice

Place milk, Instant Breakfast, frozen orange juice, and banana in blender. Blend until smooth.

Banana Berry Smoothie

1 banana
1/4 cup any flavor Instant Breakfast
1/2 cup frozen berries
1/2 cup vanilla yogurt
1 cup milk

Blend all ingredients and enjoy!

NOTE: 1/4 to 1/2 cup ice can be added to cold drinks before blending if desired.

Peppermint Cocoa

1 cup milk
1 packet Milk Chocolate Instant Breakfast
1/8 teaspoon peppermint extract

Heat milk; stir in Instant Breakfast and peppermint extract.