



Calorie Boosters for Weight Gain

Add 1-2 tbsp's nonfat dry milk powder to:

| | |
|-----------------|----------------|
| whole milk | meatloaf |
| milkshakes | peanut butter |
| puddings | sauces |
| mashed potatoes | scrambled eggs |
| casseroles | yogurt |
| cooked cereals | pancakes |

Add powdered instant breakfast to:

- milk
- milkshakes
- batter
- yogurt
- pudding

Add evaporated, undiluted canned milk when preparing:

| | |
|----------------|------------|
| cereal | milkshakes |
| scrambled eggs | puddings |
| cream sauces | soups |

Add cheese to:

| | |
|------------|-------------------------------|
| sandwiches | mashed potatoes |
| soups | sauces (pour over vegetables) |
| casseroles | |

Add wheat germ to:

| | |
|----------|---------------|
| cereal | cookie batter |
| puddings | casseroles |

Spread peanut butter or cream cheese on:

| | |
|-----------------|----------|
| fruit slices | muffins |
| toast | waffles |
| crackers | pancakes |
| graham crackers | pretzels |

Try increasing calorie intake by adding any of the following to your recipes or directly to your child's serving of food:

| | |
|-------------|-----------------------------|
| honey | sweetened condensed milk |
| corn syrup | evaporated milk (undiluted) |
| maple syrup | powdered skim milk |
| brown sugar | half and half |

powdered sugar
jam/jelly
cream cheese
mayonnaise

sour cream
heavy whipping cream
butter
peanut butter

Double strength milk (adds extra protein and calories)

2 cups of whole milk + ½ cup powdered milk
1 cup of whole milk + ¼ cup powdered milk
½ cup of whole milk + 2 tablespoons powdered milk

Any of these recipes can be made dairy-free by substituting soy or rice milk for whole milk. Substitute:

Soy or rice protein powder for powdered milk
Soy or baby formula for instant breakfast milk powder
Soy or rice ice cream

Super Charged Shakes

Use these recipes to increase your child's drink calories

Strawberry shake = Calories 525, Protein 19 g.

1 cup vanilla ice cream
¼ cup half and half
1 pack of strawberry instant breakfast powder
1/8 cup of powdered milk
*blend together in blender

Berry shake = Calories 525, protein 15g.

1 cup whole milk
1 package vanilla instant breakfast powder
¼ cup of frozen berries
*blend together in blender

Pecan pie shake = Calories 505, Protein 14g.

1 cup of vanilla ice cream
¼ cup half and half
1 package vanilla instant breakfast powder
¼ tsp. pecan extract
1/8 cup powdered milk
*blend together in blender

Peanut butter/chocolate shake = calories 693, protein 23g.

½ cup of double strength milk (recipe above)
1 cup vanilla ice cream
2 tablespoons chocolate syrup
2 tablespoons peanut butter
*blend together in blender

Tropical shake = calories 320, protein 15g

- 1 cup whole milk
- 1 package strawberry instant breakfast powder
- ¼ cup crushed pineapple

Pineapple-orange shake = calories 665, protein 23g.

- 1 ½ cups vanilla ice cream
- ½ cup orange juice
- ¼ cup crushed pineapple
- 1 package vanilla instant breakfast
- 1/8 cup powdered milk
- *blend together in a blender

Pineapple cream shake = calories 768, protein 23g.

- ¼ cup whole milk
- 1 cup pineapple yogurt
- 1 cup vanilla ice cream
- 1 package vanilla instant breakfast powder
- ½ cup crushed pineapple, drained
- *blend together in a blender

Peach-banana shake = calories 755, protein 23g.

- 1 ¾ cups vanilla ice cream
- ¼ cup half and half
- 1 package vanilla instant breakfast powder
- 1 ½ cups canned peach halves
- ½ ripe banana
- 1/8 cup powdered milk
- *blend together in blended

Fresh fruit shake = calories 580, protein 8g.

- 1 cup half and half
- 1/3 cup powdered milk
- 1 ½ cups fresh fruit
- 2 tablespoons sugar
- *blend together in blender

Root beer milkshake = calories 525, protein 19g.

- 1 cup vanilla ice cream
- ¼ cup half and half
- 1 package vanilla instant breakfast powder
- 1 ounce root beer soda
- *blend together in blender

Banana nut milk shake = calories 532, protein 19g.

- 1 cup vanilla ice cream
- ¼ cup half and half
- 1 package vanilla instant breakfast
- ½ ripe banana
- ¼ tsp. almond extract
- 1/8 cup powdered milk
- *blend together in blender

High Calorie, High Protein Recipes

Super Pudding

- ½ cup instant pudding
- 2 cups whole milk
- ½ cup dry milk powder
- mix well and chill

serving size: 1/2 cup calories: 260 protein: 7g

Cowboy Cookies

- 1 cup soft shortening or margarine
- soda
- ½ cup quick-cooking oatmeal
- ¾ cup brown sugar, packed
- 2 eggs
- 1 tsp. vanilla extract
- 2 cups flour
- ½ tsp. baking
- ½ cup chopped nuts or wheat germ 1
- ¾ cup granulated sugar
- ½ tsp. salt
- 6 ounces chocolate chips
- 1 cup raisins

Cream shortening, add sugars and beat well. Add the eggs and vanilla, stir to blend well. Add the dry ingredients one at a time, mix thoroughly. Last, stir in oatmeal, nuts, chocolate chips and raisins. Mix well. Drop by spoon fools on cookie sheet and bake for 13-15 minutes in 350° oven. Makes 4 dozen large cookies. This dough freezes well and can be sliced later to make fresh cookies.

Calories: 135 per cookie protein: 2 grams per cookie

Hi Protein Oatmeal Chocolate Chip Cookies

- 1 ¾ cups flour
- 1tsp. baking soda
- 1 cup butter, softened
- ¾ cup brown sugar
- 3 eggs
- 2 cups chocolate chips
- ½ cup nonfat dry milk powder
- 1 tsp. salt
- ¾ cup sugar
- 1 tsp. vanilla
- 1 cup oatmeal
- 1 cup chopped nuts

Preheat oven to 375°. In small bowl combine flour, nonfat dry milk powder, baking soda and salt; set aside. In large bowl, combine butter, sugar, brown sugar and vanilla extract; beat until creamy. Beat in eggs. Gradually, add flour mixture and mix well. Stir in chocolate chips, oatmeal

and nuts. Drop by rounded teaspoons onto ungreased cookie sheets. Bake for 8-10 minutes. Makes approx. 64 cookies.

Calories: 107 per cookie

Protein: 2g.

Peanut Butter Squares

½ cup peanut butter

½ cup wheat germ

½ stick margarine

¼ cup sesame seeds

¼ cup honey

½ cup raisins

5 tbsp. powdered skim milk

1½ -2 cups 40% bran or corn flakes

Blend together first 6 ingredients. Stir in remainder. Flatten into 8 inch square pan. Refrigerate and cut into 9 squares.

Calories: 259 per serving

Protein: 8g.

Pudding-wiches

Layer 1: 1 stick butter or margarine
1 cup flour
1 cup chopped walnuts
1 tbsp. sugar

Layer 2: 1 cup powdered sugar
1 8 oz. package cream cheese
1 cup cool whip

Layer 3: 1 ¾ oz. pkg. chocolate instant pudding
1 ¾ oz. pkg. vanilla instant pudding

Layer 4: 1 small carton cool whip
1 Hershey chocolate bar, shavings
½ cup chopped nuts

Mix melted butter, flour, walnuts and sugar together and press into an 8 inch square pan. Bake at 325° for 20 minutes. Let cool. Mix layer 2 together; pour this into layer 1. For layer 3, prepare instant puddings as directed and pour over layer 2. For layer 4, pour Cool whip on top of layer 3. Add grated or shaved chocolate add chopped nuts, sprinkled on top. Cut into 9 squares.

Orange Creamsicle

1 1/3 cups instant dry nonfat milk
2 8 oz. containers orange yogurt

12 oz. concentrated orange juice
½ cup vanilla ice cream, softened

Whip in blender on high speed. Pour into 6-part popsicle mold and chill.

Calories: 244 per serving

Protein: 10g. per serving

Fudgesicles

2 pkg. regular chocolate fudge pudding mix
1 1/3 cups instant nonfat dry milk
3 1/2 cups evaporated whole milk
4 tbsp chocolate syrup

Whip in blender. Pour into 6-part popsicle mold and chill.

Calories: 575 per serving

Protein: 20 g. per serving

Strawberry Creamsicles

10 oz. pkg. frozen sliced sweet strawberries 8 oz. container strawberry yogurt
1 box strawberry gelatin mix 1 1/3 cup instant nonfat dry milk
1 cup vanilla ice cream

Whip in blender. Pour into 6-part popsicle mold and chill

Calories: 185 per serving

Protein: 8.5 g. per serving