



High-Calorie, High-Protein Milkshakes

Listed below are a variety of milkshakes that can be helpful to increase the calories and protein in your diet. To maximize their calories and protein, you can use half-and-half, whole milk, high-calorie ice cream or dry milk powder. Nutrient dense supplements such as Ensure Plus[®], Boost Plus[®], or a generic version of these products can be used as the liquid in the milkshakes.

Delicious High-Calorie Malt **1000 calories, 22 grams protein**

- ½ cup whole milk
- ½ cup half-and-half
- 2 cups ice cream, any flavor
- 2 tablespoons Ovaltine[®] or Nesquik[®]
- 1 tablespoon malted milk powder
- 1 package Carnation Breakfast Essentials[®], any flavor

Peanut Butter Cup Drink **830 calories, 15 grams protein**

- ½ cup heavy whipping cream
- 3 tablespoons smooth peanut butter
- 3 tablespoons chocolate syrup
- ½ cup vanilla ice cream

Creamy Milkshake **680 calories, 16 grams protein**

- ½ cup vanilla ice cream
- 1/3 cup heavy whipping cream
- 2 tablespoons eggnog mix
- 1 tablespoon sugar

Peach Milkshake **625 calories, 15 grams protein**

- ½ cup vanilla ice cream
- 1 package vanilla Carnation Breakfast Essentials[®]
- ½ cup half-and-half
- 2 canned peach halves

Swiss Miss[®] Drink **625 calories, 14 grams protein**

- 1 cup vanilla ice cream
- 1/3 cup whole milk
- 1 package Swiss Miss[®] mix
- 3 tablespoons eggnog mix

Fruity Shake **600 calories, 16 grams protein**

- 1 cup whole milk
- ½ cup silken tofu or yogurt
- 2 cups fresh or frozen fruit
- 2-3 tablespoons honey

Banana Nut Milkshake

600 calories, 15 grams protein

- 1 cup vanilla ice cream
- 1 package vanilla Carnation Breakfast Essentials®
- ½ cup half-and-half
- ½ capful of black walnut extract
- ½ ripe banana

Power Packed Milkshake

575 calories, 16-28 grams protein

- 1 cup ice cream, any flavor
- 1 package Carnation Breakfast Essentials®
- ½ cup whole milk
- ½ cup fresh, frozen or canned fruit
-or- 2-4 tablespoons syrup (chocolate, strawberry, butterscotch) -or-
3 tablespoons peanut butter

Chocolate Almond Milkshake

560 calories, 15 grams protein

- 1 cup chocolate ice cream
- 1 package chocolate Carnation Breakfast Essentials®
- ½ cup half-and-half
- ½ capful almond extract

Chocolate Mint Milkshake

560 calories, 15 grams protein

- 1 cup vanilla ice cream
- 1 package chocolate Carnation Breakfast Essentials®
- ½ cup half-and-half
- ½ capful mint/peppermint extract

Coffee Milkshake

560 calories, 15 grams protein

- 1 cup vanilla ice cream
- 1 package vanilla Carnation Breakfast Essentials®
- ½ cup half-and-half
- 1 package instant coffee
(dissolved in 1 Tbsp hot water)

Peppermint Milkshake

560 calories, 15 grams protein

- 1 cup vanilla ice cream
- 1 package vanilla Carnation Breakfast Essentials®
- ½ cup half-and-half
- ½ to 1 capful of peppermint extract

Carnation Breakfast Essentials Milkshake

415 calories, 17 grams protein

- 1 cup whole milk
- 1 package Carnation Breakfast Essentials®
- ½ cup ice cream, any flavor
- 1 teaspoon vanilla extract

Chocolate Milkshake

320 calories, 11 grams protein

- ½ cup chocolate ice cream
- ½ cup whole milk
- 1 tablespoon skim milk powder
- 1 tablespoon chocolate syrup

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or call (877) 907-0859

Vanilla Milkshake

290 calories, 12 grams protein

- ½ cup vanilla ice cream
- ½ cup whole milk
- 1 tablespoon skim milk powder
- 1/8 teaspoon vanilla

Tart Drink Recipes

Raspberry Rumble

430 calories, 12 grams protein

- 1 cup raspberry yogurt or sherbet
- ½ cup half-and-half
- ¼ cup cranberry juice

Pineapple Orange Fluff

330 calories, 8 grams protein

- ¾ cup pineapple yogurt
- ½ cup orange sherbet

Orange Jubilee

380 calories, 5 grams protein

- ¼ cup lemonade
- ¼ cup orange juice
- ½ cup half-and-half or whole milk
- ½ cup orange sherbet

Lemon Flip

320 calories, 8 grams protein

- ½ cup buttermilk or whole milk
- ½ cup lemonade
- ¾ cup vanilla ice cream

Grandma's Sherbet Float

360 calories, 6 grams protein

- ½ cup lemon lime soda
- 1 cup lime sherbet
- ¼ cup pineapple (crushed) with juice

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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