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

**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

**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

**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

**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

**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

### 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)

### 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

### 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

### 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

### 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

### 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

### 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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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

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