

FORTIFIED CHOCOLATE SHAKE

Note: **HIGH NUTRITION, HIGH CALORIE, HIGH CARBOHYDRATES**
Questions or concerns, please consult a professional about dysphagia and nutrition.

Ingredients:

1 cup vanilla ice cream
1/2 cup whole milk
2 Tbsp chocolate syrup
1 packet Carnation
Breakfast Essentials
2 Tbsp smooth peanut butter

If needs thickening add:

2 Tbsp Dried Milk
and / or 2 Tbsp Nestle Quik

Blend until Smooth

Nutrition Facts

Servings: 1
Amount per serving
Calories 2041
Total Fat 111.7g
Saturated Fat 27.1g
Cholesterol 34mg
Sodium 351mg
Total Carbohydrate 214g
Dietary Fiber 17.7g
Total Sugars 134.4g
Protein 58.3g
Vitamin D 27mcg
Calcium 451mg
Iron 11.5mg
Potassium 2229mg



FORTIFIED CREAMSICLE SHAKE

Note: **HIGH NUTRITION, HIGH CALORIE, HIGH CARBOHYDRATES**
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Ingredients:

1/2 cup vanilla ice cream
1/2 cup orange sherbet
1/2 cup whole milk
1 packet vanilla Carnation
Breakfast Essentials
1/2 teaspoon orange flavoring
1 Tablespoon dry milk, to thicken
if needed
Blend until smooth.

Any mixture left?
Make frozen popsicles!

Nutrition Facts

Servings: 1
Amount per serving
Calories 1001
Total Fat 44.5g
Saturated Fat 25.2g
Cholesterol 135mg
Sodium 630mg
Total Carbohydrate 104.4g
Dietary Fiber 0.9g
Total Sugars 82.3g
Protein 40.3g
Vitamin D 487mcg
Calcium 1623mg
Potassium 21100mg

