



# A guide to...

# Dairy-free Super Shakes

## *Patient Information*

### How to contact us

Dietetics Department  
Watford General Hospital  
West Hertfordshire Teaching Hospitals NHS Trust  
Vicarage Road, Watford, Hertfordshire WD18 OHB

**Tel:** 01923 436236 Ext: 8236    **Email:** [westherts.dietitians@nhs.net](mailto:westherts.dietitians@nhs.net)

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 198** or email [westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)



|                        |                       |
|------------------------|-----------------------|
| Author                 | Julia Marks           |
| Department             | Nutrition & Dietetics |
| Ratified / Review Date | May 2024 / May 2027   |
| ID Number              | 34/2234/V1            |



## Dairy Free Super Shakes

These may be used in the short term for children who require extra calories and protein to gain weight while on a dairy free diet. They should be given after meals as a dessert. They are not meal replacements.

Any dairy free alternatives can be used as based on your child's preference and allergies:

- Children's milk alternatives: oat, soya, coconut, nut or pea
- Dairy free fromage frais / yogurt: oat, soya, coconut or nut
- Dairy free cream: coconut, oat, lentil, nut-based
- Dairy free dried milk powder: coconut, oat or soya
- Dairy free ice creams.

### Berry Delight

#### Simply combine:

100 mls Children dairy-free alternative milk  
1 x 95g pot dairy free fromage frais/yogurt  
100 ml cranberry juice  
2 tablespoons dairy free cream  
1 tablespoon dairy-free strawberry milkshake powder

***Approximately 275 kcal and 3.5g protein***

### Super smoothie milkshake

#### Blend together:

100ml children's dairy free alternative milk  
1 tablespoon dairy free cream  
2 tablespoons dairy free ice cream  
1 tablespoon dairy free dried milk powder  
1 x 95g dairy free fromage frais/ yogurt

***Approximately 270 kcal and 4g protein***

#### Optional additions:

1 banana  
A handful of fresh/frozen berries, melon, mango or other soft fruits such as raspberries or strawberries

### Bourbon Cream Dream

#### Crush and mix:

2 dairy free bourbon cream biscuits into fine crumbs  
100ml children's dairy free alternative milk  
1 tablespoon dairy free cream  
1 tablespoon dairy free dried milk powder

Try replacing the dairy free bourbon cream biscuits with dairy free custard creams or dairy free gingernuts.

***Approximately 278 kcal and 4.5g protein***

## **Nice 'n' Nutty**

### **Whisk together:**

100mls children's dairy free alternative milk

2 tablespoons dairy free cream

1 heaped tablespoon dairy free hazelnut chocolate spread

1 tablespoon Dairy free dried milk powder

**Not suitable for those with a nut allergy.**

***Approximately 290 kcal and 4g protein***

*Approximate calculations based on oat products.*

## **Acknowledgments**

NHS Food First Nutrition and Dietetics

South Essex Partnership University NHS trust