



ONCOLOGY NUTRITION

HIGH PROTEIN, HIGH ENERGY FULL LIQUID RECIPES

HIGH PROTEIN CEREAL

(Adapted from BCCA)

Ingredients:

Uncooked rolled oats or Cream of Wheat	80mL	(1/3 cup)
High Protein Milk (see recipe below)	180mL	(3/4 cup)

Cook cereal in high protein milk instead of water. When cooked, top with brown sugar.

Yield: 1 serving = 300 calories & 19 grams protein

HIGH PROTEIN MILK

(Adapted from BCCA)

High protein milk can be used instead of regular milk in cream soups, puddings, on cereals, in hot chocolate and for drinking.

Ingredients:

Skim milk powder	250mL	(1 cup)
Whole milk	1 litre	(4 cups)

Combine skim milk powder and whole milk. Mix well.

Yield: 1 litre (4 cups) = 270 calories & 20 grams protein per 250mL (1 cup)

CUSTARD

(Adapted from VH)

Ingredients:

Eggs	3	
Sugar	60mL	(1/4 cup)
High protein milk, scalded	500mL	(2 cups)
Vanilla extract	1mL	(1/4 tsp)
Salt	dash	

Combine eggs, sugar and salt. Slowly add and stir in slightly cooled milk. Divide into 4 glass cups. Set into shallow pan of water. Bake at 325°F approximately 20 minutes or until set.

Yield: 4 servings = 280 calories & 14 grams protein per serving

HIGH PROTEIN MILKSHAKE

(Adapted from BCCA)

Ingredients:

Whole milk	250mL	(1 cup)
Ice cream	125mL	(1/2 cup)
Skim milk powder	65mL	(1/4 cup)

Combine all ingredients in blender (with fruit, if desired). Mix until smooth.

Yield: 1 serving = 420 calories & 23 grams protein

STRAWBERRY WHIP

(Adapted from BCCA)

Ingredients:

Cottage cheese, creamed	125mL	(1/2 cup)
Ice cream, vanilla	250mL	(1 cup)
Gelatin, strawberry flavor, jellied	250mL	(1 cup)
Skim milk powder	80mL	(1/3 cup)

Combine all ingredients in blender (gelatin first). Mix until smooth. Divide into 4 servings.

Refrigerate for 12 hours to set.

Yield: 4 servings = 165 calories & 9 grams protein per serving

TOFU FRUIT SHAKE**Ingredients:**

Soft tofu	300g	(1 package)
Sweetened soy milk	175mL	(3/4 cup)
Frozen fruit juice concentrate	75mL	(1/3 cup)
Honey	45mL	(3 Tbsp)
Ripe banana	1	

Blend all ingredients until smooth. Chill before serving.

Try varying this recipe by replacing the banana with 125mL (1/2 cup) or more of strawberries, blueberries, raspberries or other fruits.

Yield: 2 servings = 360 calories & 11 grams protein per serving

SMOOTHIE

Ingredients:

Cottage cheese, creamed	125mL	(1/2 cup)
Plain yogurt	125mL	(1/2 cup)
Peach	1/2	
Banana	1/2	
Vanilla extract	3mL	(1/2 tsp)
Honey	3mL	(1/2 tsp)

Combine all ingredients in blender. Mix until smooth.

Yield: 2 servings = 150 calories & 9 grams protein per serving

Adapted from: Rosenbaum, E.H. and Rosenbaum, I.R. "A Comprehensive Guide For Cancer Patients And Their Families" Bull Publishing Co. California 1980

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.