Delicious High Calorie Malt
Whole milk: ½ cup
Half & half: ½ cup
Any flavor ice cream: 2 cups
Nestle Quick®: 2 Tbsp.
Malted milk powder: 1 Tbsp.
CBE** (any flavor): 1 packet
Calories: 1000
Protein: 22 g

Power Packed Milkshake
Any flavor ice cream: 1 cup
CBE** (any flavor): 1 packet
Whole milk: ½ cup
Fresh, frozen, canned fruit: ½ cup
Any flavor syrup: 2-4 Tbsp.
Peanut butter (optional): 3 Tbsp.
Calories: 575
Protein: 16-28 g

Banana Nut Milkshake
Vanilla ice cream: 1 cup
Half & half: ½ cup
Vanilla CBE**: 1 packet
Banana: ½ medium
Black walnut extract: ½ capful
Calories: 600
Protein: 15 g

Peppermint Milkshake
Vanilla ice cream: 1 cup
Vanilla CBE**: 1 packet
Half & half: ½ cup
Peppermint extract: ½ capful
Red food coloring: 2 drops
Calories: 560
Protein: 15 g

Peanut Butter Cup Drink
Vanilla ice cream: ½ cup
Heavy whipping cream: ½ cup
Chocolate Syrup: 2 Tbsp.
Smooth peanut butter: 2 Tbsp.
Calories: 830
Protein: 15 g

Chocolate Almond Milkshake
Chocolate ice cream: 1 cup
Chocolate CBE**: 1 packet
Half & half: ½ cup
Almond Extract: ½ capful
Calories: 560
Protein: 15 g
Creamy Milkshake Shake
Vanilla ice cream: 1 cup
Heavy whipping cream: 1/3rd cup
Eggnog mix: 2 Tbsp.
Sugar: 1 Tbsp.
Calories: 680
Protein: 16 g

Swiss Miss® Drink
Vanilla ice cream: 1 cup
Whole Milk: 1/3rd cup
Swiss Miss®: 1 packet
Eggnog mix: 3 Tbsp.
Calories: 625
Protein: 14 g

Vanilla Shake
Vanilla ice cream: 1 cup
Whole milk: ½ Cup
Skim milk powder: 1 Tbsp.
Vanilla: 1/8th tsp.
Calories: 475
Protein: 11 g
Carbohydrates: 60 g

Peanut Butter Shake
Vanilla ice cream: 1 cup
Half & half: ½ cup
Chocolate syrup: 3 Tbsp.
Smooth peanut butter: 2 Tbsp.
Calories: 810
Protein: 19 g
Carbohydrates: 77 g

Chocolate Shake
Chocolate Ice Cream: 1 cup
Whole Milk: ½ cup
Skim Milk Powder: 1 Tbsp.
Chocolate Syrup: 1 Tbsp.
Calories: 440
Protein: 12 g
Carbohydrates: 54 g

Creamy Vanilla Shake
Vanilla Ice Cream: 1 cup
Heavy Whipping Cream: ½ cup
Sugar: 1 Tbsp.
Calories: 745
Protein: 8 g
Carbohydrates: 42 g

Chocolate Mocha Shake
Vanilla Ice Cream: 1 cup
Whole Milk: ½ cup
Instant coffee**: 1 tsp.
Chocolate CBE**: 1 packet
Calories: 515
Protein: 15 g
Carbohydrates: 66 g

Fortified Vanilla Shake
Vanilla Ice Cream: 1 cup
Whole milk: ½ cup
Vanilla CBE**: 1 packet
Calories: 505
Protein: 15 g
Carbohydrates: 63 g
<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Ingredients</th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Creamy Peach Smoothie</strong></td>
<td>Vanilla ice cream: 1 cup</td>
<td>435</td>
<td>11 g</td>
<td>51 g</td>
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<tr>
<td></td>
<td>Whole Milk: ½ cup</td>
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<tr>
<td></td>
<td>Peach: 1 each</td>
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<tr>
<td><strong>Fortified Creamsicle Shake</strong></td>
<td>Vanilla ice cream: ½ cup</td>
<td>460</td>
<td>13 g</td>
<td>70 g</td>
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<tr>
<td></td>
<td>Orange Sherbet: ½ cup</td>
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<tr>
<td></td>
<td>Whole milk: ½ cup</td>
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<tr>
<td></td>
<td>Vanilla CBE**: 1 packet</td>
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<tr>
<td><strong>Blueberry Lemon Smoothie</strong></td>
<td>Vanilla ice cream: ½ cup</td>
<td>55</td>
<td>12 g</td>
<td>41 g</td>
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<tr>
<td></td>
<td>Half &amp; half: 1 cup</td>
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<td></td>
<td>Frozen blueberries: ½ cup</td>
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<td></td>
<td>Sugar: 2 Tbsp.</td>
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<tr>
<td></td>
<td>Lemon juice: 1 Tbsp.</td>
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<tr>
<td><strong>Banana Pineapple Smoothie</strong></td>
<td>Vanilla ice cream: ½ cup</td>
<td>560</td>
<td>9 g</td>
<td>61 g</td>
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<td></td>
<td>Canned coconut milk: ½ cup</td>
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<td></td>
<td>Pineapple juice: ½ cup</td>
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<tr>
<td></td>
<td>Banana: 1 small</td>
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<td></td>
<td></td>
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<tr>
<td><strong>Fortified Chocolate Shake</strong></td>
<td>Vanilla ice cream: 1 cup</td>
<td>605</td>
<td>16 g</td>
<td>87 g</td>
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<tr>
<td></td>
<td>Whole milk: ½ cup</td>
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<td></td>
<td>Chocolate syrup: 2 Tbsp.</td>
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<tr>
<td></td>
<td>Chocolate CBE**: 1 packet</td>
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<tr>
<td><strong>Fruity Shake</strong></td>
<td>Whole Milk: 1 cup</td>
<td>600</td>
<td>16 g</td>
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<td></td>
<td>Silken tofu or yogurt: ½ cup</td>
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<td></td>
<td>Fresh, canned, frozen fruit: 2 cups</td>
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<td></td>
<td>Honey: 2-3 Tbsp.</td>
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<tr>
<td><strong>Fortified Banana Orange Smoothie</strong></td>
<td>Sherbet: 1 cup</td>
<td>525</td>
<td>12 g</td>
<td>105 g</td>
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<tr>
<td></td>
<td>Whole milk: ½ cup</td>
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<td></td>
<td>Vanilla CBE**: 1 packet</td>
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<tr>
<td></td>
<td>Banana: 1 medium</td>
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<tr>
<td><strong>Orange Jubilee</strong></td>
<td>Lemonade: ¼ cup</td>
<td>380</td>
<td>5 g</td>
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<td></td>
<td>Orange juice: ¼ cup</td>
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<tr>
<td></td>
<td>Whole milk: ½ cup</td>
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<tr>
<td></td>
<td>Orange Sherbet ½ cup</td>
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</tbody>
</table>
### Raspberry Rumble
- Raspberry yogurt: 1 cup
- Half & half: ½ cup
- Cranberry juice: ¼ cup

**Calories:** 330  
**Protein:** 8 g

### Lemon flip
- Whole milk: ½ cup
- Lemonade: ½ cup
- Vanilla ice cream: ¾ cup

**Calories:** 320  
**Protein:** 8 g

### Grandma's Sherbet Float
- Lime sherbet: 1 cup
- Lemon-lime soda: ½ cup
- Crushed pineapple: ¼ cup

**Calories:** 360  
**Protein:** 6 g

### Pineapple Orange Fluff
- Orange Sherbet: 1 cup
- Pineapple yogurt: ¾ cup

**Calories:** 330  
**Protein:** 8 g

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*Instant coffee not recommended for children  
**Carnation Breakfast Essentials® (CBE) powder  
-Calories and protein amounts vary with different ice cream

Recipe analysis by Food Processor SQL Version 10.6.0

### Additional Tips:
- Calorie and protein amounts vary with different products.
- Carnation Breakfast Essentials® or egg custard mix may be substituted for the eggnog mix.
- Nutrient dense supplements such as Ensure Plus®, Boost Plus®, Glucerna® or a generic version can be substituted as the liquid in the milkshakes

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Reviewed By: Nutrition Education Materials Task Force

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