



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

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

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

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

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

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

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

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

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

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

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

Creamy Vanilla Shake

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

Creamy Peach Smoothie

Vanilla ice cream: 1 cup
Whole Milk: ½ cup
Peach: 1 each
Calories: 435
Protein: 11 g
Carbohydrates: 51 g

Blueberry Lemon Smoothie

Vanilla ice cream: ½ cup
Half & half: 1 cup
Frozen blueberries: ½ cup
Sugar: 2 Tbsp.
Lemon juice: 1 Tbsp.
Calories: 55
Protein: 12 g
Carbohydrates: 41 g

Fortified Chocolate Shake

Vanilla ice cream: 1 cup
Whole milk: ½ cup
Chocolate syrup: 2 Tbsp.
Chocolate CBE**: 1 packet
Calories: 605
Protein: 16 g
Carbohydrates: 87 g

Fruity Shake

Whole Milk: 1 cup
Silken tofu or yogurt: ½ cup
Fresh, canned, frozen fruit: 2 cups
Honey: 2-3 Tbsp.
Calories: 600
Protein: 16 g

Fortified Creamsicle Shake

Vanilla ice cream: ½ cup
Orange Sherbet: ½ cup
Whole milk: ½ cup
Vanilla CBE**: 1 packet
Calories: 460
Protein: 13 g
Carbohydrates: 70 g

Banana Pineapple Smoothie

Vanilla ice cream: ½ cup
Canned coconut milk: ½ cup
Pineapple juice: ½ cup
Banana: 1 small
Skim milk powder: 2 Tbsp.
Calories: 560
Protein: 9 g
Carbohydrates: 61 g

Fortified Banana Orange Smoothie

Sherbet: 1 cup
Whole milk: ½ cup
Vanilla CBE**: 1 packet
Banana: 1 medium
Calories: 525
Protein: 12 g
Carbohydrates: 105 g

Orange Jubilee

Lemonade: ¼ cup
Orange juice: ¼ cup
Whole milk: ½ cup
Orange Sherbet ½ cup
Calories: 380
Protein: 5 g

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

*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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