

A Food First Approach

Homemade fortified yoghurt

A nourishing snack or dessert can help give you extra energy and protein. It is important that you have this in addition to regular meals, rather than as a replacement.

Fortified yoghurt

Ingredients: Serves 1

- 150g full fat yoghurt/Greek yoghurt (flavour of your choice)
- 1 tablespoon (9g) dried skimmed milk or whole milk powder

Mix the milk powder into the yoghurt and serve with toppings of your choice.



Milk powder can be found in supermarkets and health food shops. For example Marvel® (skimmed) and Nido® (whole milk powder). Supermarket own-brand options may be cheaper.

Nutrition: The basic recipe provides approximately 230kcal, 11g protein (the total amount of energy and protein will vary depending on specific brands).

Flavourings: You can add fresh or tinned fruit (strawberries, raspberries, blueberries, peaches, prunes), jams or honey.



Pictures are for illustrative purposes only.

Think, Food First!