

High Energy
High Protein

Shelia's Shakes



You Will Need...

Ingredients	For 4 servings
Full Fat Milk	1 pint (560mls)
Skimmed Milk Powder	4 heaped tbsp
Double Cream	7 tbsp (130ml)
Milkshake Syrup e.g. Crusha OR Milkshake Powder e.g. Nesquik	7 tbsp (130ml) *Syrup OR 8 heaped tsp *Powder

Each serving provides approximately...
300 calories and **10g protein**

How To Make

1. Add skimmed milk powder to a jug
2. Add a small amount of full fat milk and mix into a paste
3. Add the rest of the milk and mix well
4. Add syrup/powder and double cream
5. Mix Well
6. Enjoy!



Easy to Make

Top Tip!

Keep in the fridge and aim for 2-3 glasses of around 200ml per day