

High Calorie Milk Recipes

Carnation® Breakfast Essentials® with Whole Milk 8 oz whole milk 1 packet (6 Tbsp) Carnation® Breakfast Essentials® powder	Makes 9 ounces 280 calories 13 grams protein
Whole Milk with Heavy Whipping Cream 7 oz whole milk 1 oz heavy whipping cream	Makes 8 ounces 230 calories 7 grams protein
Whole Milk with Heavy Whipping Cream & Hershey's® Syrup 7 oz whole milk 1 oz heavy whipping cream 2 Tablespoons Hershey's® syrup or other flavorings	Makes 9 ounces 320 calories 7 grams protein
Whole Milk with Ovaltine® 8 oz whole milk 4 Tbsp Ovaltine®	Makes 8.5 ounces 230 calories 8 grams protein
High Calorie Soy Milk 3 scoops infant or toddler soy formula (like Gerber® Good Start® Soy) 8 ounces soy milk	Makes 8.5 ounces 215-285 calories* 9-12 grams protein*
High calorie pea protein milk (Free of top 8 allergens) 5 ounces pea protein milk (like Original Ripple®) 3 ounces canned coconut milk Talk to your child's provider to make sure your child is eating enough of the right proteins when drinking pea protein milk.	Makes 8 ounces 170-240 calories* 5-6 grams protein* *Depends on brand and flavors used.

Other High Calorie Beverage Brands (Choose beverages with more than 160 calories per 8 ounce serving). Example brands:

- Bright Beginnings® Soy Pediatric Drink
- Hershey's® flavored milkshakes
- PediaSmart® Milk or Soy Beverage Mix
- PediaSure® Grow & Gain
- Yogurt smoothies (like Stonyfield® organic smoothies, Danimals® smoothies)

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.