

In the hospital

These recipes can be used when your child needs extra calories. They can be ordered when your child is in the hospital or can be made once your child goes home. Your child's dietitian can help you decide how many shakes your child should have each day.

- All recipes make a 10 to 12 fluid ounce shake. Amounts may vary based on the ingredients available.
- Super Shakes may not meet 100% of your child's nutrition needs. They should not be used as your child's only kind of nutrition.
- If you have concerns about the ingredients in any of the Super Shakes, please contact your child's dietitian.

Recipes	Nutrition Information
<p>Apple Pie a La Mode</p> <ul style="list-style-type: none"> 1 slice apple pie (thick part of crust removed) 1 cup vanilla ice cream ½ cup whole milk ¼ teaspoon cinnamon 	<p>Calories: 660 Protein: 11 grams Carbohydrate: 86.5 grams</p>
<p>Chocolate Peanut Butter Shake</p> <ul style="list-style-type: none"> ½ cup half and half 1 cup chocolate ice cream 2 Tablespoons peanut butter 3 Tablespoons chocolate syrup 	<p>Calories: 755 Protein: 17.5 grams Carbohydrate: 72 grams</p>
<p>Strawberry Banana Smoothie</p> <ul style="list-style-type: none"> 1 ½ cups fresh strawberries 1 banana 1 cup vanilla ice cream ¼ honey (or cup corn syrup) 	<p>Calories: 700 Protein: 7 grams Carbohydrate: 136.5 grams</p>
<p>Peaches and Cream</p> <ul style="list-style-type: none"> 1 cup canned peaches, drained 1 cup vanilla ice cream ¼ cup honey (or corn syrup) 	<p>Calories: 640 Protein: 4 grams Carbohydrate: 124.5 grams</p>
<p>Carnation® Breakfast Essentials® Shake</p> <ul style="list-style-type: none"> ½ cup half and half 1 cup vanilla ice cream 1 package Carnation® Breakfast Essentials® Flavors include vanilla, chocolate or strawberry 	<p>Calories: 550 Protein: 13.2 grams Carbohydrate: 61.5 grams</p>

Recipes	Nutrition Information
<p>Heavenly Hot Chocolate</p> <ul style="list-style-type: none"> 1 package hot cocoa mix 1 cup half and half 2 Tablespoons chocolate syrup 	<p>Calories: 500 Protein: 7 grams Carbohydrate: 48 grams</p>
<p>Peanut Butter Banana Smoothie</p> <ul style="list-style-type: none"> 3/4 cup whole milk 1/3 cup nonfat vanilla Greek yogurt 2 Teaspoons ground flaxseed 2 packets (1.5 ounces or 2.5 Tablespoons) creamy peanut butter 1 ripe banana 	<p>Calories: 555 Protein: 23 grams Carbohydrate: 53 grams</p>

Dairy-free super shakes recipes	Nutrition Information
<p>Soy Strawberry Banana Smoothie</p> <ul style="list-style-type: none"> 2 bananas 2 Tablespoons strawberry syrup ½ cup soy milk ½ cup ice 	<p>Calories: 460 Protein: 7 grams Carbohydrate: 102.5 grams</p>
<p>Soy Peaches and Cream</p> <ul style="list-style-type: none"> 1 cup canned peaches, drained ½ cup soy milk ½ cup ice ¼ cup honey (or corn syrup) 	<p>Calories: 445 Protein: 3.5 grams Carbohydrate: 103.5 grams</p>
<p>Strawberry Crush</p> <ul style="list-style-type: none"> 1 ½ cups fresh strawberries 1 banana ½ cup white soda ¼ cup honey (or corn syrup) 	<p>Nutrition Information: Calories: 460 Protein: 2.7 grams Carbohydrate: 110 grams</p>
<p>Popsicle Slush</p> <ul style="list-style-type: none"> 3 regular popsicles (not sugar free) ½ cup white soda 3 Tablespoons honey (or corn syrup) 	<p>Calories: 410 Protein: 0 grams Carbohydrate: 101 grams</p>

Dairy-free super shakes recipes, continued	Nutrition Information
<p>Strawberry Peach Smoothie:</p> <ul style="list-style-type: none"> 1/2 cup frozen strawberries 1/2 cup peach slices 3/4 cup vanilla soy milk 1 Tablespoon canola oil 1/2 teaspoon sun butter 	<p>Calories: 310 Protein: 8 grams Carbohydrate: 23 grams</p>
<p>Green Pineapple Smoothie:</p> <ul style="list-style-type: none"> 3/4 cup pineapple 3/4 cup fresh spinach 1/2 cup ripe avocado 3/4 cup vanilla soy milk 2 teaspoons honey 	<p>Calories: 320 Protein: 5 grams Carbohydrate: 44 grams</p>

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.