











Nourishing Drink Recipes

Choose to have warm or cold

 : warm drink  : cold drink   : either warm or cold

Pick a base













- Milk/Lactose free milk  
- Soy milk  
- Rice/Almond/Oat milk*  
- Coconut milk/Water*  
- Tea/Coffee*  

*Note: these options are low in protein



Add protein

Choose 1-2

- Yoghurt 
- Ice cream 
- Peanut butter/ Nuts/ LSA  
- Tofu pudding/Silken tofu  
- Sesame/ Almond/ Walnut/ Peanut powder  
- Skim milk powder  
- Protein powder e.g. Sustagen™/ Ensure™/ Advital™  



Department of Nutrition

Royal North Shore Hospital

Phone: 9463 1666

Email: NSLHD-RNS-NutritionDietetics@health.nsw.gov.au

Dietitian:.....



Add energy

Choose 1 or more

- Fresh or frozen fruit e.g. Banana/ Berries/ Mango/ Papaya ❄️
- Dates 🔥 ❄️
- Taro/ Yam powder 🔥 ❄️
- Avocado ❄️
- Cream/Coconut cream 🔥 ❄️
- Oats 🔥 ❄️
- Honey/Maple syrup 🔥 ❄️
- Rock sugar 🔥 ❄️
- Sugar & sugar syrups e.g. Brown/ Ginger/ Rose/ Palm 🔥 ❄️
- Condensed/Evaporated milk 🔥 ❄️



Add some flavour

Add any of the following as desired

- Chocolate/ Strawberry/ Caramel topping 🔥 ❄️
- Vanilla essence 🔥 ❄️
- Cocoa/ Milo™/ Ovaltine™/ Horlicks™ 🔥 ❄️
- Ginger/ Cinnamon/ Nutmeg 🔥 ❄️
- Malt 🔥 ❄️
- Matcha/ Tea/ Coffee powder 🔥 ❄️



Optional: Add ice if desired and...

BLEND



Add topping

- Fruit jelly ❄️
- Herbal or grass jelly 🔥 ❄️
- Tofu pudding 🔥 ❄️
- Almond tofu 🔥 ❄️
- Mung/Adzuki beans 🔥 ❄️
- Sweet peanuts 🔥 ❄️
- Tapioca/Boba pearls 🔥 ❄️
- Purple rice 🔥 ❄️
- Sageo 🔥 ❄️
- Cooked taro/Sweet potato 🔥 ❄️



Tip: Make use of ready-made or convenience options particularly if feeling tired. E.g. drink powders and sachets such as almond tea and 3-in-1 coffee, cooked adzuki bean and peanut soup cans, ready to use tapioca, instant almond tofu and jelly

Flavour Combination Ideas

Almond Milk Tea ☕



- 2 tablespoons or 1 sachet almond tea powder
- 1 cup milk or other milk alternative
- 60g protein powder* (vanilla or neutral flavour)
- Sugar or honey to taste

Stir almond tea powder, protein powder and sugar into warm milk until dissolved

! Tip: For a tasty snack and extra energy, serve with fried you tiao dough sticks to dip into the tea

Suggested toppings:

- Almond tofu
- Cooked sweet peanuts

Brewed Milk Tea ☕



- 1 cup milk or other milk alternative
- 2 black tea bags of your choice such as Assam
- 2 tablespoons skim milk powder
- Honey, brown sugar or ginger sugar syrup to taste

On stovetop gently simmer milk and tea bags on low heat for 10 minutes

Remove tea bags and stir in skim milk powder

Add honey or sugar to taste

Suggested toppings:

- Tapioca pearls
- Tofu pudding

Matcha Milk ☕ ❄️



- 1 cup milk or other milk alternative
- 1 teaspoon or sachet matcha powder
- 60g protein powder* (vanilla or neutral flavour)
- Sweetened condensed milk to taste

Cold:

- *Blend all ingredients together and serve*
- *You can also blend with adzuki beans or ice cream, or add them after as topping*

Hot:

- *Stir matcha powder, protein powder and sweetened condensed milk into warm milk until fully dissolved*

Suggested toppings:

- Cooked sweet adzuki beans
- Vanilla ice cream (if having cold)

Traditional Papaya Smoothie ❄️



- 1 cup milk or other milk alternative
- ¾ cup ripe papaya, peeled and cutup
- 60g protein powder* (vanilla or neutral flavour)
- Sweetened condensed milk or honey to taste

Blend all ingredients together and serve

! Tip: Consume soon after preparing or papaya may become bitter