

RECIPE FOR BUILD UP DRINK

This drink will help to increase and maintain your weight. It can also be used as a meal in itself, or can be drunk between meals as an extra boost to weight gain.

RECIPE to make approximately 1 litre/2 pints

Stored in the fridge for up to 48 hours, it can be taken cold or warmed through.

This is a basic recipe, which is quite bland, but you can change the flavour by adding lemon juice or a spoonful of jam, a little honey or some carob powder - Experiment!

Alternative ingredients

Nuts - Brazil, Hazel, Cashew

Fruits - Peach, Strawberries, Apples, Kiwi fruit.

Cooked grain - Millet or Oats.



However, it is important to include tofu, nuts, a grain and fresh fruit in all the blends.

One packet of silken tofu (or 10oz poached gently in water for 5 minutes)

Two heaped dessert spoons of ground almonds

Two dessert spoons cooked rice

One banana

A few drops of vanilla essence

One heaped dessertspoon of Slippery Elm powder

Enough soya milk to make a smooth, drinkable blend - approx. a pint and a half.



Blend all ingredients together, sieve if necessary.

Can also be frozen and eaten as ice cream.

