

Home Made Formula Recipes

NOTE: These recipes do NOT provide complete vitamins and minerals for either children or adults. Additional fat or protein may also be needed in some cases. Check with a dietitian to see how often a multivitamin is needed each week and if any other ingredients need to be added on a daily or occasional basis.

First- here are the calories in milk:

Whole milk, one 8-ounce glass:	150 calories
2% milk, one 8-ounce glass:	120 calories
1% milk, one 8-ounce glass:	100 calories
Non-fat powdered milk or skim milk (8-ounce glass):	80 calories

Formula # 1

In a blender add:

8 ounces of whole milk	150 calories
2 teaspoons of sweetened, condensed milk	40 calories
1 ½ teaspoons of vegetable oil, or other oil	<u>60 calories</u>
	250 calories

Blend all ingredients until well mixed and serve.

Add fruit syrup or chocolate syrup for different flavor and extra calories

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Formula # 2:

8 ounces of 2% milk	120 calories
2 tablespoons of chocolate syrup	100 calories
1 tablespoon of Instant Breakfast powder	<u>24 calories</u>
	244 calories.

Use another syrup instead of chocolate syrup for a different taste

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Formula # 3

In a blender add:

1/3 cup of nonfat milk powder + water to make 1 cup	80 calories
1 tablespoon of sweetened, condensed milk	60 calories
1 Tablespoon of vegetable oil, or other oil	<u>120 calories</u>
	260 calories

Blend all ingredients until well mixed and serve.

Add fruit syrup or chocolate syrup for different flavor and extra calories

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Formula # 4

In a blender add:

8 ounces of whole milk	150 calories
1 Tablespoon of sweetened, condensed milk	60 calories
1 Tablespoon of vegetable oil, or other oil	<u>120 calories</u>
	330 calories

Blend all ingredients until well mixed and serve.

Add fruit syrup or chocolate syrup for different flavor and extra calories

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Formula # 5:

In a blender add:

8 ounces of orange juice	112 calories
4 Tablespoons of plain low fat yogurt	40 calories
1/2 medium banana	50 calories
1 tablespoon of strawberry sauce, corn syrup or sugar	45-50 calories
Water to thin out, as needed	<u>0 calories</u>
	247-250 calories

Blend all ingredients until well mixed and serve

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Formula # 6:

In a blender add:

1 cup of low fat, plain yogurt	140-150 calories
1 small banana	75 calories
1/3 cup unsweetened frozen strawberries, thawed	25 calories
2 tablespoons sugar, or more, to taste	97 calories
Water to thin out, as needed	<u>0 calories</u>
	337-347 calories

Blend all ingredients until well mixed and serve

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In the above recipes, you could:

- Use fruit yogurt instead of plain yogurt.
- Use full fat yogurt instead of low fat yogurt.
- Use apple juice or other juice instead of orange juice.
- Use a variety of fruits.
- Use sweetened fruit (which have more calories than unsweetened fruit).
- Combine powdered milk with whole milk, 2% milk, or 1% milk.
- Try evaporated milk instead of condensed milk (calories are different).
- Use different sweeteners.
- Add tofu (bean curd) for more protein, fat and calories.
- Use cottage cheese instead of yogurt.

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