

High-Protein, High-Calorie Beverages

When every bite counts, try these calorie- and protein-packed recipes.

Basic High-Protein Drink

- 1 packet Carnation Instant Breakfast
- 1 cup whole milk (or low-lactose milk if you are on a low-lactose diet)
- 1/2 cup vanilla ice cream

Blend ingredients in a blender until smooth.

Yield: One 12-ounce serving.

Nutrition information per serving: 530 calories and 23 grams protein.

Orange-Pineapple Smoothie

- 1 cup pineapple yogurt
- 1/2 cup orange sherbet

Blend ingredients in a blender until smooth.

Yield: One 12-ounce serving.

Nutrition information per serving: 260 calories and 14 grams protein.

Buttermilk Smoothie

1/4 cup buttermilk

1/4 cup lemonade or orange juice

1/2 cup vanilla ice cream

1/4 cup liquid egg substitute

Blend ingredients in a blender until smooth.

Yield: One 1-cup serving.

Nutrition information per serving: 250 calories and 12 grams protein.

Cheesecake Milkshake

1 slice plain cheesecake (1/6 of a whole cheesecake)

1/4 cup strawberries

1/4 cup whole milk (or low-lactose milk if you are on a low-lactose diet)

1/2 cup vanilla ice cream

Blend ingredients until smooth.

Yield: One 12-ounce serving.

Nutrition information per serving: 490 calories and 9 grams protein.

Chocolate Mint Shake

1/2 cup chocolate ice cream

1 package Carnation Instant Breakfast

1/2 cup whole milk (or low-lactose milk if you are on a low-lactose diet)

1/2 teaspoon peppermint extract

Blend ingredients in a blender until smooth.

Yield: One 12-ounce serving.

Nutrition information per serving: 435 calories and 20 grams protein.

Fall Spice Latte

2 tablespoons canned pumpkin pie mix

1 teaspoon decaffeinated instant coffee

1/2 cup whole milk (or low-lactose milk if you are on a low-lactose diet)

1/2 cup vanilla ice cream

1 dash ground cinnamon

1 dash ground nutmeg

Blend all ingredients except spices in a blender until smooth. Top with cinnamon and nutmeg.

Yield: One 1-cup serving.

Nutrition information per serving: 250 calories and 7 grams protein.

Juice Smoothie

1/4 cup pineapple juice or orange juice

1/2 cup vanilla ice cream

1/4 cup liquid egg substitute

Blend ingredients until smooth.

Yield: One 1-cup serving.

Nutrition information per serving: 230 calories and 10 grams protein.

Mexican Chocolate Milkshake

Note: This recipe is not intended for people with lactose intolerance.

1/4 cup whole milk

1/4 cup sweetened condensed milk

1/2 cup vanilla ice cream

1/4 cup unsweetened cocoa powder

1 tablespoon cinnamon

Blend ingredients in a blender until smooth.

Yield: One 1-cup serving.

Nutrition information per serving: 475 calories and 15 grams protein.

Peanut Butter Banana Shake

1/4 cup whole milk (or low-lactose milk if you are on a low-lactose diet)

1 frozen banana

1/4 cup peanut butter

1/2 cup vanilla ice cream

Blend ingredients until smooth.

Yield: One 1-cup serving

Nutrition information per serving: 666 calories and 22 grams protein.

Sherbet Shake

1/2 cup sherbet

1/2 cup whole milk (or low-lactose milk if you are on a low-lactose diet)

Blend ingredients until smooth.

Yield: One 1-cup serving.

Nutrition information per serving: 180 calories and 5 grams protein.