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)  
½ 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  
½ 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

- ¼ cup buttermilk
- ¼ cup lemonade or orange juice
- ½ cup vanilla ice cream
- ¼ 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 (¼ of a whole cheesecake)
- ¼ cup strawberries
- ¼ cup whole milk (or low-lactose milk if you are on a low-lactose diet)
- ½ 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

½ cup chocolate ice cream
1 package Carnation Instant Breakfast
½ cup whole milk (or low-lactose milk if you are on a low-lactose diet)
½ 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.

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Fall Spice Latte

2 tablespoons canned pumpkin pie mix
1 teaspoon decaffeinated instant coffee
½ cup whole milk (or low-lactose milk if you are on a low-lactose diet)
½ 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

¼ cup pineapple juice or orange juice
½ cup vanilla ice cream
¼ 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.*

¼ cup whole milk
¼ cup sweetened condensed milk
½ cup vanilla ice cream
¼ 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**

- ¼ cup whole milk (or low-lactose milk if you are on a low-lactose diet)
- 1 frozen banana
- ¼ cup peanut butter
- ½ cup vanilla ice cream

Blend ingredients until smooth.

**Yield:** One 1-cup serving

_Nutrition information per serving: 666 calories and 22 grams protein._

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**Sherbet Shake**

- ½ cup sherbet
- ½ 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._