



# Low-Sugar Special Drink Recipes

This handout contains recipes for low-sugar drinks that you can make at home. These drinks can supplement your oral diet. Some flavors are suggested, but you can change them to suit your own taste.

## Milk Mixture

1 quart skim (nonfat) milk  
1 cup nonfat milk powder  
*Chill well. Use in place of regular milk for cooking or in special drinks.*

*Makes:* 4 servings  
*Serving size:* 8 ounces (1 cup)  
*Calories:* 95  
*Protein:* 18 g

## Breakfast in a Glass

½ cup skim milk or Milk Mixture  
¼ cup orange or pineapple juice  
¼ cup liquid egg substitute  
½ banana  
1 packet of Equal  
*Blend all ingredients.*

*Makes:* 1 serving  
*Serving size:* 10 ounces  
*Calories:* 145 with skim milk  
195 with Milk Mixture  
*Protein:* 9 g with skim milk  
14 g with Milk Mixture

## Egg Nog

1 cup skim milk or Milk Mixture  
¼ cup liquid egg substitute  
½ tablespoon vanilla flavoring  
1 packet Equal  
*Blend all ingredients.*

*Makes:* 1 serving  
*Serving size:* 10 ounces  
*Calories:* 135 with skim milk  
245 with Milk Mixture  
*Protein:* 13 g with skim milk  
23 g with Milk Mixture

### **Fruit Nog**

1 cup skim milk or Milk Mixture  
½ teaspoon vanilla flavoring  
1 packet Equal  
½ cup peaches (fresh, or canned in juice)  
¼ cup liquid egg mixture

*Makes:* 1 serving  
*Serving size:* 12 ounces  
*Calories:* 160 with skim milk  
270 with Milk Mixture  
*Protein:* 13 g with skim milk  
23 g with Milk Mixture

*Blend all ingredients.*

### **High-Protein Shake**

½ cup skim milk  
1 packet Sugar-free Instant Breakfast  
½ cup ice

*Makes:* 1 serving  
*Serving size:* 8 ounces (1 cup)  
*Calories:* 110  
*Protein:* 10 g

*Blend all ingredients.*

### **Orange Julius**

½ cup orange juice  
½ cup skim milk or Milk Mixture  
¼ cup liquid egg substitute  
1 packet Equal

*Makes:* 1 serving  
*Serving size:* 10 ounces  
*Calories:* 125 with skim milk  
175 with Milk Mixture  
*Protein:* 9 g with skim milk  
14 g with Milk Mixture

*Blend all ingredients.*

### **Smoothie**

¼ cup low fat (1%) cottage cheese  
½ cup ice milk  
¼ cup sugar-free fruit flavored gelatin (prepared)  
1 tablespoon powdered milk

*Makes:* 1 serving  
*Serving size:* 8 ounces (1 cup)  
*Calories:* 115  
*Protein:* 11 g

*Blend all ingredients.*

### **Yogurt Nog**

½ cup sugar-free nonfat yogurt  
½ cup orange juice  
¼ cup liquid egg substitute  
1 packet Equal

*Makes:* 1 serving  
*Serving size:* 10 ounces  
*Calories:* 130  
*Protein:* 10 g

*Blend all ingredients.*

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Dietitian/Diet Technician:

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## Yogurt Shake

- ½ cup skim milk or Milk Mixture
- ¼ cup sugar-free fruit yogurt
- ¼ cup soft fresh fruit, or canned fruit (packed in juice)

*Blend all ingredients.*

- Makes:* 1 serving
- Serving size:* 8 ounces (1 cup)
- Calories:* 95 with skim milk  
145 with Milk Mixture
- Protein:* 6 g with skim milk  
11 g with Milk Mixture

## Other Suggestions

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Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Dietitian/Diet Technician: \_\_\_\_\_ Phone: \_\_\_\_\_