Nutella
(1 tablespoon)
• Spread on toast, crackers or fruit slices

Olives
(20 small, chopped)
• Add to salads, sandwiches, or salsa

Pancake Syrup
(2 tablespoons)
• Add to hot cereals, milk, or pour over ice cream

Peanut Butter
(1 tablespoon)
• Spread on sandwiches, toast, muffins, crackers, waffles and pancakes
• Use as a dip for celery, carrots, apples or bananas
• Blend into milkshakes, swirl into ice cream

Sour Cream
(4 tablespoons)
• Add to soups, baked potatoes, macaroni and cheese, eggs, stews, sauces, baked meat, fish
• Use as a dip for fresh fruits, vegetables and nachos

Whey Protein Powder
(2 tablespoons)
• Add to milkshakes, fruit smoothies, soups, mashed potatoes, casseroles, applesauce, yogurt

Whipped Cream
(2 tablespoons)
• Use as a topping for cakes, fruit, muffins, pancakes, yogurt, pudding, milkshakes, smoothies, hot chocolate, gelatin

Yogurt
(2/3 cup)
• Blend with frozen fruit and whey protein powder or powdered milk for a fruit yogurt smoothie
• Mix with granola, chopped nuts, and fruit
• Use as a topping for cakes, pancakes and waffles

100 Calorie Energy Boosters

High calorie additives and their serving sizes that will provide approximately an extra 100 calories when added to food
Avocado
(¼ cup pureed or ½ cup sliced)
• Add to salads and sandwiches
• Spread on toast or bagels
• Make guacamole and eat with chips, burritos or quesadillas

Bacon
(2 slices)
• Add to sandwiches, casseroles, vegetable dishes and salads

Cheese
(Sliced 1 ounce or shredded 3 tablespoons)
• Add to casseroles, omelets, sandwiches, burritos, tortillas, pasta, potatoes, vegetables and bread sticks

Chocolate Chips or Ice Cream Sprinkles
(1.5 tablespoons)
• Sprinkle on ice-cream, pudding, fruit or yogurt

Chopped Nuts
(2 tablespoons)
• Add to cereal, ice-cream, fruit, salads, pudding, casseroles, meatloaf, sauces, soups, milkshakes

Coconut Milk
(¼ cup)
• Add to soups, hot cereal, stir fry, casseroles
• Use in recipes in place of milk for a sweet, nutty flavor

Cream Cheese
(2 tablespoons)
• Spread on bread, crackers and fruit
• Mix in mashed potatoes or macaroni and cheese

Dry Powder Milk
(¼ cup)
• Add to whole milk to increase calorie / protein content. Add to casseroles, meatloaf, sauces, soups, milkshakes

Eggs
(1.5 medium eggs)
• Add extra eggs to pudding, quiche, pancake batter
• Chop hard-cooked eggs and add to sandwich fillings, salads, soups

Granola
(¼ cup)
• Add to cookie, muffin, bread batters
• Sprinkle on yogurt, ice cream, pudding, fruit
• Mix with dry fruit and nuts for a snack

Heavy Cream
(2 tablespoons)
• Add to mashed potatoes, casseroles, eggs, gravies, hot chocolate and milkshakes
• Pour on hot or cold cereal
• Use in place of water when cooking, such as when making hot cereal, soups, sauces, pancakes and waffles

Ice Cream/Frozen Yogurt
(½ cup)
• Mix with whole milk, cream or liquid nutritional supplement for a tasty milkshake
• Eat with pie, cookies or cakes or sandwich between two cookies or graham crackers

Margarine, Butter, Oil
(1 tablespoon)
• Add to soups, potatoes, hot cereal, rice, noodles, bread, tortillas, biscuits and cooked vegetables
• Saute or stir-fry vegetables, meat, chicken or fish in olive or canola oil

Mayonnaise / Salad Dressing
(2 tablespoons)
• Spread generously on sandwiches or on top of meat or fish or pour on a salad or mix into tuna or egg salad
• Dip with vegetables, fries, and chicken fingers