High Calorie Shakes and Smoothies

Try these recipes to improve your daily calorie intake, or be creative and make up your own.

**High Calorie Beverage**
- 1/2 cup heavy cream
- 1/2 cup half and half
- One packet Scandishake or Carnation Instant Breakfast
- Stir together well

**High Calorie Milkshake - Basic Recipe**
- 1 cup whole milk or half and half
- 1 cup ice cream
- One packet Scandishake or Carnation Instant Breakfast
- Chocolate, Strawberry, or Caramel syrup to taste
- Blend until smooth and enjoy!

**Orange Cream Milkshake**
- 1/2 cup whole milk or half and half
- 1 cup orange sherbet
- One packet vanilla Scandishake or Carnation Instant Breakfast
- Blend until smooth and enjoy!

**Peach Milkshake**
- 1 cup whole milk or half and half
- 1 cup vanilla ice cream
- 1 cup frozen or canned peaches
- One packet vanilla Scandishake or Carnation Instant Breakfast
- Blend together well

**Oreo Milkshake**
- 1 cup whole milk
- 1 cup ice cream
- 5 Double Stuff Oreos
- One packet vanilla Scandishake or Carnation Instant Breakfast
- Put the milk in the blender first and then the cookies so they will soften up for a minute
- Blend together well

**Peanut Butter Milkshake**
- 1 cup whole milk or half and half
- 1 cup vanilla ice cream
- 5 Peanut butter sandwich cookies
- 2 tablespoons peanut butter
- One packet Scandishake or Carnation Instant Breakfast
- Blend together well
Chocolate-Peanut Butter Shake
• 1/2 cup half and half or heavy whipping cream
• 3 Tablespoons creamy peanut butter
• 3 Tablespoons chocolate syrup
• 1 1/2 cup chocolate ice cream
• Blend together well
• Top with crushed Oreos

Apple Pie a la Mode Shake
• 1/2 cup whole milk
• 1 cup vanilla ice cream
• 1 cup apple pie filling
• Dash cinnamon
• Blend together well

Sherbet Shake
• 1 cup sherbet, any flavor
• 1/2 cup whole milk or half and half
• Blend until smooth

Grape Slush
• 2 grape juice bars
• 1/2 cup grape juice or 7-up
• 2 Tablespoons honey or corn syrup
• 1 Tablespoon corn or vegetable oil
• 1 cup ice cream or sherbet (optional)
• Blend together until smooth

Fruit Yogurt Smoothie
• 1/2 cup yogurt
• 1/2 cup fresh or frozen fruit or your choice
• 1 banana
• 1/4 cup orange or apple juice
• Combine all ingredients in a blender, mixing until smooth

Strawberry Banana Smoothie
• 1/2 cup ice
• 1/2 cup fresh or frozen strawberries
• 1 banana
• 1/4 cup yogurt or vanilla ice cream
• 1/4 cup apple juice
• Combine all ingredients in a blender, mixing until smooth
**Mango Coconut Smoothie**
- 1 cup chopped mango, fresh or frozen
- 3/4 cup orange juice
- 1/2 cup coconut milk
- 4 ice cubes
- Blend together until smooth

**Chocolate Banana Smoothie**
- 1 1/2 cups whole milk or half and half
- 1 banana, peeled
- 1 tablespoon honey
- 1/4 teaspoon vanilla extract
- 2 ice cubes
- 1/2 cup vanilla ice cream (optional)
- Blend together until smooth

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**High Calorie High Protein Shakes**

References:
The Cancer-Fighting Kitchen, by R. Katz (Ten Speed Press, 2009)
High Calorie/High Protein Shake Recipes Handout (CMCD, last updated 6/4/02)