

INFORMATION FOR PATIENTS

Nourishing desserts

If you have a small appetite or recent weight loss, nourishing desserts can boost your nutritional intake. Try to have one as a mid-morning or afternoon snack.

Fruit Fool (250kcal and 14g protein per portion)

300mls of fruit puree
150g of custard
2 tablespoons of skimmed milk powder (30g)
150mls of evaporated milk
1 tablespoon of honey

Method

Whip the evaporated milk to a thick consistency. Mix the fruit puree and custard and fold into the thickened evaporated milk. Chill before serving. Mix honey into taste. Serves 2-3.

Fortified bread and butter pudding (555kcal and 22g protein per portion)

2 slices of buttered bread
300mls of full cream milk
2 tablespoons of skimmed milk powder
2 tablespoons of double cream
2 eggs
50g of dried fruit
25g of sugar
Mixed spice

Method

Cut the bread into triangles and arrange in an ovenproof dish. Sprinkle over the dried fruit, sugar and mixed spice. Whisk the milk powder into the milk and add the double cream. Whisk the eggs into the milk mixture. Pour the mixture over the bread and bake at 180°C for approx. 40mins. Serves 2.

Sweet milk jelly (330kcal and 7g protein per portion)

1 packet of jelly (135g)
285 mls (1/2 pint) of boiling water
285mls (1/2 pint) of condensed milk

Method

Separate jelly cubes into a bowl. Add boiling water and stir until dissolved. Add the condensed milk and pour into moulds. Allow to cool and refrigerate to set. Serves 4.

Fortified whip (300kcal and 8g protein per portion)

200mls of full fat milk
100mls of double cream
3 tablespoons (40g) of skimmed milk powder
1 packet of instant whip dessert, e.g. Angel Delight

Method

Milk the milk powder into the milk and stir well. Add the double cream. Whisk in the sachet of instant whip. Divide into 3 portions and leave to thicken.

Fortified rice pudding (378kcal and 14g per portion)

50g of pudding rice
350mls of full cream milk
2 tablespoons (30g) of skimmed milk powder
25g sugar
2 tablespoons of double cream

Method

Mix all ingredients together in a saucepan and bring to the boil. Turn down the heat to a gentle simmer and cook for 20-25 minutes. Serves 2.

Contact details

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Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

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Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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