As we age, malnutrition can become a serious issue! Malnutrition can stem from a loss of appetite, difficulty eating, illness etc. However, we can combat this issue by adding protein and calories to our diet. Adding calories and protein to the diet may not sound simple, but it can be! One example is using powdered milk. Powdered milk can be used in any recipe that calls for milk. But, it can also be added to regular fluid milk to increase calories and protein content. Simply add 2 to 4 tablespoons of powdered milk to one cup of regular milk. Doing so will add 66 to 132 calories and 6 to 12 grams of protein. But wait there’s more! You can also add powdered milk to puddings, potatoes, soups, ground meats, vegetables, cooked cereal, milkshakes, yogurt, and pancake batter. Some other examples to increase calorie and protein intake includes adding these items to your foods: eggs, butter, cheese, wheat germ, mayonnaise or salad dressing, evaporated milk, sour cream, sweetened condensed milk, peanut butter, Carnation Instant Breakfast and gravies.
PROTEIN BALLS

This recipe makes 16 protein balls.

This recipe is adapted from http://www.thriftyfun.com/tf95145039.tip.html

INGREDIENTS:
• ½ cup creamy peanut butter
• ¾ cup nonfat milk powder
• 1/2 cup ground flaxseed
• 1/2 cup honey
• 1/2 cup crushed cereal of your choice if desired or coconut

Add the following per your preferences:
• 1/3 cup raisins
• 1/3 cup Craisins
• 1/3 cup sunflower nuts
• 1/3 cup chocolate chips

DIRECTIONS:
1. Combine peanut butter, milk powder, flaxseed, and honey in a bowl and mix well. Stir in the sunflower nuts and dried fruit as desired.
2. Roll mixture in small balls and then roll balls in crushed cereal, if desired. Place on waxed paper.
3. Chill in refrigerator for at least 1 hour before serving.

Photo by Pam VanKampen

Chocolate-Peanut Butter Shake  One shake is 1070 calories!

INGREDIENTS:  DIRECTIONS:
• ½ cup heavy whipping cream
• 3 Tbsp. creamy peanut butter
• 3 Tbsp. chocolate syrup
• 1 1/2 cup chocolate ice cream

1. Blend in a blender! Enjoy.

Photo courtesy of Pixabay

Additional Tips & Recipes for using Powdered Dry Milk
http://www.tvsinc.org/index.cfm/do/pages.view/id/16/page/nonfat-dry-milk-recipes