

# How to Make a High-Calorie Shake

High-calorie shakes can help you meet your nutrition goals. It is easy to make your own shake from ingredients you already enjoy, or you can follow a recipe. Experiment with the amount of each ingredient, adding more liquids or solids as needed. Make extra and freeze for later.

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## Start with a liquid base.

Try one of these to start:

- Whole milk (regular or lactose-free)
- Half-and-half
- Buttermilk
- Heavy whipping cream
- High-calorie, high-protein nutritional drink
- Yogurt (whole milk)
- Soy milk
- Almond milk with added protein

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## Add fruit and/or flavorings.

Add some fruit or some of your favorite flavors like:

- Flavored syrups like chocolate, caramel, butterscotch, or strawberry
- Jam or jelly
- Hot fudge sauce
- Hazelnut spread
- Honey
- Cocoa powder
- Instant coffee
- Fresh canned or frozen fruit like peaches, strawberries, blueberries, or bananas

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## Add extra protein and calories.

### ■ Protein choices:

- Protein powder
- Silken tofu
- Cottage cheese
- Dried or regular peanut butter
- Nut butters
- Seeds like flax, chia, or hemp
- Powdered milk

### ■ Calorie choices:

- Ice cream
- Canned coconut milk
- Oils like flaxseed, olive, or canola
- Avocado

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## Blend until smooth and enjoy!

