



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Citrus Cup

Ingredients

Equal quantities of orange Polycal and lemonade.

Mix and serve.

High Protein Milkshake

½ pint fortified milk

1 scoop vanilla ice-cream

Method

Put the ingredients into the blender and blend at low speed for a few seconds.

Flavour with Ribena, Crusha syrup or fruit purée; for energy use maple syrup or honey.

For iced coffee use a dessertspoon of coffee essence or a teaspoon of instant coffee with sugar to taste, and blend with milk before adding ice cream (vanilla, coffee or chocolate).

