



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

## Tomato Yoghurt

### Ingredients

5oz carton plain yoghurt  
¼ pint tomato juice  
2oz high energy powder, e.g. Maxijul or Caloreen  
2-3 fluid oz hot water

### Method

Dissolve the high energy powder in the hot water; mix all ingredients by hand or in a blender; flavour with Worcestershire sauce, celery salt or just salt and pepper.

Chill well and serve in a tall glass with a straw.

