

**HIGH PROTEIN MILK**

Extra milk powder adds extra protein to normal milk.

 5 minutes 5 minutes 1 portion**INGREDIENTS**

- 200 mLs of milk, reduced fat, fluid, 2% milk
- 10 grams of milk, dry, skim, powder, instant

COOKING METHOD

¹⁰ Mix 1 Tbsp of dry milk powder to every 200 mL of milk this adds an extra 4 g of protein for every glass of milk.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (210 g)	% DRI
ENERGY	66 kcal	138 kcal	7 %
FAT	2 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	12 %
CHOLESTEROL	8 mg	18 mg	6 %
SODIUM	76 mg	159 mg	7 %
CARBOHYDRATE	7 g	15 g	5 %
SUGARS	2 g	5 g	—
FIBER	0 g	0 g	0 %
PROTEIN	5 g	10 g	—