



Desserts.

As we age, our calcium requirements increase. Dairy foods are a rich source of calcium. There are many desserts that are made from dairy foods, are tasty and easy to eat.

Dessert ideas

Serve fruit with:

- baked custard
- crème caramel
- yoghurt
- blancmange (milk based)
- cheese platter.

Serve custard or yoghurt with:

- fruit pie/Danish/strudel/crumble
- steamed pudding with dried fruit
- fruit/vegetable cake
- fruit salad
- stewed/canned fruit.



Ways to fortify desserts

Desserts can be fortified to add extra protein and minerals. Use 'fortified milk', evaporated milk or 'fortified custard or yoghurt' in dairy desserts.





Fortified milk

Fortified milk is milk that is made stronger by adding extra protein and minerals. The cheapest way to fortify milk is to mix in milk powder (also known as powdered milk). You can buy this in most supermarkets near the long-life milk. You can:

- Use fortified milk in place of regular milk.
- Try adding it to cereal, tea and coffee, milkshakes, soups, mashed potatoes, sauces and desserts.
- Use it hot or cold.

For even more energy and protein, you can use commercial energy and protein powders such as Sustagen® or Ensure® in place of milk powder in recipes.

Fortified milk recipe

Quantity	Ingredients	Method
One cup	Two tablespoons of milk powder. One cup of full cream milk.	Whisk ingredients together.
One litre	One cup of milk powder. One litre of full cream milk.	Whisk ingredients together.

Fortified dessert recipes

Quantity	Ingredients	Method
200g yoghurt	Three teaspoons of milk powder. 200g of yoghurt	Whisk ingredients together.
200g custard	Three teaspoons of milk powder. 200g of custard	Whisk ingredients together.

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Visit the Department of Health website (www.health.gov.au) for more information.

