


## ***Not everyone needs Boost or Ensure.***

For most people in need of a small meal replacement, or supplemental energy/protein intake, this simple recipe is arguably better, and at less than half the cost.

 <span style="font-size: 2em; font-weight: bold; margin-left: 10px;">Simple Shake</span>		
Ingredients	Possible substitutions	Directions
¾ cup 1% milk (6oz)	<ul style="list-style-type: none"> <li>• 2% for higher Calories (*also higher saturated fat)</li> <li>• lactose-free milk</li> <li>• Soy milk</li> <li>• Almond/rice milk (*much lower protein, not recommended)</li> </ul>	<p>1. Mix all ingredients in a blender, and enjoy!</p> <p>If you plan to have more than 1 shake per day, double the recipe and keep half in the fridge for later.</p> <p>Nutrition Facts are for original recipe.</p>
1 tbsp peanut butter	<ul style="list-style-type: none"> <li>• Other nut butters like almond, cashew (much more expensive)</li> <li>• pea-based peanut butter replacement (NoNuts™)</li> </ul>	
1 tbsp ground flax seed	<ul style="list-style-type: none"> <li>• Hemp hearts (higher protein, but less fibre and omega-3)</li> </ul>	
½ banana (ripe and frozen is best)	<ul style="list-style-type: none"> <li>• ½ cup fresh or frozen fruit (berries are best).</li> </ul>	

<b>Nutrition Facts</b>		
Serving Size: 1 recipe (~250ml)		
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Amount Per Serving		
Calories: 288		
% Daily Value*		
Total Fat	15g	23%
Saturated Fat	3g	15%
Trans Fat	0g	0%
Cholesterol	9mg	3%
Sodium	158mg	7%
Potassium	710mg	16%
Total Carb	31g	10%
Sugars	20g	
Dietary Fiber	5g	18%
Protein	13g	
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Vitamin A 12% • Vitamin C 10%		
Calcium 25% • Iron 7%		
*Percent Daily Values are based on a 2,000 calorie diet.		

Homemade	Boost/Ensure
\$0.65 per serving	\$1.50 to >\$2.00 per serving
Similar Calories/ml	
All whole food ingredients	Main ingredients are water, sugar, corn syrup, milk protein, soy/canola/corn oil, flavourings and vitamins/minerals.
15g protein	9g protein in original formulas
5g fibre	0g fibre
Great taste!	Mediocre taste, often poorly tolerated after a while
Good source of Vitamin A, D, B12, calcium, but lacking in other micronutrients*.	Complete vitamin and mineral profile.

**\*Note:** the lesser vitamins and minerals of the homemade drink would only be an issue if this shake is used as a long-term meal replacement. If this is a concern, a standard multivitamin tablet could be taken daily with the homemade shake (adds a cost of ~ \$0.10 per day; still far cheaper than Boost/Ensure).