



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

## Fruit Milkshake

### Ingredients

1 cup milk

1 cup tinned fruit (drained) or fresh fruit

1 packet vanilla Build Up, Complan or full cream milk

1 teaspoon sugar (optional)



### Method

Liquidise the fruit.

Add other ingredients.

Blend and serve.

