

Smoothies and shakes

For patients with cancer

Smoothies and shakes are an easy way to get more nutrition. They are a great choice if you have lost weight, have problems eating, or need more protein and calories in your diet.

Start with 1 cup (250 ml) of fluid:

High-protein choices:

- Milk or lactose-free milk
- Soy or pea milk
- Nutrition supplement drink

Low-protein choices:

- Almond, rice, oat, hemp, or coconut milk
- Fruit juice



Add ½ cup (125 ml) or 1 medium fruit:

- Fresh or frozen berries or banana
- Fresh, frozen, or canned peaches, pineapple, or mango



Add protein (choose one or more):

- ½ cup (125 ml) Greek or Icelandic yogurt
- ½ cup (75 ml) cottage cheese
- ½ cup (100 g) soft tofu
- ¼ cup (60 ml) skim milk powder*
- ¼ cup (60 ml) protein powder*
- 2 Tbsp. (30 ml) nut butter



*Add protein or skim milk powder at the end so it does not foam

Add more fibre (optional):

These foods can be rough. Do not add them if you have pain when you swallow.

- 1 Tbsp. (15 ml) seeds – try sunflower, chia, flax, or pumpkin
- ½ cup (125 ml) leafy greens – try kale, spinach, or Swiss chard



To add more calories (choose one or more):

- ¼ - ½ avocado
- 1 Tbsp. (15 ml) vegetable oil
- 3 Tbsp. (45 ml) whipping cream
- 2 Tbsp. (30 ml) honey or maple syrup
- ½ cup (125 ml) ice cream, frozen yogurt, or sherbet
- 2 Tbsp. (30 ml) flavoured syrup
- 2 Tbsp. (30 ml) condensed milk



Tips

- Always follow good food safety practices:
 - Clean your blender well each time you use it
 - Rinse all fruits and vegetables with water before you add them to your blender
 - Keep leftovers in the fridge for up to 24 hours or freeze them to enjoy later
- Chop, cut, and measure fruit, vegetables, and seeds for the week and store them in the fridge or freezer in air-tight containers
- After you blend your smoothie pour it through a strainer to remove chunks
- Try different recipes to get a variety of vitamins and minerals

Recipes

Banana Berry

Makes 2 cups (500 ml)

1 cup (250 ml) has 243 calories, 18 g protein

- 1 cup (250 ml) whole 3.25% milk
- ½ frozen banana
- ¼ cup (60 ml) frozen raspberries
- ½ cup (125 ml) fresh Swiss chard, chopped
- 1 Tbsp. (15 ml) flax seeds
- 1 Tbsp. (15 ml) honey
- ¼ cup (60 ml) whey protein powder

Very Berry

Makes 2 ⅓ cups (575 ml)

1 cup (250 ml) has 200 calories, 10 g protein

- 1 cup (250 ml) whole 3.25% milk
- ½ cup (125 ml) 5% plain Greek yogurt
- ½ cup (125 ml) frozen berries
- ½ cup (125 ml) fresh spinach
- 2 Tbsp. (30 ml) honey
- 1 Tbsp. (15 ml) chia seeds

Frappuccino

Makes 2 cups (500 ml)

1 cup (250 ml) has 273 calories, 13 g protein

- 1 cup (250 ml) whole 3.25% plain or chocolate milk
- 1 frozen banana
- 1 Tbsp. (15 ml) instant coffee
- 2 Tbsp. (30 ml) peanut butter
- ¼ cup (60 ml) skim milk powder

Avocado Milkshake

Makes 1 ¼ cups (310 ml)

1 cup (250 ml) has 596 calories, 25 g protein

- 1 avocado
- ½ can (175 ml) evaporated milk, cold
- ¼ cup (60 ml) skim milk powder
- ¼ cup (60 ml) sweetened condensed milk
- ¼ cup (60 ml) ice cubes

Mango Pineapple

Makes 2 cups (500 ml)

1 cup (250 ml) has 249 calories, 10 g protein

- ½ cup (125 ml) whole 3.25% milk
- ½ cup (125 ml) mango juice
- ½ cup (125 ml) frozen pineapple
- ⅓ cup (75 ml) 2% cottage cheese
- 1 Tbsp. (15 ml) canola oil
- 1 Tbsp. (15 ml) honey
- ¼ cup (60 ml) skim milk powder

Chocolate Peanut Butter Banana

Makes 2 ¼ cups (560 ml)

1 cup (250 ml) has 332 calories, 17 g protein

- 1 cup (250 ml) whole 3.25% milk
- 1 frozen banana
- ¼ cup (60 ml) whey protein powder
- ½ cup (125 ml) ice cream
- 2 Tbsp. (30 ml) peanut butter
- 2 Tbsp. (30 ml) chocolate syrup

Peach Cream

Makes 2 cups (500 ml)

1 cup (250 ml) has 266 calories, 10 g protein

- 1 cup (250 ml) whole 3.25% milk
- ½ cup (125 ml) sliced peaches, canned
- ½ cup (125 ml) soft tofu
- ¼ cup (60 ml) skim milk powder
- 1 Tbsp. (15 ml) honey

Green Machine (plant-based)

Makes 2 cups (500 ml)

1 cup (250 ml) has 242 calories, 18 g protein

- 1 cup (250 ml) soy milk
- ¼ cup (60 ml) pea protein powder
- 1 frozen banana
- ½ avocado
- ½ cup (125 ml) raw spinach

If you are a patient at the Odette Cancer Centre and you would like more nutrition information, please visit the Nutrition Resource Centre, T-Wing ground floor, TG-261 (across from the café) or call 416-480-5000 ext. 3438.