

Smoothies and shakes

For people 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 liquid:

High-protein choices:

- milk or lactose-free milk
- soy or pea milk
- oral 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
- ⅓ cup (75 ml) cottage cheese
- 2 Tbsp. (30 ml) nut butter, like peanut butter
- ¼ cup (60 ml) skim milk powder*
- ¼ cup (60 ml) protein powder*
- ½ cup (100 g) soft tofu



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

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



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 – like sunflower, chia, flax, or pumpkin
- ½ cup (125 ml) leafy greens – like kale, spinach, or Swiss chard



Tips

- Always follow good food safety practices:
 - clean your blender with soap and hot water every time you use it
 - rinse fresh fruits and vegetables under water before adding them to the 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 airtight containers.
- Try different recipes to get a variety of vitamins and minerals.

Recipes

Banana berry

Makes 2 ¼ cups (560 ml)

1 cup (250 ml) has 221 calories, 11 g protein

- 1 cup (250 ml) whole 3.25% milk
- ½ cup (125 ml) 5% plain Greek yogurt
- ½ frozen banana
- ¼ cup (60 ml) frozen raspberries
- ½ cup (125 ml) fresh kale, chopped
- 1 Tbsp. (15 ml) flax seeds
- 1 Tbsp. (15 ml) honey

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

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

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
- ½ cup (125 ml) ice cream
- 2 Tbsp. (30 ml) peanut butter
- 2 Tbsp. (30 ml) chocolate syrup
- ¼ cup (60 ml) whey protein 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) sweetened condensed milk
- ¼ cup (60 ml) ice cubes
- ¼ cup (60 ml) skim milk powder

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

If you are a patient at the Odette Cancer Centre and you would like more nutrition information, please visit the Patient & Family Support office in TG 230 (T-wing, ground floor, room 230), call 416-480-4623, or visit [sunnybrook.ca/cancernutrition](https://www.sunnybrook.ca/cancernutrition)

This resource should be used for information and does not replace medical advice. For questions, concerns, or additional information, contact your dietitian. This resource is for personal use only.