

Breakfast | Snack

# Sweet Cherry Smoothie

Side Effect: Trouble Swallowing

**10 Mins**  
Prep Time

**0 Mins**  
Cook Time

**1**  
Servings

 **309 Calories** **3g Fat** **58g Carbs** **17g Protein**



## Ingredients

 **1 Serving** • **1 Smoothie Bowl** Serving Size

 **10 Mins** Total Time

 **Allergens: Dairy, Nuts**

**½ Cup** Frozen Cherries 

**½ Cup** Frozen Spinach

**½ Cup** Frozen, Riced Cauliflower

**½ Cup** Frozen Banana

**1 ½ Cups** Vanilla Almond Milk

**1 Tsp** Cinnamon 

**1 (5.3 oz) Carton** Vanilla Greek Yogurt, **pasteurized**

### Allergen Swap

**Dairy** Omit Greek yogurt, and use a plant-based version such as a soy, coconut, or almond; use a plant-based protein powder

**Nuts** Omit the almond milk; use soy, rice, or cow's milk

### Nourishment Note



#### Smoothies

Smoothies are a great option for those with swallowing difficulties. They are cool, refreshing and the thickness can be adjusted by adding more liquids or frozen ingredients. They are also great for adding nutritional boosters, like protein powder.



#### Cherries

Cherries are a great source of antioxidants, including anthocyanins and quercetin. Anthocyanins may help decrease the risk for certain cancers and lower inflammation within the body. Quercetin helps protect the DNA and the heart.



#### Cinnamon

Cinnamaldahyde, a compound found in cinnamon, may help to lessen the inflammation associated with certain cancers.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Combine Ingredients

Combine cherries, spinach, cauliflower, banana, almond milk, cinnamon, and yogurt in a blender. Blend until thick and smooth. For a thinner consistency, add more liquid.

### 3. Serve

Serve immediately.

### 4. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [damndelicious.net](http://damndelicious.net)

## What You'll Need



Measuring Cups



Measuring Spoons



Blender or Smoothie Maker

### Fatigue Buster

- Use frozen fruits and vegetables.
- Peel bananas before storing them in the freezer.
- Make zip-top bags of all the frozen ingredients so you can quickly make a smoothie when you're feeling hungry.