

Breakfast | Snack

Beach Berry Smoothie

Side Effect: Weight Loss/Low Appetite

5 Mins
Prep Time

0 Mins
Cook Time

2
Servings

 **313** Calories **19g** Fat **27g** Carbs **9g** Protein

Ingredients

 **2** Servings  **5 Mins** Total Time  **Allergens: Soy**

½ Cup Unsweetened, Frozen Blueberries, **rinse before using** 

½ Cup Unsweetened, Frozen Raspberries, **rinse before using**

4 oz Silken Tofu 

10 Frozen Strawberries, **rinse before using**

½ Cup Full-Fat Coconut Milk

½ Cup Pineapple Juice

½ Cup Unsweetened, Vanilla Soy Milk

Allergen Swap

Soy Omit tofu and use 4 oz low-fat cottage cheese. Omit soy milk and use cow's milk or another milk alternative.



Blueberries

Blueberries have more antioxidants than any other popular fruit or vegetable. Antioxidants help to protect healthy cells from free radicals in the body.



Tofu

Tofu is an excellent protein source and contains all 9 essential amino acids. Protein needs may be elevated while undergoing cancer treatment.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

Place all ingredients in a blender and blend until smooth.
Serve and enjoy!

3. Store

Refrigerate within 2 hours. Smoothie will keep for 1 day
in the refrigerator.

4. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cup



Blender



Cups

Fatigue Buster

- Ask a friend or family member to help prepare this smoothie.