

Breakfast | Snack

High Protein Blueberry Smoothie

Side Effect: Weight Loss/ Loss of Appetite

5 Mins
Prep Time

0 Mins
Cook Time

1
Serving

 **435 Calories** **9g Fat** **75g Carbs** **21g Protein**



Ingredients

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

4 oz Silken Tofu 

1 Banana

½ Cup Frozen Blueberries 

6 Frozen Strawberries

1 Cup Vanilla Soy Milk

½ Cup Pineapple Juice

Allergen Swap

Soy Omit tofu; replace with 1-2 scoops of protein powder.
Omit soy milk; replace with cow's milk or a milk alternative.

Nourishment Note



Blueberries

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



Silken 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 blender and blend until smooth.
Serve and enjoy!

3. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians

What You'll Need



Measuring Cups



Blender



Cup

- Freeze ripe, peeled bananas for a quick smoothie addition.