

Side | Snack | Beverage

# **Mele Kalikimaka**

**Side Effect: Altered Taste** 

**10 Mins Prep Time** 

**0** Mins **Cook Time**  **Servings** 

273 Calories

16g Fat 33g Carbs

**5g** Protein



# **Ingredients**

4 Servings



**10 Mins Total Time** 



**Allergens: None** 

3 Cups Fresh Pineapple, wash thoroughly before cutting 🖤



- 1 Can Full-Fat Coconut Milk, rinse lid before opening can
- ½ Lime, washed thoroughly and juiced 🖤
- 1 Cup Pineapple Juice
- 1 Cup Ice

### **Nourishment Note**



### Tart & Sweet Flavors

Taste can become altered during chemo treatment, making certain foods and flavors unappealing. Consuming tart or sweet flavors can make eating and drinking more enjoyable.



#### **Old, Uncooked Foods**

Cold foods that aren't cooked, such as fruit salsa, smoothies, yogurt and fruit, are typically well-tolerated in patients experiencing altered taste.



# **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Blend Ingredients

To a blender, combine all ingredients. Blend until smooth and frothy.

#### 3. Refrigerate & Store

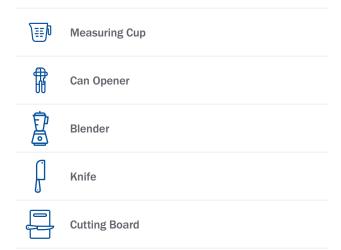
Beverage keeps well in the refrigerator up to 3 days. Discard unused leftovers after 2 hours.

#### 4. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

## What You'll Need



## **Fatigue Buster**

- Ask a friend or family member to help prepare this recipe.
- Look for pre-cut pineapple in the deli or produce section
  of the grocery store. Be sure to check the expiration
  date before purchasing. Frozen pineapple can also be
  used. Wash pineapple before adding to the beverage.