

Side | Snack | Beverage

Mele Kalikimaka

Side Effect: Altered Taste

10 Mins
Prep Time

0 Mins
Cook Time

4
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.



Cold, 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



Measuring Cup



Can Opener



Blender



Knife



Cutting Board

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.