

Breakfast

# High Protein Orange Whip

Side Effect: Weight Loss/ Loss of Appetite

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**1**  
Serving

 **350 Calories** **5g Fat** **51g Carbs** **25g Protein**



## Ingredients

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

**1 Cup** Orange Juice, **pasteurized**

**½ Cup** Pineapple Juice, **pasteurized**

**½ Cup** Low-Fat Cottage Cheese 

**½ Cup** Vanilla Soy Milk 

**1 Scoop** Vanilla Protein Powder 

**1 Cup** Ice

### Allergen Swap

**Soy** Omit soy milk, replace with cow's milk or a milk alternative.

**Dairy** There is small amounts of lactose in whey, a major component of many protein powders. If lactose intolerant, choose a plant-based protein powder alternative. Omit cottage cheese and replace with ½ cup milk alternative (soy, almond, coconut) yogurt.

### Nourishment Note



#### **Cottage Cheese**

Packed with protein, cottage cheese has an impressive 28g per cup. It's mild flavor and smooth texture makes it a great, and often unnoticed, addition to many foods.



#### **Soy Milk**

Compared to other milk alternatives, soy milk is higher in protein, boasting 8g of protein per cup.



#### **Protein Powder**

Protein powder is a great way to boost protein intake in your diet. This is important as 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

- Purchase an orange-pineapple juice instead of two different types of juice.