

Breakfast | Snack | Lunch

Power-Packed Smoothie Bowl

Side Effect: Weight Loss/Low Appetite

5 Mins
Prep Time

0 Mins
Cook Time

1
Serving

 **1029** Calories **52g** Fat **97g** Carbs **47g** Protein



Ingredients

 **1 Serving**  **5 Mins Total Time**  **Allergens: Nuts, Soy**

12 Oz Vanilla Soy Milk

2 Tbsp Almond Butter 

1 Tbsp Ground Flax Seed 

1 Tbsp Coconut Oil 

2 Tbsp Chia Seeds 

1 Scoop Plant-Based Vanilla Protein Powder, such as Vega®

1 Cup Ripe Banana

1 Cup Strawberries, **washed** and stems removed

1 Cup Ice

½ Tsp Vanilla Extract

¼ Cup Granola, such as KIND® Peanut Butter Granola

Allergen Swap

Nuts Replace the almond butter with sunflower seed butter.

Soy Replace the soy milk with a milk alternative or cow's milk.

Nourishment Note



Chia Seeds

Chia seeds are a great source of omega-3 fats that may help with brain health. They are also a great source of fiber, calories, and protein. Foods high in calories may help prevent unwanted weight-loss, a common side effect in cancer treatment.



Ground Flax Seeds

Ground flax seed is more easily absorbed in the body compared to whole versions. Flax is high in healthy fats, specifically omega-3 fats that may help with brain health.



Coconut Oil

Coconut oil is a high-calorie food. High-calorie foods may help prevent unwanted weight loss, a common side effect with anti-cancer drugs and the cancer itself.



Almond Butter

Almond butter may be one of the best sources of Vitamin E. Vitamin E may help protect healthy cells from damage. Almond butter is also a great source of protein, fat, and calories. High-calorie foods may help prevent unwanted weight loss.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

Add all ingredients, except the granola, to a blender and mix until smooth and creamy.

3. Serve & Enjoy

Pour smoothie into a bowl and top with crunchy granola and extra berries, if desired.

4. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Blender



Measuring Cup



Measuring Spoons

Fatigue Buster

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