

Breakfast | Snack

Berry Burst Smoothie

Side Effect: Weight Loss/Low Appetite

5 Mins
Prep Time

0 Mins
Cook Time

2
Servings

 **306 Calories** **5g Fat** **57g Carbs** **13g Protein**



Ingredients

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

½ Cup Uncooked Oats 

1 Banana

½ Cup Frozen Blueberries, **rinse before using** 

8 Frozen Strawberries, **rinse before using**

½ Cup Frozen Raspberries, **rinse before using**

1 Cup Vanilla Soy Milk

½ Cup Orange Juice, **pasteurized**

1 Scoop Protein Powder 

Allergen Swap

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

Dairy There is a small amount of lactose in whey, a major component of many protein powders. If lactose intolerant, choose a plant-based protein powder 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.



Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function its best.



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 a blender and blend until smooth.
Serve and enjoy!

3. Store

Refrigerate unused smoothie within 2 hours. Smoothie will keep for 1 day in the refrigerator.

4. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cup



Blender



Cups

Fatigue Buster

- Freeze ripe, peeled bananas for a quick smoothie addition.
- Ask a friend or family member to help prepare this smoothie.