

Breakfast | Snack

Juicy Peach Smoothie

Side Effect: Dry Mouth

5 Mins
Prep Time

0 Mins
Cook Time

2
Servings

 **266** Calories **3g** Fat **56g** Carbs **7g** Protein



Ingredients

 **2 Servings** • **1 Smoothie Serving Size**  **5 Mins Total Time**  **Allergens: Dairy, Nuts**

1 Cup Vanilla Almond Milk, unsweetened

1 Cup **Pasteurized** Vanilla Greek Yogurt 

1 Cup Frozen, Sliced Peaches, **rinsed**

1 Very Ripe Banana

¼ Tsp Cinnamon 

3-4 Ice Cubes

Allergen Swap

Dairy Replace the yogurt with a dairy-free version (soy, coconut, nut-based)

Nuts Replace the almond milk with a nut-free version (soy, coconut, cow's milk)

Nourishment Note



Cinnamon

Cinnamon is a powerful antioxidant that can help lower inflammation.



Yogurt

Yogurt, particularly Greek yogurt is an excellent source of protein. Protein needs may be elevated when undergoing cancer treatment.



Smoothies

Moist foods, like smoothies, are often easier to swallow, making them a good choice when dealing with dry mouth.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

Blend ingredients together until smooth and creamy.
Enjoy immediately.

3. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Blender



Glass

Fatigue Buster

- Ask a friend or family member to help prepare this drink when energy levels are low.
- Try preparing smoothie packets to keep in the freezer for easier assembly. In a freezer-safe bag add the peaches, banana (peeled and sliced), ice cubes, and cinnamon. Add to blender with the yogurt and milk when ready to drink.