

Tips for Making Smoothies and Shakes

Smoothies and shakes are a great way to add protein and calories to your diet if you are having trouble swallowing or have a sore mouth. Keep the following points in mind as you get started making high-calorie, high-protein smoothie and shake recipes.

- NEVER use raw eggs in a smoothie.
- If your mouth is sore, skip fruit that contains small seeds, such as strawberries, blueberries or blackberries. These tiny seeds can irritate a sore mouth. Instead, use another fruit, such as a banana, or peaches, nectarines or pears without their skins (peel first). Also, skip the flaxseeds if your mouth is sore.
- Thoroughly wash all raw fruit and vegetables before using them in a smoothie.
- Clean, peel and prepare the smoothie ingredients and place in the blender.
- Blend all of the ingredients together to your desired consistency. Add additional liquid if needed to thin out and blend ingredients. Depending on the “strength” of your blender, you may need more or less liquid to make the mixture blend.
- If fresh fruit is not available, you can use frozen fruit instead. Frozen fruit will make a thicker smoothie than fresh, so you may need more liquid if you are using frozen fruit.
- If you can't finish the whole smoothie at once, you can store the unused portion in the refrigerator or freezer. You can re-blend the smoothie later that same day by adding a little more liquid. Do not store any unused portion of the smoothie in the refrigerator for more than one day.
- In any smoothie recipe, you can use whichever liquid that you like. Examples of liquids that work well for making smoothies include soy milk, rice milk, almond milk, oat milk or regular nonfat milk. You can use a liquid nutritional supplement, such as Boost® or Ensure® as well. To maximize the calories and protein in any smoothie or shake, try using Boost Plus®, Ensure Plus® or a generic version of one of these products as your liquid.
- A common complaint during cancer treatment is that many foods taste too sweet. If food tastes too sweet to you during your cancer treatment, try substituting frozen cranberries for some of the other fruit in a shake or smoothie recipe. This will give you a tart, less sweet shake.

Super Protein Power Smoothie

Preparation time: 10 minutes.

Serves one.

Ingredients

- 1 cup any liquid (milk, soy milk, rice milk, Boost®, Ensure®, Boost Plus® or Ensure Plus®, or a generic version of one of these products); use more than 1 cup if needed to blend
- ½ cup low-fat plain yogurt or soy yogurt
- 2 tablespoons protein powder (any type)
- 1 tablespoon peanut butter or almond butter
- 1 tablespoon finely ground flaxseeds*
- 1 tablespoon canola, almond or olive oil
- 1 banana
- Crushed ice: optional; can be added if a colder smoothie is desired

Instructions:

- Measure and prepare solid ingredients.
- Place these ingredients in the blender.
- Add liquid ingredients to the blender.
- Blend all of the ingredients together to your desired consistency.
- Add additional liquid to the blender if needed to thin out consistency for better blending. Depending on the strength of your blender, you may need more or less liquid to make the mixture blend.

Per serving:** 870 calories; 92 grams of carbohydrates; 40 grams of protein; 38 grams of fat***; 6 grams of fiber; 529 milligrams of sodium; 1,536 milligrams of potassium****

* If your mouth is sore, skip the flaxseeds.

** Made with Boost Plus®, Ensure Plus® or a generic version of one of these products. Calories and protein will be somewhat lower if made with milk, soy milk, rice milk or another liquid.

Banana-Apple Shake

Preparation time: 10 minutes.

Serves one.

Ingredients

- 1 banana
- ½ cup plain low-fat organic yogurt
- ½ cup unsweetened applesauce
- ½ cup any liquid (milk, soy milk, rice milk, Boost®, Ensure®, Boost Plus® or Ensure Plus®, or a generic version of one of these products); use more than ½ cup if needed to blend
- 1 tablespoon honey
- 1 tablespoon oat bran
- 1 tablespoon ground flaxseeds*

Instructions

- Clean, peel and prepare the fruit and other solid ingredients.
- Place these ingredients in the blender.
- Add liquid ingredients to the blender.
- Blend all of the ingredients together to your desired consistency.
- Add additional liquid to the blender if needed to thin out consistency for better blending. Depending on the strength of your blender, you may need more or less liquid to make the mixture blend.

Per serving:** 548 calories; 98 grams of carbohydrates; 17.5 grams of protein; 9.5 grams of fat; 7.7 grams of fiber; 221 milligrams of sodium; 1,158 milligrams of potassium***

* If your mouth is sore, skip the flaxseeds.

** Made with Boost Plus®, Ensure Plus® or a generic version of one of these products. Calories and protein will be somewhat lower if made with milk, soy milk, rice milk or another liquid.

Bursting Blueberry Smoothie

Preparation time: 10 minutes.

Serves one.

Ingredients

- 4 ounces soft or silken tofu*
- 1 banana (use a frozen banana if a thicker smoothie is desired)
- ½ cup fresh or frozen blueberries
- 1 tablespoon canola, almond or olive oil
- 1 cup any liquid (milk, soy milk, rice milk, Boost®, Ensure®, Boost Plus® or Ensure Plus, or a generic version of one of these products); use more than 1 cup if needed to blend

Instructions

- Clean, peel and prepare the fruit and other solid ingredients.
- Place these ingredients in the blender.
- Add liquid ingredients to the blender.
- Blend all of the ingredients together to your desired consistency.
- Add additional liquid to the blender if needed to thin out consistency for better blending. Depending on the strength of your blender, you may need more or less liquid to make the mixture blend.

Per serving:** 720 calories; 91 grams of carbohydrates; 22 grams of protein; 30 grams of fat***; 5.1 grams of fiber; 308 milligrams of sodium; 1,157 milligrams of potassium****

** Made with Boost Plus®, Ensure Plus® or a generic version of one of these products. Calories and protein will be somewhat lower if made with milk, soy milk, rice milk or another liquid.

*** This recipe is high in fat, but contains healthy fat from the canola, almond or olive oil.

Banana Oat Shake

If your mouth is sore, skip the wheat germ.

Preparation Time: 10 minutes

Ingredients

- 1/3 to 1/2 cup cooked oatmeal, chilled
- 1 banana (use a frozen banana if a thicker smoothie is desired)
- 1 cup any liquid (milk, soy milk, rice milk, Boost®, Ensure®, Boost Plus® or Ensure Plus®, or a generic version of one of these products) – use more than 1 cup if needed to blend
- 1 tablespoon wheat germ
- 1 tablespoon honey
- 1 teaspoon vanilla extract

Instructions

- Clean, peel and prepare the fruit and other solid ingredients.
- Place these ingredients in the blender.
- Add liquid ingredients to blender.
- Blend all of the ingredients together to your desired consistency.
- Add additional liquid to the blender if needed to thin out consistency for better blending. Depending on the “strength” of your blender, you may need more or less liquid to make the mixture blend.

Makes 1 serving.

Per Serving*: 646 calories; 20 grams protein; 110 grams carbohydrate; 14 grams fat; 6.5 grams fiber; 295 milligrams sodium; 1021 milligrams potassium**.

* Made with Boost Plus®, Ensure Plus® or a generic version of one of these products. Calories and protein will be somewhat lower if made with milk, soy milk, rice milk or another liquid.

Cinnamon Peach Smoothie

Preparation time: *10 minutes.*

Serves one.

Ingredients

- 1 cup diced peaches (fresh, frozen or canned)
- ½ cup low-fat plain yogurt
- ½ cup any liquid (milk, soy milk, rice milk, Boost®, Ensure®, Boost Plus® or Ensure Plus®, or a generic version of one of these products); use more than ½ cup if needed to blend
- 1 tablespoon honey
- Cinnamon to taste (1/8 teaspoon is a good place to start)

Instructions

- Clean, peel and prepare the fruit and place in the blender.
- Add liquid ingredients to blender.
- Blend all of the ingredients together to your desired consistency.
- Add additional liquid to the blender if needed to thin out consistency for better blending. Depending on the strength of your blender, you may need more or less liquid to make the mixture blend.

Per serving*: *390 calories; 68 grams of carbohydrates; 15 grams of protein; 6.5 grams of fat; 2.5 grams of fiber; 215 milligrams of sodium; 866 milligrams of potassium*

* Made with Boost Plus®, Ensure Plus® or a generic version of one of these products. Calories and protein will be somewhat lower if made with milk, soy milk, rice milk or another liquid.

Raspberry Smoothie Delight

Preparation time: *10 minutes.*

Serves one.

Ingredients

- ½ cup cooked, cooled white rice
- 1 ripe banana (use a frozen banana if a thicker smoothie is desired)
- 1 cup any liquid (milk, soy milk, rice milk, Boost®, Ensure®, Boost Plus® or Ensure Plus®, or a generic version of one of these products); use more than 1 cup if needed to blend.
- 1 cup frozen raspberries*
- 1 tablespoon ground flaxseeds*
- ½ cup plain, low-fat yogurt, or soy yogurt

Instructions

- Clean, peel, and prepare the fruit and other solid ingredients.
- Place these ingredients in the blender.
- Add liquid ingredients to blender.
- Blend all of the ingredients together to your desired consistency.
- Add additional liquid to the blender if needed to thin out consistency for better blending. Depending on the strength of your blender, you may need more or less liquid to make the mixture blend.

Per serving:** *744 calories; 124 grams of carbohydrates; 26 grams of protein; 16 grams of fat; 13.5 grams of fiber; 340 milligrams of sodium; 1,425 milligrams of potassium****

* If your mouth is sore, skip the flaxseeds. The small seeds in raspberries also can irritate a sore mouth. This smoothie can be made with other fruit, such as frozen dark red cherries or peaches, pears or apples, without the peels.

Banana Cocoa Soy Smoothie

Preparation time: *5 minutes.*

Serves one.

Ingredients

- 1 bananas
- ½ cup silken tofu
- ½ cup soy milk
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon honey

Instructions

- Slice banana and freeze until firm.
- Blend tofu, soy milk, cocoa and honey in a blender until smooth.
- Add banana slices and continue to process until smooth.

Per serving : *342 calories; 61 grams of carbohydrates; 16grams of protein; 8 grams of fat; 9 grams of fiber; 116 milligrams of sodium; 742 milligrams of potassium*

Pumpkin Pie Pudding

Try this simple recipe for a high-calorie, tasty pudding. You can eat as much as you like and refrigerate any unused portion for later.

Preparation time: *10 minutes, plus 1 hour and 20 minutes of chilling time.*

Serves one as a dessert.

Ingredients

- 1 cup *unsweetened* pumpkin puree (canned pumpkin puree is a good option)
- 2 teaspoons canola, almond, or olive oil
- ½ teaspoon cinnamon
- ¾ cup apricot nectar

Instructions

- Combine pumpkin puree and oil in a mixing bowl.
- Blend together (by hand or blender) until puree and oil are well combined.
- Add cinnamon, lemon juice, and apricot nectar.
- Blend together (by hand or blender) until all ingredients are well combined.
- Place into serving dish and chill in freezer for approximately 20 minutes.
- Chill in the refrigerator for 1 additional hour.
- Remove from refrigerator and enjoy.

Per serving: *288 calories; 47 grams of carbohydrates; 3.5 grams of protein; 9.5 grams of fat; 8 grams of fiber*; 720 milligrams of sodium**; 18 milligrams of potassium*

High-Protein Gelatin

Many people think of Jell-O as a food with very little nutritional value. However, this recipe is a great way for someone with a sore mouth to add some protein and calories to the diet. It makes a high-protein Jell-O that requires very little chewing and is easy to swallow.

Preparation time: *5 minutes, plus cooling time.*

Serves four as a dessert or snack.

Ingredients

- One 3-ounce package of Jell-O gelatin (any flavor).
- 1/3 cup dried (powdered) egg whites.* (do not substitute liquid egg whites in this recipe)

Instructions

- Prepare Jell-O according to package directions.
- Add 1/3 cup dried (powdered) egg whites* to warm gelatin mixture.
- Stir mixture gently for 2 minutes, until egg whites are completely dissolved.

Place gelatin mixture into the refrigerator to gel (solidify).

** Just Whites is one brand of powdered egg whites. Look for powdered egg whites in the baking supply area of the grocery store or order online.*

Per serving: *115 calories; 8.8 grams of protein; 20 grams of carbohydrates; 0 grams of fat; 0 grams of fiber; 853 milligrams of sodium*; 399 milligrams of potassium.*

Please contact Donna Walsh, MS, RD, CSO, LD at 626-2726 or donna.walsh@mainegeneral.org with any questions about these recipes or your diet.