

Icy Yogurt Pops*

- 1 cup probiotic plain yogurt
- ¾ cup frozen juice concentrate, thawed or pureed fruit**
- ¾ cup milk
- ½ lemon (juice only)

Combine yogurt, fruit juice concentrate and milk. Pour into ice pop molds. Freeze for about 6 hours or until firm.

****For a lower fiber version, use low fiber fruits from Low Fiber Diet handout**

Sunny Orange Shake*

- ¾ cup probiotic vanilla-flavoured yogurt
- 2 Tbsp instant skim milk powder
- ½ cup orange juice

In a blender, combine yogurt, skim-milk powder and orange juice; blend until smooth.

Vanilla Chai Latte*

- 1 chai tea bag
- 2 tsp honey
- 1 cup milk
- 1 tsp vanilla extract

In a sauce pan, combine tea bag, sugar and milk. Bring to a simmer over medium-low heat, stirring occasionally (do not let boil). Remove from heat, cover and let steep for 5 to 8 minutes as desired).

Discard tea bag, and stir in vanilla. Pour into a mug and serve hot.

*Source: The Essential Cancer Treatment Nutrition Guide and Cookbook by Jean LaMantia, RD

Homemade Juices**

- 2 peeled oranges
- ½ cup peeled pineapple
- 2 carrots
- ½ lemon with skin

- 2 celery sticks
- 1 small cucumber, or half of a larger cucumber
- 2-3 kale leaves
- 1 pear or 1 apple
- ½ lemon with skin

****For a low fiber version, use a juicer that removes the pulp from the fruits and vegetables**

Homemade Popsicles

- 1 pack of any flavored Jell-O
- 1 pack any flavor unsweetened Kool-Aid
- ¾ cup sugar
- 2 cups boiling water
- 2 cups cold water

Combine Jell-O, Kool-Aid, and boiling water. Stir until dissolved. Add the cold water, pour into the popsicle molds. Freeze for 4-6 hours until solid.

Homemade Bone Broth

- 1 small onion
- 2 carrots
- 1 celery stick
- 2 chicken backs and 2 thighs
- cube of chicken stock
- 8 cups of water

Add vegetables and chicken to the water and bring to a boil. Reduce heat and simmer for 3 hours. Strain and serve.

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