

# Nourishing Liquids: smoothies and blended drinks

Your body needs adequate energy and nutrition to heal during your cancer treatment and recovery. During treatment your appetite may be low or it may be hard to eat solid foods. Liquids can be an easy way to get the nutrition that your body needs.

**Try making any of the following smoothies, hot drinks, or blended meals.**

For any of the recipes:

**Make substitutions** as desired.

Food item	Replace with
milk	chocolate milk, a nutrition supplement drink, soy beverage, almond beverage with a plant-based protein powder
100% fruit juice	fruit flavored nutrition supplement juice
maple syrup or honey	dates
ice cream	frozen yogurt
peanut butter	another nut butter (such as almond butter)

**Add ingredients** as desired: favorite fruits, choice of nuts or seeds (such as walnuts, ground flax seeds, hemp hearts, and chia seeds), cottage cheese, wheat germ or psyllium husk

**Variations:**

<p><b>Make it Thinner</b></p> <ul style="list-style-type: none"> <li>• Add more liquid (milk, soy beverage, 100% fruit juice, coconut water, water)</li> <li>• Use 100% fruit juice instead of whole fruit or vegetables</li> <li>• Use lower fat yogurt</li> </ul>	<p><b>Make it Thicker</b></p> <ul style="list-style-type: none"> <li>• Add any of the following: ice cubes, banana, avocado, frozen fruit, milk cubes (freeze milk in ice cube trays), high fat yogurt, Greek style yogurt, chia seeds, ground flax seeds, rolled oats, cooked rice, or oatmeal</li> </ul>
<p><b>Make it Less Sweet</b></p> <ul style="list-style-type: none"> <li>• Add lemon juice (one teaspoon at a time)</li> <li>• Use tart fruits such as berries, oranges or cranberries</li> <li>• Omit sweeteners (honey, maple syrup, or date)</li> <li>• Use plain yogurt</li> <li>• Serve over ice</li> <li>• Add a pinch of salt</li> </ul>	<p><b>Make it Sweeter</b></p> <ul style="list-style-type: none"> <li>• Add tropical fruit (banana, mango, kiwi or papaya)</li> <li>• Add dried fruit (dates, raisins, or apricots)</li> <li>• Add sweetened canned fruit (applesauce, pears, or peaches)</li> <li>• Add sweeteners (honey, maple syrup, or date)</li> </ul>

\*Note that any substitutions or variations will change the nutritional value of the smoothie.

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**Do I need to use protein powder?**

If you do not eat enough protein rich foods (such as meat, poultry, seafood, eggs, nuts/seeds, legumes [beans, peas and lentils] or dairy products), you may benefit from using a protein powder as an easy way to meet your protein needs. You can add protein powders to most liquids such as milkshakes, smoothies, yogurt, pudding, soup and hot cereal.

**How do I choose a protein powder?**

There are two main types of protein powders: dairy-based or plant-based. What you choose will depend on your taste, preference, tolerance and cost.

- Choose a protein powder that tastes good to you. If you enjoy the taste, you are more likely to use it.
- Choose a powder with few added ingredients such as flavours, sweeteners, and extracts.
- Some protein powders contain added vitamins, minerals, and herbal products. Discuss with your dietitian or pharmacist whether these types of powders are right for you during treatment.

Try adding any of these foods to your favorite smoothies, hot drinks, or blended meals for extra calories, protein and other nutrients!

<b>Food</b>	<b>Calories</b>	<b>Protein (g)</b>
Hemp Hearts, ¼ cup	110	14
Ground Flaxseeds, 2 tbsp	76	2
Peanut Butter, 2 tbsp	184	7
Coconut Milk, Full Fat, ½ cup	170	1
Soft Tofu, 85g	121	6
Avocado, ¼	80	1
Skim Milk Powder, ¼ cup	108	9
Whey Protein Powder, ¼ cup	124	20
Pea Protein Powder, ¼ cup	140	26
Cottage Cheese, 2%, ¾ cup	146	19
Greek Yogurt, Plain, 2%, ¾ cup	131	18
Yogurt, Plain, 6-9%, ¾ cup	229	8

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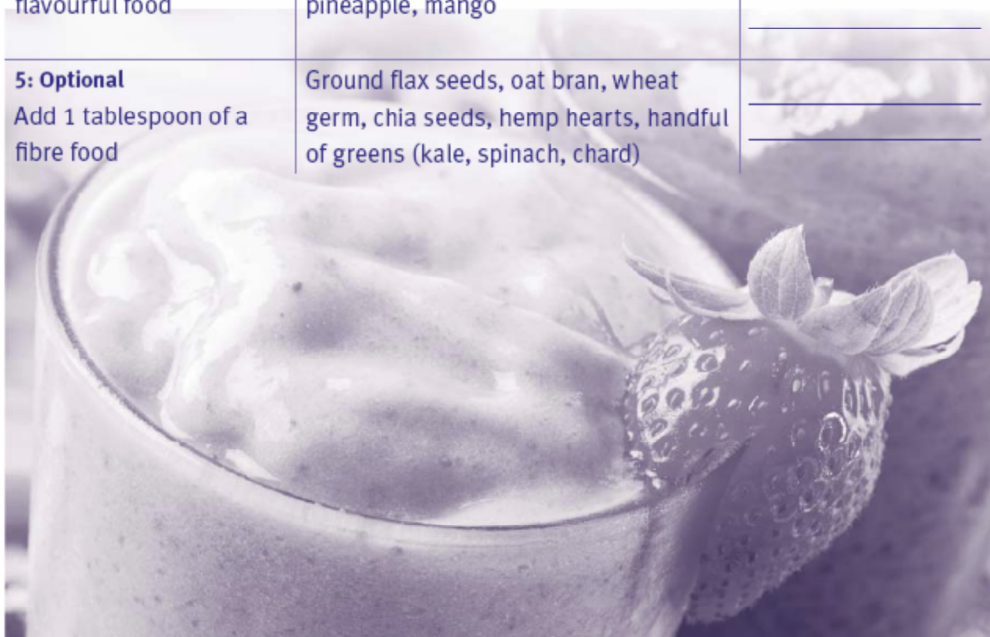
**Nourishing Liquids: smoothies and blended drinks**

**Homemade Smoothie Instructions**

If you do not feel like eating solid foods, try a nutritious smoothie instead.

Here is a simple way to make your own homemade smoothie:

Steps	Food source	Your choice
<b>1: Choose a liquid</b> Start with 1 cup of liquid	Milk, soy milk, chocolate milk, buttermilk, goat's milk, nutritional supplement drink, almond milk, rice milk, fruit and/or vegetable juice, water	_____ _____ _____
<b>2: Add protein</b> Add 2 tablespoons of high protein food	Skim milk powder, yogurt, soft tofu, nuts, protein powder, cottage cheese, almond butter, peanut butter, egg substitute <b>Do not use raw eggs</b>	_____ _____ _____
<b>3: Add calories</b> Add a high calorie food Start with 1 tablespoon and increase gradually to desired taste	Cream, sherbet, ice-cream, condensed milk, frozen yogurt, avocado, whipping cream, vegetable oil, cream cheese	_____ _____ _____
<b>4: Add flavour</b> Add 1/4–1/2 cup of a flavourful food	Fresh or frozen berries, banana, canned peaches, applesauce, crushed pineapple, mango	_____ _____ _____
<b>5: Optional</b> Add 1 tablespoon of a fibre food	Ground flax seeds, oat bran, wheat germ, chia seeds, hemp hearts, handful of greens (kale, spinach, chard)	_____ _____



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## Nourishing Liquids: smoothies and blended drinks

### Practical Tips

- If you have a **sore mouth** avoid fruits that contain small seeds (such as berries) and fruits or juices that are acidic (oranges, pineapple, lemon, etc), and do not add whole nuts or seeds. Ground flax seeds, hemp hearts and nut butters may be better tolerated.
- Try freezing the cold drinks into Popsicle molds.
- Smoothies can separate after 30 minutes. If you cannot finish the drink right away, then you can:
  - re-blend it when you want to finish it later.
  - Refrigerate or freeze the drink. Note that it will expand when frozen, so make sure you leave enough room in the container.
- If **fibre** is a concern for you, refer to the BC Cancer Dietary Fibre Content of Common Foods and Low Fibre Food Choices handouts for more information. These are on the BC Cancer website ([www.bccancer.bc.ca](http://www.bccancer.bc.ca))

### Food Safety

- Do not use raw eggs.
- Wash all fruit and vegetables well before using.
- Make sure all equipment and utensils are clean prior to use.
- Store leftovers in the fridge and use within 24 hours or freeze for later use.

### Blending Tips

- Start with a basic blender that can crush ice or frozen items well. Depending on use, you may want to invest in a more “heavy duty” or high powered blender. A hand held blender, immersion blender or food processor may also meet your needs.
- Put liquids in blender before solids.
- Cut food into bite size pieces before blending.
- When blending meat, poultry, fish, and grains, cook the food in liquids such as broth, gravy, cream soup and sauces to help soften them before blending.
- Blend a small amount of food at a time (ie. 1 cup). Too much food in the blender will not mix properly.
- Add enough liquid when blending.
- Add more liquid or solids to achieve the correct texture for you.
- Ensure the lid fits securely on the blender.
- Blend at low speed for 30 seconds to chop the solids and then increase to high speed for an extra 30 seconds to mix the ingredients until smooth.

## Nourishing Liquids: smoothies and blended drinks

### Milkshakes

#### High Calorie High Protein Milkshake

1 cup whole 3% milk  
¼ cup skim milk powder  
2 tbsp 33% cream  
¾ cup ice cream (any flavour)

= 578 calories and 24 grams of protein  
Per 250ml = 289 calories and 12 grams of protein

Blend all ingredients together until smooth.  
Optional: Add ½ cup frozen fruit (berries, peaches or banana).  
Makes 2 cups.

#### Buttermilk-Milkshake

½ cup 3% buttermilk  
½ cup 100% fruit juice  
1 ½ cup vanilla ice cream  
¼ cup whey protein powder

= 712 calories and 35 grams of protein  
Per 250ml = 400 calories and 20 grams of protein

Blend all ingredients together until smooth.  
Optional: Add ½ cup frozen fruit (berries, peaches or banana).  
Makes 1 ¾ cups.

#### Peanut Butter Milkshake

¾ cup vanilla ice cream  
½ cup whole 3% milk  
2 tbsp 33% cream  
¼ cup whey protein powder  
2 ½ tbsp peanut butter

= 752 calories and 40 grams of protein  
Per 250ml = 500 calories and 26 grams of protein

Blend all ingredients together until smooth.  
Makes 1 ½ cups.  
Optional: Add cooked oats, banana, cocoa powder, or hemp hearts.



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## **Sweet & Savoury Smoothies**

### **Chocolate Peanut Butter Banana Shake**

1 cup whole 3% milk  
¼ cup whey protein powder  
1 banana  
2 tbsp peanut butter  
1 tbsp cocoa powder

= 580 calories and 39 grams of protein  
Per 250ml = 330 calories and 22 grams of protein

Blend all ingredients together until smooth.  
Makes 1 ¾ cups.  
Optional: Add cooked oats and/or cooked lentils.

### **Maple Walnut Shake**

1 cup whole 3% milk  
1 banana  
¼ cup walnut halves  
1 tbsp maple syrup  
¼ cup whey protein powder  
2 ice cubes

= 790 calories and 39 grams of protein  
Per 250ml = 395 calories and 20 grams of protein

Blend all ingredients together until smooth.  
Makes 2 cups.  
Optional: Add salt or cinnamon.

### **Pumpkin Pie Smoothie**

1 ½ cups whole 3% milk  
2 tbsp 33% cream  
½ cup skim milk powder  
½ cup pumpkin pie filling, unsweetened  
1 medium banana, frozen  
1 date, pitted  
½ tsp vanilla  
¼ tsp cinnamon  
1/8 tsp ginger, ground  
1/8 tsp nutmeg, ground  
2 tbsp flax seeds, ground

= 890 calories and 62 grams of protein  
Per 250ml = 295 calories and 21 grams of protein

Blend all ingredients together until smooth.  
Makes 3 cups.  
Optional: Add cooked oats or hemp hearts.



# Nourishing Liquids: smoothies and blended drinks

## **Fruit Smoothies**

### **Green Smoothie**

1 cup 100% fruit juice  
¼ cup whey protein powder  
1 banana  
2 handfuls spinach leaves  
1 tbsp flax seeds, ground  
1 tbsp peanut butter  
¼ avocado  
2 – 4 ice cubes  
dash cinnamon

= 585 calories and 33 grams of protein  
Per 250ml = 290 calories and 17 grams of protein

Blend all ingredients together until smooth.  
Makes 2 cups.

### **Banana Blast**

1 cup half and half 10% cream  
2 tbsp 33% cream  
1 banana  
1 tsp honey  
¼ cup whey protein powder

= 650 calories and 32 grams of protein  
Per 250ml = 325 calories and 16 grams of protein

Blend all ingredients together until smooth.  
Makes 2 cups.

Optional: Add cooked oats, ground flax seeds, cocoa powder or cinnamon.

### **Banana Apple Smoothie**

¾ cup whole 3% milk  
½ cup apple sauce, unsweetened  
½ cup greek yogurt, plain 2%  
½ banana  
1 tsp honey  
1 tbsp flax seeds, ground  
¼ cup whey protein powder  
1 tbsp psyllium husk  
2 tbsp nut butter

= 700 calories and 50 grams of protein  
Per 250ml = 285 calories and 20 grams of protein

Blend all ingredients together until smooth.  
Makes 2 ½ cups.



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## Nourishing Liquids: smoothies and blended drinks

### Raspberry Blast

1 cup whole 3% milk  
½ cup oats, uncooked  
1 banana  
1 cup raspberries, frozen  
2 tbsp flax seeds, ground

= 595 calories and 21 grams of protein  
Per 250ml = 300 calories and 10 grams of protein

Blend all ingredients together until smooth.  
Makes 2 cups.

### Berry Kefir Sherbet Shake

1 cup kefir, plain 2%  
½ cup sherbet  
1 cup berries, frozen  
½ banana  
¼ avocado  
¼ cup oats, uncooked  
2 tbsp flax seeds, ground  
3 tbsp hemp hearts

= 770 calories and 28 grams of protein  
Per 250ml = 385 calories and 14 grams of protein

Blend all ingredients together until smooth.  
Makes 2 cups.



### Lemon Refresh

1 cup whole 3% milk  
¾ cup lemon flavoured greek yogurt  
¼ cup skim milk powder  
2 tbsp hemp hearts

= 580 calories and 41 grams of protein  
Per 250ml = 290 calories and 20 grams of protein

Blend all ingredients together until smooth.  
Optional: Add berries or orange.  
Makes 2 cups.

### Cinnamon Peach Shake

½ cup whole 3% milk  
½ cup vanilla frozen yogurt  
½ cup greek yogurt, plain 2%  
1 cup peaches, diced  
1 tsp honey  
¼ tsp cinnamon

= 370 calories and 20 grams of protein

Blend all ingredients together until smooth.  
Makes 2 cups.

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Per 250ml = 185 calories and 10 grams of protein

## Tropical Smoothies

### Tropical Blend

1 cup orange juice  
½ cup whole 3% milk  
¼ cup skim milk powder  
½ cup cottage cheese  
½ cup pineapple, frozen

= 450 calories and 30 grams of protein  
Per 250ml = 180 calories and 12 grams of protein

Blend all ingredients together until smooth.  
Makes 2 ½ cups.

### Pina Colada

1 cup whole 3% milk  
¼ cup whey protein powder  
½ cup pineapple, crushed  
1/8 tsp vanilla  
1/8 tsp coconut extract  
4 ice cubes

= 340 calories and 30 grams of protein  
Per 250ml = 150 calories and 13 grams of protein

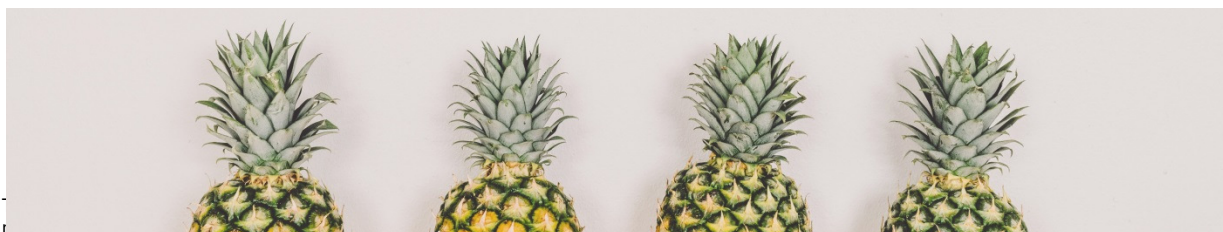
Blend all ingredients together until smooth.  
Makes 2 ¼ cups.

### Strawberry Banana Pina Colada

½ cup whole 3% milk  
½ cup whole fat coconut milk  
½ cup pineapple sherbet  
1 banana  
½ cup strawberries, frozen  
1 tbsp flax seeds, ground  
¼ cup whey protein powder

= 740 calories and 32 grams of protein  
Per 250ml = 250 calories and 11 grams of protein

Blend all ingredients together until smooth.  
Makes 3 cups.



## Nourishing Liquids: smoothies and blended drinks

### Plant-Based Smoothies

#### Plant-Based Green Smoothie

1 cup nut beverage (ie almond beverage), unsweetened  
½ cup 100% fruit juice (orange, pineapple, mango, apple)  
¼ cup plant-based protein powder  
1 banana  
2 handfuls spinach leaves  
2 tbsp flax seeds, ground  
2 tbsp hemp hearts  
1 tbsp peanut butter  
¼ avocado  
2 – 4 ice cubes

= 670 calories and 42 grams of protein  
Per 250ml = 170 calories and 10 grams of protein

Blend all ingredients together until smooth.  
Makes 4 cups.  
Optional: Add cinnamon.



#### High Calorie To-Fruitti Smoothie

1 package (300g) soft tofu  
1 cup soy beverage, unsweetened  
1 banana  
½ cup fruit (berries, peaches, kiwi, etc)  
1 tbsp coconut oil

= 515 calories and 24 grams of protein  
Per 250ml = 145 calories and 6 grams of protein

Blend all ingredients together until smooth.  
Optional: Replace the banana with ½ cup more of any fruit (berries or other fruits).  
Makes 3 ½ cups.

#### Mango Orange Smoothie

1 cup soy beverage, unsweetened  
¼ cup plant-based protein powder  
½ cup mango tofu  
½ cup mango juice  
½ cup tropical fruits (papaya, banana, pineapple, kiwi)  
2 tbsp orange juice concentrate  
2 tbsp coconut oil

= 750 calories and 38 grams of protein

Blend all ingredients together until smooth.  
Makes 3 cups.

## Nourishing Liquids: smoothies and blended drinks

Per 250ml = 250 calories and 13 grams of protein

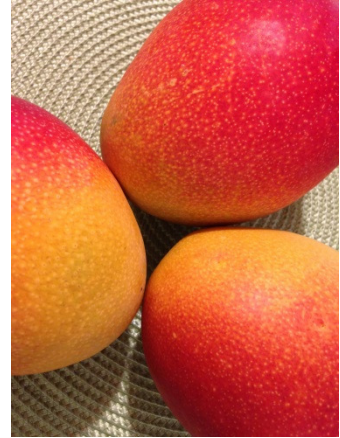
### Turmeric & Ginger Smoothie

1 ½ cups nut beverage, unsweetened  
¼ cup plant-based protein powder  
2 cups spinach  
1 small banana, frozen  
½ cup mango or orange  
¼ cup oats  
½ tsp turmeric, ground  
¼ tsp ginger, ground  
2 tbsp nut butter  
2 tbsp hemp hearts  
½ tsp cinnamon

= 790 calories and 48 grams of protein

Per 250ml = 265 calories and 16 grams of protein

Blend all ingredients together until smooth.  
Makes 3 cups.



**Make any of the above or below blended drinks plant-based by using a soy or nut beverage, tofu or a plant-based protein powder.**

## Nourishing Liquids: smoothies and blended drinks

### Hot Drinks

#### **Protein Power Café au Lait**

¾ cup whole 3% milk  
¼ cup half and half 10% cream  
¼ cup skim milk powder  
¼ tsp vanilla extract  
2 tbsp instant coffee

Add milk and cream in a mug. Microwave for 1.5 minutes. Mix skim milk powder and instant coffee in a small bowl. Add dry ingredients to mug with hot milk and cream. Whisk all ingredients together until mixed. Mix in vanilla.

Optional: Add cinnamon or sweetener to taste.

Makes 1 cup.

= 309 calories and 19 grams of protein  
Per 250ml = 309 calories and 19 grams of protein

#### **Protein Power Mochaccino**

¾ cup whole 3% milk  
¼ cup half and half 10% cream  
¼ cup skim milk powder  
2 tbsp instant coffee  
1 tbsp cocoa powder

Add milk and cream in a mug. Microwave for 1.5 minutes. Mix skim milk powder, instant coffee and cocoa powder in a small bowl. Add dry ingredients to mug with hot milk and cream. Whisk all ingredients together until mixed.

Optional: Add cinnamon, sweetener or vanilla extract to taste.

Makes 1 cup.

= 321 calories and 20.5 grams of protein  
Per 250ml = 321 calories and 20.5 grams of protein

#### **High Calorie Tea Latte**

¾ cup whole 3% milk  
¼ cup half and half 10% cream  
1 tea bag (chai, earl gray, orange pekoe or rooibos tea)  
¼ cup skim milk powder

Add milk, cream and tea bag in a mug. Microwave for 1.5 minutes. Add skim milk powder to mug with hot latte. Whisk all ingredients together until mixed.

Optional: Add cinnamon, sweetener or vanilla extract to taste.

Makes 1 cup.

= 309 calories and 19 grams of protein  
Per 250ml = 309 calories and 19 grams of protein



## Nourishing Liquids: smoothies and blended drinks

### High Calorie Hot Chocolate

$\frac{3}{4}$  cup whole 3% milk  
 $\frac{1}{4}$  cup skim milk powder  
 $\frac{1}{4}$  cup half and half cream  
1 tbsp cocoa powder  
1 tsp honey  
 $\frac{1}{2}$  tsp cinnamon

Add milk and cream in a mug. Microwave for 1.5 minutes. Mix skim milk powder, cocoa powder and cinnamon in a small bowl. Add dry ingredients to mug with hot milk and cream. Whisk all ingredients together until mixed. Drizzle in honey. Optional: Top with whipped cream and/or add peppermint extract.  
Makes 1 cup.

= 342 calories and 20.5 grams of protein  
Per 250ml = 342 calories and 20.5 grams of protein

### Turmeric Latte

$\frac{3}{4}$  cup whole 3% milk  
 $\frac{1}{4}$  cup half and half 10% cream  
 $\frac{1}{4}$  cup skim milk powder  
 $\frac{3}{4}$  tsp turmeric, ground  
 $\frac{1}{4}$  tsp ginger, ground  
 $\frac{1}{2}$  tsp cinnamon

Add milk and cream in a mug. Microwave for 1.5 minutes. Mix skim milk powder, ground turmeric, ground ginger and cinnamon in a small bowl. Add dry ingredients to mug with hot milk and cream. Whisk all ingredients together until mixed.  
Optional: Add 1 tsp sweetener or to taste.  
Makes 1 cup.

= 309 calories and 19 grams of protein  
Per 250ml = 309 calories and 19 grams of protein



## Nourishing Liquids: smoothies and blended drinks

### **Blended Meals**

#### **Chicken, Rice and Vegetables**

1 cup whole 3% milk  
½ cup broth  
½ cup prune juice  
2 ½ oz chicken breast, baked  
1 egg, scrambled  
½ cup brown rice, cooked  
½ cup green peas, steamed  
¼ cup carrots, steamed  
½ cup spinach, steamed  
½ banana  
¼ avocado  
2 tbsp oil (olive, canola, or avocado oil)  
pinch salt

= 1027 calories and 48 grams of protein  
Per 250ml = 228 calories and 11 grams of protein

Blend all ingredients together until smooth.  
Makes 4 ½ cups.  
Optional: Add any other herbs, spices or  
sauces to taste.

#### **Salmon, Sweet Potato and Vegetables**

1 ½ cup broth  
½ cup prune juice  
3 ½ oz salmon, baked  
1 egg, scrambled  
½ cup sweet potato, cooked  
½ cup green peas, steamed  
¼ cup carrots, steamed  
¼ cup spinach, steamed  
½ banana  
¼ avocado  
2 tbsp oil (olive, canola, or avocado oil)  
pinch salt

= 958 calories and 41 grams of protein  
Per 250ml = 213 calories and 9 grams of protein

Blend all ingredients together until smooth.  
Makes 4 ½ cups.  
Optional: Add any other herbs, spices or  
sauces to taste.

## Coconut, Butternut Squash & Ginger Soup

### Ingredients:

- 1 butternut squash, halved and deseeded
- Olive oil
- 1 onion, diced
- 1 leek, diced
- 1 stalk celery, diced
- 1 medium carrot, diced
- 1 clove garlic, minced
- 1 tbsp ginger, grated
- 1 tsp curry powder
- 1/8 tsp turmeric
- 1L broth
- 1/2 cup red lentils
- 1 14oz can full fat coconut milk



### Instructions:

- Preheat oven to 350F.
- Lightly grease the butternut squash halves with olive oil. Place the squash halves face down on a baking sheet and bake until tender (approximately 30 minutes).
- In a medium sized pot, heat one tbsp olive oil with the onion, leek, celery, carrot, garlic, ginger, curry powder and turmeric on medium heat. Cook for 5-10 minutes or until the vegetables are soft, stirring regularly.
- Add broth. Bring to a simmer.
- Add lentils. Simmer for 15 minutes, stirring regularly.
- Once the squash is cooked, scoop the flesh out. Mix into the soup.
- Using a hand blender, blitz the soup into a puree or other desired consistency.
- Stir in the coconut milk.

Makes 10 cups.

Optional: Top with 33% cream, nuts, or seeds.

= 1685 calories and 51 grams of protein

Per 250ml = 168 calories and 5 grams of protein

Refer to the **BC Cancer Blenderized Foods** and **Easy to Chew Recipes** handouts for more suggestions.

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