

Breakfast | Snack

Sweet Cherry Smoothie

Side Effect: Trouble Swallowing

10 Mins
Prep Time

0 Mins
Cook Time

1
Servings

309 Calories **3g Fat** **58g Carbs** **17g Protein**



Ingredients

1 Serving • **1 Smoothie Bowl** Serving Size

10 Mins Total Time

Allergens: Dairy, Nuts

½ Cup Frozen Cherries

½ Cup Frozen Spinach

½ Cup Frozen, Riced Cauliflower

½ Cup Frozen Banana

1 ½ Cups Vanilla Almond Milk

1 Tsp Cinnamon

1 (5.3 oz) Carton Vanilla Greek Yogurt, **pasteurized**

Allergen Swap

Dairy Omit Greek yogurt, and use a plant-based version such as a soy, coconut, or almond; use a plant-based protein powder

Nuts Omit the almond milk; use soy, rice, or cow's milk

Nourishment Note



Smoothies

Smoothies are a great option for those with swallowing difficulties. They are cool, refreshing and the thickness can be adjusted by adding more liquids or frozen ingredients. They are also great for adding nutritional boosters, like protein powder.



Cherries

Cherries are a great source of antioxidants, including anthocyanins and quercetin. Anthocyanins may help decrease the risk for certain cancers and lower inflammation within the body. Quercetin helps protect the DNA and the heart.



Cinnamon

Cinnamaldahyde, a compound found in cinnamon, may help to lessen the inflammation associated with certain cancers.

Instructions

1. Wash Hands

Wash hands before preparing smoothie bowl.

2. Combine Ingredients

Combine cherries, spinach, cauliflower, banana, almond milk, cinnamon, and yogurt in a blender. Blend until thick and smooth. For a thinner consistency, add more liquid.

3. Serve

Serve immediately.

4. Wash Dishes

Remember to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands when finished.

Recipe adapted from: damndelicious.net

What You'll Need



Measuring Cups



Measuring Spoons



Blender or Smoothie Maker

Fatigue Buster

- Use frozen fruits and vegetables.
- Peel bananas before storing them in the freezer.
- Make zip-top bags of all the frozen ingredients so you can quickly make a smoothie when you're feeling hungry.