

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 and all cooking surfaces with soap and warm water before beginning.

2. Blend Ingredients

Blend ingredients together until smooth and creamy. Enjoy immediately.

3. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Blender



Glass

- 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.