

Side | Snack | Beverage

# Mele Kalikimaka

Side Effect: Altered Taste

**10 Mins**  
Prep Time

**0 Mins**  
Cook Time

**4**  
Servings

**273 Calories** **16g Fat** **33g Carbs** **5g Protein**



## Ingredients

**4 Servings** **10 Mins Total Time** **Allergens: None**

**3 Cups** Fresh Pineapple, **wash thoroughly before cutting**

**1 Can** Full-Fat Coconut Milk, **rinse lid before opening can**

**½ Lime**, **washed thoroughly** and juiced

**1 Cup** Pineapple Juice

**1 Cup** Ice

### Nourishment Note



#### **Tart & Sweet Flavors**

Taste can become altered during chemo treatment, making certain foods and flavors unappealing. Consuming tart or sweet flavors can make eating and drinking more enjoyable.



#### **Cold, Uncooked Foods**

Cold foods that aren't cooked, such as fruit salsa, smoothies, yogurt and fruit, are typically well-tolerated in patients experiencing altered taste.

## Instructions

### 1. Wash Hands

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

### 2. Blend Ingredients

To a blender, combine all ingredients. Blend until smooth and frothy.

### 3. Refrigerate & Store

Beverage keeps well in the refrigerator up to 3 days. Discard unused leftovers after 2 hours.

### 4. Wash Dishes

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

Recipe created by Meijer Chef, Chad Beuter

## What You'll Need



Measuring Cup



Can Opener



Blender



Knife



Cutting Board

### Fatigue Buster

- Ask a friend or family member to help prepare this recipe.
- Look for pre-cut pineapple in the deli or produce section of the grocery store. Be sure to check the expiration date before purchasing. Frozen pineapple can also be used. Wash pineapple before adding to the beverage.