

Breakfast | Snack

Beach Berry Smoothie

Side Effect: Weight Loss/Low Appetite

5 Mins
Prep Time

0 Mins
Cook Time

2
Servings

313 Calories **19g** Fat **27g** Carbs **9g** Protein

Ingredients

2 Servings **5** Mins Total Time **Allergens: Soy**

½ Cup Unsweetened, Frozen Blueberries, **rinse before using**

½ Cup Unsweetened, Frozen Raspberries, **rinse before using**

4 oz Silken Tofu

10 Frozen Strawberries, **rinse before using**

½ Cup Full-Fat Coconut Milk

½ Cup Pineapple Juice

½ Cup Unsweetened, Vanilla Soy Milk

Allergen Swap

Soy Omit tofu and use 4 oz low-fat cottage cheese. Omit soy milk and use cow's milk or another milk alternative.



Blueberries

Blueberries have more antioxidants than any other popular fruit or vegetable. Antioxidants help to protect healthy cells from free radicals in the body.



Tofu

Tofu is an excellent protein source and contains all 9 essential amino acids. Protein needs may be elevated while undergoing cancer treatment.

Instructions

1. Wash Hands

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

2. Blend Ingredients

Place all ingredients in a blender and blend until smooth. Serve and enjoy!

3. Store

Refrigerate within 2 hours. Smoothie will keep for 1 day in the refrigerator.

4. 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 Cup



Blender



Cups

Fatigue Buster

- Ask a friend or family member to help prepare this smoothie.